



NEHMOTL "US"

May 2015

Community News | Events | Updates for the Sliammon People

Your Vote Counts! *Updating the Tla'amin Constitution*

It is almost time to vote on the changes to the Tla'amin Constitution! By now you should have received your ballot in the mail with information on how to submit your vote - electronically or at one of the polling stations being held towards the end of this month. Voting officially closes at 8pm, Monday May 25th.

Why are we voting to update the Constitution? Many years have passed since the Constitution was first rolled out. Now that the Final Agreement has been approved and we are moving towards self-governance, the nation has been very busy developing the laws which will be implemented come effective date, April 2016.

As part of this process we have noticed a couple of minor things in the Constitution that need to be updated to simplify processes and reflect the direction we are moving in, now that we are much further ahead in the process.

The Tla'amin Constitution is a 24 page document covering everything from our founding principles, financial administration, lands and resource management, to governance and culture and heritage.

It is important to note here that the proposed changes are fairly minor amendments and do not alter the intention and scope of the original Constitution in any way.

The aim is to clarify and simplify a couple points to make it easier for our Government to function effectively and efficiently.

More information on the Constitution and the proposed changes can be found over the page. The information package is also available for download from the Sliammon First Nation website (www.sliammonfirstnation.com).



Tla'amin Laws Creating Equality, Transparency and Accountability

One of the requirements of the Treaty process was for the Nation to develop a Constitution which would form the foundation or basis of the Government to follow. Our Nation spent a number of years developing this document and it was approved by community vote back in 2009.

Once the Final Agreement was approved by the community and signed into Law by the Government of Canada in 2014, Sliammon entered the final phase of the journey towards Self-Governance - the development of the Nation's Laws which are set to come into effect in April 2016 with the launch of our new Government.

The Laws are being developed by 3 community working groups (lands and resources | finance, programs and services | governance) consisting of members of our community, staff members, legal counsel and technical

professionals/experts in various fields.

As the draft laws begin to take on their final forms they will be presented to Chief and Council for review and final approval.

The Constitution forms the foundation of our Government and the foundation of the Laws being developed. The Laws are designed to create Equality, Transparency and Accountability in the functioning of our Nation, so that we can all live and work together as equal citizens.

As an example, the Land Law contains all of the provisions for how Tla'amin lands may be allotted/granted and the requirements and criteria for application, land holders rights, ownership, uses, administration and management etc.

As we approach effective date there are 29 laws that will need to be ready covering all areas. Many people are worried that we don't have enough time to prepare, but we would like to reassure everybody that we have all the right people in place and things are moving ahead on schedule. We would also like to remind people that once the laws have been developed they are not "etched in stone" and can be amended and updated (by a process) should we need to add things in the future.

Our teams are doing great work and once all the laws are developed they will be published and accessible to everyone online. If you would like to review the draft laws you can also contact the Sliammon Treaty Society and we will be happy to accommodate you.

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What is the Constitution?

The **Tla'amin Constitution** is a set of principles by which the Tla'amin Nation will be governed.

The Constitution is the framework that lays out our values, according to our **Ta'ow**.

It contains everything needed for us to collectively live and work together as one nation.

The Constitution is the **foundation** of our Tla'amin Government and provides the basis for all decision making, law making, and policies.

Background Information

The Tla'amin Constitution was developed by our nation over several years, with the endorsement of Chief and Council.

There have been many Tla'amin people that have contributed to the development of the Constitution over the years.

The Constitution incorporated the results of over 10 years worth

of nation-wide surveys and comprehensive community plans to identify key issues important to Tla'amin citizens, including financial administration, lands and resources, governance and culture and heritage.

A Tla'amin Constitution community working group was established to provide input on the development of the draft constitution. As part of this process they also reviewed the constitutions from numerous other First Nations communities.

As each section came together the Constitution was also assessed and reviewed by legal counsel.

After the comprehensive process was completed, the final version went to community vote and was approved and adopted by the Tla'amin Nation in 2009.

Our Constitution can be found under the Government heading on the Sliammon Website:

<http://www.sliammonfirstnation.com>

and also on the Sliammon Treaty Website:

<http://www.sliammontreaty.com>

Constitution Updates Proposed Changes

1. Adding a new land section 23.1 to make it easier for the Nation to allot, grant or sell land to Tla'amin Citizens.
2. Merging finance and audit committee into a single committee comprising members who are all independent to simplify and maintain Financial Management Board Certification.
3. Removing requirement of the CFO to be on the Finance Committee.
4. Clarifying that the Fishing Vessel Fund does not need to be part of the Trust Settlement.
5. Clarifying the role of the executive branch to "oversee implementation and enforcement of Tla'amin Laws and manage the function of the CFO" in section 61.
6. Minor changes - adding the word "water" in section 3(a), changing the word "People" to "Citizens" in section 4 (d), changing the word "President" to "Hegus (Chief)" in section 60, and replacing the "Vice President" and "Secretary Treasurer" with "Four elected officials".

For more detailed information on the above changes, please refer to the March 2015 Neh Motl available on the Sliammon First Nation and Treaty websites.



Voting Information

Sliammon First Nation has appointed *Frances Ladret* as the Chief Electoral Officer to oversee the voting process. Voting is open to all enrolled Sliammon First Nation members 18 years or older. Voter Information packages will be mailed out to everyone at the end of April.

Do not lose your Voter Information package, as your package includes an official ballot and a unique Personal Identification Number (PIN) that can be used to cast your ballot electronically (by Internet or telephone).

How to Vote

Online

Cast your ballot using your unique PIN provided in your Voter Information package.

Online voting will be open from May 7 to May 25, 2015 inclusive.

By Phone

Cast your ballot using your unique PIN provided in your Voter Information package.

Telephone voting will be open from May 7 to May 25, 2015 inclusive.

Mail-In

Mark your ballot with your vote and send it to the address included in your Voter Information package.

Mail-In ballots must be received before **May 25**. Please remember to mail it early.

In Person

Your ballot can be submitted in person to one of the following polling stations:

Vancouver Polling Station

Atrium Inn 2889 Hastings St E, Vancouver, BC V5K 2A1

Sat. **May 23**, 2015, 9am-8pm

Sliammon Polling Station

Salish Centre 4885 Highway 101, Powell River, BC V8A 0B6

Mon. **May 25**, 2015, 9am-8pm



IT'S YOUR NATION,
YOUR VOTE COUNTS!



Victoria Meeting with Minister John Rustad, April 2015.

Chief Negotiators Message

One Heart, One Mind, One Nation



Roy Francis

Tla'amin Constitution Amendment Vote

In the upcoming weeks Sliammon people will be receiving information packages and ballots in the mail. Our members are being asked to vote to approve, or not, amendments to the Tla'amin Constitution. The amendments have been developed, and are being recommended for approval by our Community Working Groups.

The outcome of the vote will provide clarification required for drafting certain aspects of our laws in preparation for Effective Date. For example, our current constitution requires that an audit committee and a separate finance committee be established. In the development of our financial administration laws our community working group has determined that a single finance/audit committee could do the work of both committees, and be more efficient. The finance/audit committee would operate within a financial administration law; and important safeguards and working direction would come from within the law.

A second key amendment is recommended from the Governance Community Working Group. Our current version of the constitution requires that an Executive be formed from our Government. The head of the Executive would be entitled, the "President." Our Governance CWG is recommending the title of "President" should be amended to become "Hegus (Chief)". The change is not substantive, but is intended to reflect a greater level of inclusion of our Tla'amin language and culture.

A third amendment is recommended from the Lands and Resources Community Working Group. The recommended amendment is intended to provide an important clarification. Our current version of the constitution requires that "significant" dispositions of land go to a referendum. Our Lands and Resources CWG has determined that the establishment of ownership interests, by our Government, for our own members, was not the intention for requiring a referendum vote. The CWG is recommending the constitution be amended to achieve the clarification.

The outcome of the vote is very important. A "Yes" vote will provide important clarifications and efficiencies that have been recommended from the CWG's. A "No" vote will mean that our law making work must continue, with the existing version of our constitution as it's basis. Our work teams will carry out the work to complete the preparations for an Effective Date of April 5, 2016.

All community members are encouraged to participate in the voting process. Please be reminded that to be eligible to vote you must be eighteen years of age, and be enrolled. Those members who are not yet enrolled, can enroll all the way up to the vote date; and even afterwards if you so choose. Enrolment applications are available at our Sliammon Treaty Society office. We look forward to work in front of us.

Nation Administration Matters

Justice Program By Verna Francis



Hours of Operation & Location

- Justice Program Office Hours: 8:30am - 4:30pm Mon-Fri.
- Location: Sliammon RCMP Detachment
- Office Phone: 604-483-9646 Ext. 237
- Work Cell: 604-578-8850

Court Day's: Every Wednesday's

- First Appearance: 9:00 - 9:30
- Criminal Court: 9:30 - 12 Noon
- Family Court: 1:00 pm - 4:30

Note: Please call in advance for transportation to and from court. Transportation is "only" provided for court purposes such as; Probation appointments, Victim Service's, Ministry, Powell River RCMP Detachment, Court Registry, Prosecutor/Crown office.

I do not provide transportation to anyone under the influence of drugs/alcohol.

Powell River Probation: 604-485-3601

- Liaison between probation and clients.
- Organize community work service for clients.
- Provide resources for counselling & drug/alcohol treatment programs.
- Provide resource for Gladue Reports/ Pre-sentence reports: Impacts/history of residential school & colonization re: how it affected our community and people.

Powell River Prosecutor/Crown: 604-485-3645

- Liaison between Crown and Clients, (contact clients/updates re: court dates/ changes etc.)
- Referrals/Diversions to Sliammon Justice Program for Alternative Measures
- Support clients in negotiations with crown in sentencing plan or other alternatives.

Family Court

- Assist clients with applications to court re: custody orders/change existing files/ family enforcement program/child apprehensions.
- Refer clients to legal aid, duty council, lawyers, agencies that relate to situations.
- Introduce clients to Family Court Counsellors as opposed to going through court process, only effective if both parties are in agreement.
- Family Court Counsellors contact information: Sechelt 604- 740-8936 or in Courtney 250- 897-7556

Note: All applications/documents must be filled out by Lawyer or Duty Counsel.

Programs Available

Healthy Relationship Training

Purpose of this program is to provide participants with an opportunity to examine the values, beliefs, and behavior that form the basis of respectful relationships and to learn specific tools and techniques aimed at ending their use of abuse in relationships.

Learning Outcomes - At the end of ten sessions, participants should be able to:

- Identify what is abusive behavior.
- Identify the values and beliefs that result in abusive behavior.
- Understand the impact of abusive behavior on themselves, their partners, and their children.
- Examine their own behavior and take responsibility for their choices.
- Identify the elements of a respectful relationship.
- See change as desirable and possible.
- Demonstrate and understanding of how to apply the skills presented in the program.
- Demonstrate internal motivation and commitment to change as well as a plan to continue the work.

Anger is an emotion - Violence is a behavior: We blamed other people or our partners for causing our anger and our abusive behavior. We may not have much choice about angry feelings, but we have a choice about our own behavior. No one forces us to react with abuse, and there is no excuse for abuse.

Substance Abuse Management Program

Objectives of the course is to provide key concepts and tools to the offender to help them to change their belief system, attitudes, and values so that they do not re-offend. It needs to be clear that this program is based on Harm Reduction Model. At the end of the program the offender should be able to do the following:

- Acknowledge the impact using has had on them physically, mentally, emotionally, socially, and spiritually.
- Identify their negative thinking patterns and be able to re-frame these into positive thinking patterns.
- Identify areas of stress and develop activities that address this stress.
- Set concrete goals about their healing from alcohol and drugs.
- Utilize interventions and controls for managing cravings.
- Identify their personal boundaries with various people.
- Understand their own using patterns

within the context of cognitive skills training.

- Understand their personal high-risk situations and have the skill to remove themselves from those situations.
- Develop a relapse prevention plan.

Note: This program is not a drug & alcohol treatment program, it is "only" a harm reduction program it also helps clients prepare for residential treatment if required.

Offenders are selected through the Risk/Needs Assessment process to ensure that the program is applied to those offenders with medium to high-risk to re-offend due to substance abuse problems.

Facilitators: Sliammon Justice Program Manager: Verna Francis - Probation Officer: Elizabeth Challinor - Men's Support Counsellor: John Louie

Voluntary participants are welcome to apply to the Substance Abuse Program, please call Verna Francis @ band office ext. 237 for more details.

Alternative Measures Program

Referral to Alternative Measures Program is possible only if Crown Counsel, or another designated "agent of the crown," is satisfied that there is sufficient evidence to prosecute and that the alternative measures program provides for the protection of society, meets the needs of the alleged offender

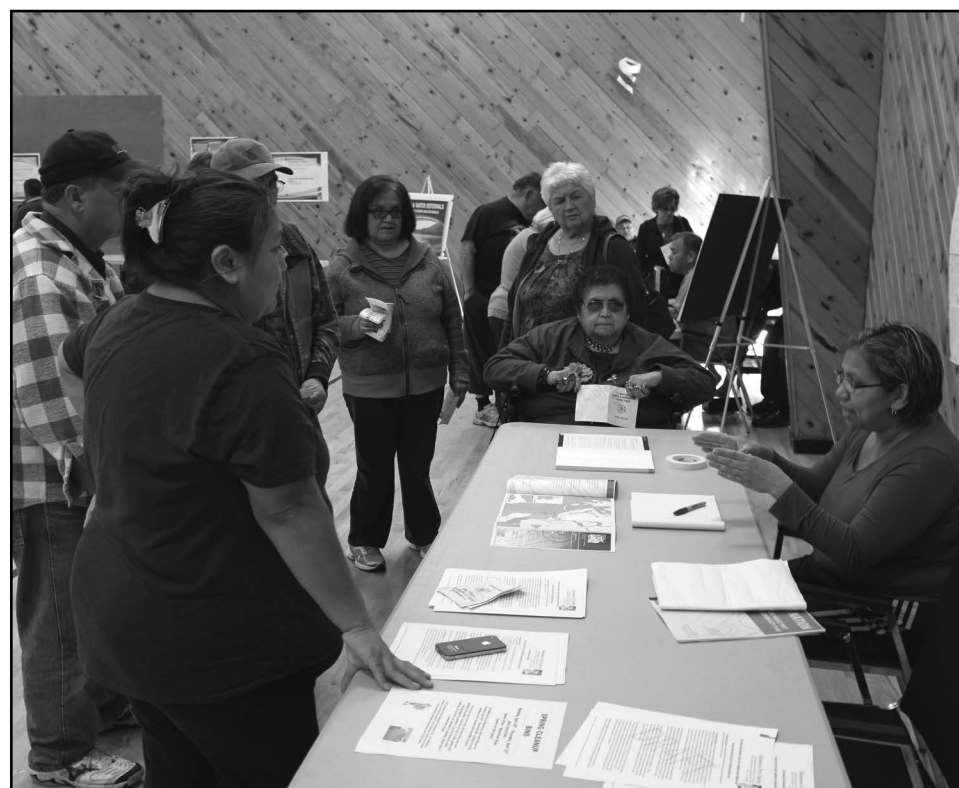
and the interests of the victim. Alternative measures may not be used if the person denies participation in the alleged offence or requests that the matter be dealt with through the formal justice system.

Revised Crown counsel policy, directs Crown to consider alternative measures for all first time offenders for "minor" offences. This is not to say that Crown Counsel will not prosecute first time offenders if circumstances warrant. At the same time, persons who have previously been diverted to alternative measures, or have a criminal or youth record may also, in some cases, be considered for alternative measures. This will depend on the "nature" and "seriousness" of current offence, the nature and age of previous conviction(s), the outcome of previous alternative measures and the number and nature of outstanding charges.

Alternative Measures Process: Referred to Sliammon Justice Program can only be approved by Crown counsel, depending on seriousness of the charges.

Restorative Justice Circles: Referred to Sliammon Justice Circles by Crown counsel, RCMP, Fisheries, Forestry, Teachers and also depending on the seriousness of charges.

"I am dedicated and committed in assisting my people in any way possible, to find the resources and agencies that best suits the needs of your situation or issues of concerns."



Lands and Resources Open House Event, April 2015

Sliammon Youth Workshop *Klossums Qui hegun – “Strong Mind”*

By Verna Francis, Justice Coordinator

Acknowledgements & Appreciations

This was a consolidated event put on by multiple entities. We also extended an Invitation to Homalco and Klahoose First Nation Youth's. Specifically targeted to youth's aged 13-18.

Date Held: April 10, 2015

Time: 12 Noon – 4:30

Location: Sliammon Salish Center

The Topic's Included:

- Drug & Alcohol – “Breaking the Cycle” (Conway K's Personal Story)
- Bullying – “Respecting Relationships”
- Suicide – “Breaking the Silence”

- Sliammon Justice Program/Sliammon Band
- Tla'amin Health Society – Shirley Louie, Tyler Peters, John Louie
- Sliammon Social Development – Maureen Adams, Steve Hunter
- Sliammon Elder: Doreen Point – Opening Prayer
- Councillor: Walter Paul – Welcoming Remarks
- Traditional Singers – Devin Pielle/Gary Gonzalez/Amaya

Evaluation/Feedback: More personal stories re: Family Dynamics of Drug/Alcohol Addictions and more presentation on Cyber Bullying.

We had an awesome turn out, it was intense but fun with entertainment, door prizes, pizza's and snacks. Thanks to everyone who participated! Emote.



Youth Workshop held on April 10th. Special Guest Conway K.

ATTENTION: Sliammon Carvers

The Tla'amin Nation is looking for Sliammon carvers to work on the Nations totem poles that will be erected at the site of the new Government building.

Please submit your expression of interest in writing to the Cultural Committee and drop it off at the Band Office reception. A tentative start date will be set for later this year.

For more information please contact the Culture Department at **604 483 9646 ext 238**.



Sliammon is looking for carvers to work on the new Government House totem poles.

Crisis and Help Lines

You are not alone.
If you need help please reach out.

Emergency	911
Nurse's Helpline	811
Suicide Prevention	1-800-784-2433
Distress Line	1-866-661-3311
Kid's Help Phone (Support)	1-800-668-6868
Kid's Help Line (Reporting Abuse)	310-1234

Crisis Chat Lines (Noon to 1:00 AM):

Youth	www.youthinbc.com
Adults	www.crisiscentre.bc.ca

Always  believe
something
wonderful is
ABOUT to 
HAPPEN

NOTICE OF VOTE

PO Box 147
Lund, BC V0N 2G0
April 24, 2015

Chief Clint Williams and Councillors
Sliammon First Nation
6686 Sliammon Rd.
Powell River, BC V8A 0B8

DELIVERED BY HAND

Dear Chief Williams and Councillors,

Subject: NOTICE OF VOTE
Tla'amin Nation Constitution Amendments Vote, 2015

Attached is an official Notice of Vote for the upcoming Tla'amin Constitution Amendments Vote. Please post this Notice at the Sliammon Band Office today as required under Section 5.3 of the Rules of Procedure governing this vote.

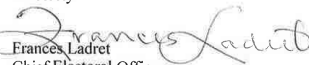
Copies of this Notice will also be posted at the offices of the Sliammon Treaty Society, Sliammon Development Corporation Office, Thichum Forest Products and Tla'amin Community Health Services.

You may post the Notice at other any other locations you consider appropriate.

You will each soon receive in your personal mail a Voter Information Package that will provide detailed voting instructions. These packages are expected to be delivered prior to May 7th.

If you have any questions about this Notice or the voting process, please feel free to contact me. Questions pertaining to the Constitution Amendments may be directed to the Sliammon Treaty Office.

Sincerely


Frances Ladret
Chief Electoral Officer
Phone: 604 483 4592 or 604 223 4671 (cell)
Email: frances64@twincomm.ca

Attachment: Notice of Vote

Copy to: Rod Allan, Chief Administrative Officer

Education and SD47 Updates

By Gail Blaney, Aboriginal Program Manager

Story to Song Workshop

When: May 7th & 8th, 2015 (Thursday & Friday)

Where: Outdoor learning Centre at Haywire Bay

“Drumming induces deep relaxation, lowers blood pressure, and reduces stress. Stress, according to current medical research, contributes to nearly all disease and is a primary cause of such life-threatening illnesses as heart attacks, strokes, and immune system breakdowns.” (<http://www.the-open-mind.com/how-drumming-heals-the-body-mind-and-soul>)

So, why not drum, it's healing AND it's fun!

Elders, story-keepers and community members of all ages are invited to attend this interactive workshop on story, language and song.

The stories can be traditional, historical, traditional teachings, medicines/place name stories, long ago/childhood stories, whatever the story keeper chooses to share.

Participants will be invited to ask questions and share a respectful dialogue amongst one another.

William Wasden (Wa) will be there to facilitate the songs workshop. Wa is a gifted First Nations song composer. His teaching style allows anyone who participates in his workshops feel like they can indeed compose their own unique songs.

If you are interested in attending, please leave your name with Karina Harry, Louise Dominic, Lindsay Louie or myself. We will get a registration package for you.

Gail Blaney 604 483 3191 (work) 604 483 5299 (cell) gblaney@sd47.bc.ca

“We change the world, one story at a time.” *Richard Wagamese*



Sliammon Easter Fun Day, April 2015.

Celebration of Success

When: May 28th, 2015, 4:00 pm – 7:00 pm

This family event is to take place at the Sliammon Salish Center.

Sliammon Band and School District #47 would once again like to recognize students for their outstanding achievements. You are invited to come & share in the pride and support our students as they receive their awards.

Reminder: Student must be accompanied by an adult.

The award categories include; strong work habits, academic achievement (math, science, social studies, English), Sliammon Language, social re-

sponsibility and best attendance.

Dinner will be provided.

Door prizes will drawn. Winners must be present.

James Thomson Legacy Project(s)

The grade 7 students have begun working on the Salish woven blanket that will be used to wrap the new May Day Ambassador each year. Last year, the students practiced their weaving skills and learned about traditional dyes.

This year, they learned how to spin raw wool on a makeshift spindle whorl created out of old CD's. A huge thank you to Fran Cudworth coming in and assisting with that.

Tla'amin School Language Program Update

By Karina Harry, Teacher

It's been another successful year for the Klah Ah Men language program. It is my third year of teaching and I would really like to thank those who have encouraged and helped me along the way. I've been working on a variety of units throughout the years. I've included some examples of

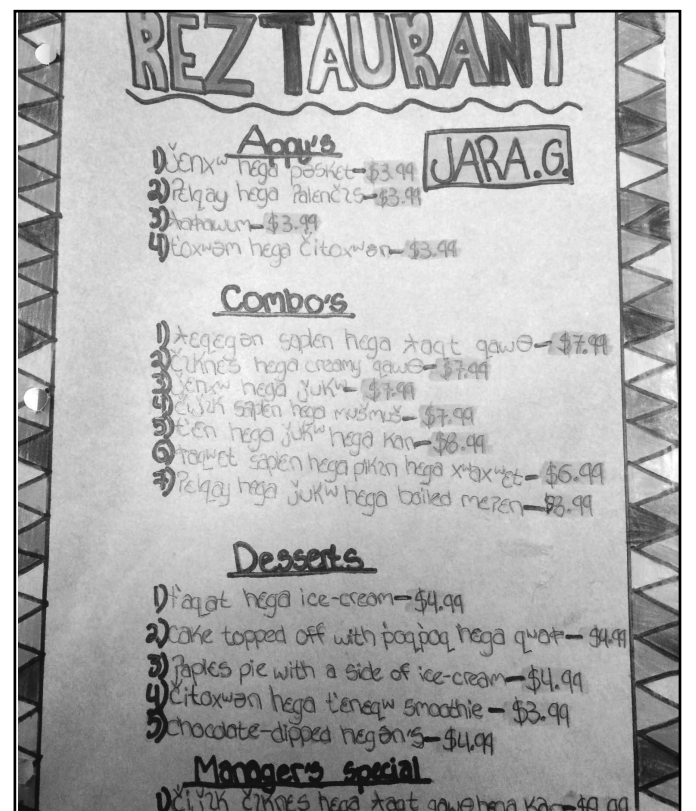


student projects we've done in my Grade 8/9 class. I try to engage the children with interactive games and assignments. I will do my best to take more photos and submit them more frequently.

I encourage parents, grandparents and family members to share as much of the language as you can with your children. Please remember that our language class does count as a second language for post secondary institutions.

There are two \$500 bursaries that can be put towards your child's post secondary education, but they must take the language to qualify. If you have any questions, or would like to come in as a guest speaker, or do a project with the children, feel free to send me an email: karina.harry@sd47.bc.ca

Cheh cheh hah thetch.



Brooks First Nation Leadership Students

By Gerry Brach, Brooks School First Nations Leadership Coordinator

Sixteen year old Brittany Harry is an athletic and goal-driven, grade 11 student at Brooks Secondary School. She is passionate about playing soccer and learning about traditional cultural teachings. “Even though I don’t live at Sliammon, my culture is very important to me. My grandmother used to talk about the importance of culture to my brother and me. She taught us some basic Sliammon words and how to filet and dry salmon.”

Brittany is currently expanding her Sliammon vocabulary by studying Kla Ah Men at Brooks, with teacher Katrina Harry. This is her third year of taking Kla Ah Men and she appreciates how Ms Harry makes learning about cultural teaching interesting and fun. “Ms. Harry knows a lot about Sliammon language and the background of the Sliammon people.” As part of the course, Brittany is looking forward to making a traditional cedar basket this year.

Since first starting playing organized soccer at age 6, Brittany has remained passionate about the sport and has worked hard to improve her skills. She currently plays for the Under 18 Youth Team, “The

Edge,” and describes herself as an attacking forward with a big boot! When asked about why she likes soccer so much, she explains it’s all about the different opportunities for travel and making new friends.

Brittany is a dedicated athlete who plans to train hard this summer, and then travel to Brazil for the month of September to participate in the First World Indigenous Games.

Brittany was recently part of a group of eight First Nation students from Brooks School, who toured several post-secondary institutions on Vancouver Island. “Before I went on the trip I wasn’t really sure what I wanted to do after I graduated. After the trip I now know that I would like to become a Licensed Practical Nurse, because I like helping people and learning new skills.”

Brittany likes attending Brooks School because the teachers are really friendly. She also appreciates that Brooks offers a lot of different courses and electives for students to choose from. After she graduates, Brittany is excited to get out on her own and plans to continue her education in Victoria.

Her advice for new students coming to Brooks is for them to be open to new ideas and challenge.



Brittany Harry with her favourite teacher, Katrina Harry

Faith Broman, a Grade 10 First Nations Leadership Student at Brooks Secondary School, comments on her visit to Vancouver Island to tour post-secondary institutions earlier this year.

“How do I feel about post-secondary? I love the idea of it, my eyes have been opened to a completely different world! Having the opportunity to do this is rare and was something that I couldn’t pass up! After the tour I started to dig deep into what I want to be, something along the lines of childcare, which UVic has courses for! Everyone should get this life changing opportunity.”

Living the Dream

**By Drew Charlie
(Grade 11 Brooks Student)**

Powell River is a beautiful little town on the west coast side of Canada. The people who live here, live here because they love the ocean. This town is based off of the ocean, so it’s a perfect location. The sunshine coast is full of wildlife. Living here is like living in the ultimate bipolar weather town, and most people are okay with that. Some traits it takes to live here include:

- Being able to stand he rain
- Being able to stand the rain, the sun, then rain
- Being able to stand the rain for days on end
- Being able to drive in fog
- Being able to drive in slush
- Being able to scrub frost from your wind-



shield in the morning and at night

- Being able to handle having no traffic
- You must like Tim Horton’s

Some people just can’t do that and that’s okay. Powell River may not be the place for them. But it sure is the place for me! You can’t beat the sunsets, or the view from the mountains. Being able to leave town without a ferry is overrated anyway.

Leadership Group Feedback

Hi my name is Layla George, I have been a part of the leadership group for the past three years now and have gotten amazing opportunities throughout my time in the group. Recently a group of eleven students and two supervisors- Gerry Brach and Trish Hollingsworth went on a trip to Victoria. The purpose of this trip was to tour the University of Victoria and Camosun College.

It was amazing to see how many different options you have as a student. From what type of dorm you want to live in, the variety of clubs and committees you can join and of course the array of courses you can take. It was definitely an eye opening experience. Some advice we got from our tour guide was to take advantage of the support the university offers. There is always someone there to help.

The trip taught me that there are so many options for me when I leave high school. Through the leadership group I have also gotten an opportunity to go to the University of Manitoba in June. I am really excited to go and see what the university over there is like. From what my friends that did this trip last year have said, it is an amazing experience! The leadership group is really cool thing to be a part of, and I highly recommend first nations student that are new to Brooks Secondary School to look into it. It has given me so many awesome experiences throughout the years.



Visiting University of Victoria

TLA'AMIN HEALTH

Healthy Happenings

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



Cynthia Jamieson

The Loss of a Counselor and a Friend

Last week, Brooks and the Powell River community lost a deeply connected school counsellor Toni Marciniak. Our condolences go out to his family and many, many friends.

As you can well appreciate, this is a very challenging time for students and for staff as this loss affects everyone. There are extra counsellors available to help those that may need it.

We have attached some additional information on "How to Help a Grieving Teen." Additional resources available in the community include:

- The Kids Help Phone (<http://kidshelpphone.ca/>) which is available 24 hours: 1 800-668-6868
- The 24 Hour Distress Line: 1-866-661-3311
- Youth Distress Chat Line <http://youthinbc.com>
- Child and Youth Mental Health Services are aware of Mr. Marciniak's passing and have resources available. They can be contacted at 604-485-3722
- Tla'Amin Community Health Services is also available and we can be reached at (604) 483-3009

Programs at the Complex

We are working to find the funding to continue to support our popular swim times at the Complex. Please be patient and we will try to have this sorted out over the next two weeks and get back on track.

May is National Fitness Month

We all know what this means. Feeling guilty about the extra piece of saplen (bread), or treating gravy like a beverage. Beating ourselves up over not taking the stairs, or walking a bit further. How about picking one or two attainable goals and sticking to them for the entire month. I will banish saplen from my diet and will commit to walking at least 10,000 steps a day. After doing 17,000 steps last week on the day that I helped my son move, this goal seems easier now!



Part-Time Accreditation Assistant, #20152404

Tla'Amin Community Health Services requires a temporary part-time Assistant to assist with implementing our accreditation standards in maintaining our commitment to continuous quality improvement. This is a special project for two days per week until approximately March 2016. The rate of pay is \$19.13 per hour.

Skills and Abilities:

- Familiarity with First Nations health issues;
- Familiarity with Sliammon culture, customs and communities;
- Can engage effectively with health centre employees, service users, community members and other potential stakeholders;
- Ability to successfully facilitate action planning teams and events;
- Ability to assist with development of policy, procedures, logic models, forms, plans and other relevant documents and processes;
- Can work independently and with groups; and,
- Demonstrated verbal and written communication skills.

Qualifications:

- Experience working in First Nations health settings;
- Familiarity with Accreditation processes and standards; and,
- Experience and training in administrative/clerical skills.

This is a union position open to both men and women. If you wish to apply, please send a resume and cover letter, by email or fax to the contact information below by May 11, 2015.

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



The American Heart Association Recommendations for Physical Activity in Adults

At least **30** minutes of moderate-intensity aerobic activity At least **5** days per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity At least **3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate **HIGH INTENSITY** muscle-strengthening activity At least **2** days per week for additional health benefits

© 2013 Learn more at heart.org/ActivityRecommendations.

Tla'Amin Community Health Services Elder Coordinator, Job Posting 24042015A



Tla'Amin Health requires a full-time Elder Coordinator to work in a collaborative and culturally safe way to plan and implement appropriate wellness events and activities with a particular focus on wellness for Elders.

Key Duties & Responsibilities:

1. Develop, deliver and evaluate culturally relevant wellness promotion and education events and activities with a particular focus on Elders within Sliammon community
2. Review and assist with development and accessibility of culturally appropriate resources for Tla'Amin Community Health Services
3. Ensure that appropriate wellness promotion information is disseminated to the community in a timely manner including information about TCHS programs
4. Develop, maintain and provide appropriate informational resources as required
5. Provide and maintain accurate wellness promotion reports, documents and files
6. Perform other related duties as required relative to Health and Wellness Promotion for Elders
7. Work as part of the Circle of Team interdisciplinary primary health care team, attending regular meetings, providing services for Elders identified with health issues, and early identification of Elder's service needs

Job Skills & Abilities:

- Extensive working knowledge of Sliammon First Nation resources and culture
- Knowledge of Sliammon language is an asset
- Knowledge and awareness of health priorities for First Nations Elders
- Must be computer literate with Microsoft programs
- Above average written and verbal skills
- Ability to organize and manage multiple resources, groups and community data
- Ability to be independent, motivated and innovative

Qualifications:

1. Certificate or degree in health or human services, or equivalent combination of education and experience
2. Experience in health services settings and in services to Elders
3. Demonstrated ability to work collaboratively with multi-disciplinary service partners and stakeholders
4. Demonstrated ability to do presentations to groups/community
5. Must have valid driver's license and safe driving record

Starting rate is \$18.75 per hour. Normal work hours are between 8:30 AM and 4:30 PM with some work in evenings and weekends. This is a union position open to both women and men. To apply, email or fax a cover letter and resume by 4:30 PM on May 11, 2015, to:

By email: cynthia.j@tlaaminhealth.com
By Fax: (604) 483-2466, Attention: Cynthia Jamieson



Women's Health & Wellness Week
May 4-7
 Various activities and speakers this week ending with a dinner on **Thursday May 7**

- 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
- Info about Sweat Lodge phone John Louie Ext 232

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					01	02
03	04 Men's Hydrotherapy 1-3:30pm	05 Boys' Group @ CDRC 3:30-5:30pm EDP 11-1pm HCC walking group 1-3:30	06 Floor Hockey @ Gym 4:30-6pm Women's Hydrotherapy 1-3:30pm	07 Prenatal & Infant Tot Group 11-1pm @ CDRC Traditional Teachings 10-12pm Women's wellness dinner @ gym 5-8pm	08 Dental Clinic Ages & stages fair @ complex 9:30-3pm	09
10 <i>Mothers Day</i>	11 Men's Hydrotherapy 1-3:30pm	12 Boys' Group @ CDRC 3:30-5:30pm EDP 11-1pm Social Support Group 10-2pm Fluoride treatment @ CDRC 10-12pm (1-5yr old)	13 Floor Hockey @ Gym 4:30-6pm Parent Education & Support Group 10:30-12pm Orca bus parked @ CDRC 9:30-11:30	14 Prenatal & Infant Tot Group 11-1pm @ CDRC Traditional Teachings 10-12pm	15	16
17	18 <i>Victoria Day</i> STAT HOLIDAY Office Closed	19 Boys' Group @ CDRC 3:30-5:30pm EDP 11-1pm Social Support Group 10-2pm	20 Floor Hockey @ Gym 4:30-6pm Parent Education & Support Group 10:30-12pm Women's Hydrotherapy 1-3:30pm	21 Prenatal & Infant Tot Group 11-1pm @ CDRC Traditional Teachings 10-12pm	22	23
24	25 Men's Hydrotherapy 1-3:30pm	26 EDP 11-1pm Social Support Group 10-2pm Community Kitchen 12-2pm	27 Floor Hockey @ Gym 4:30-6pm Parent Education & Support Group 10:30-12pm Women's Hydrotherapy 1-3:30pm	28 Prenatal & Infant Tot Group 11-1pm @ CDRC Traditional Teachings 10-12pm	29	30
31	Craft night 5-7pm @ CDRC					

Bike Night Event

Dear Community Members:

We are all invited to an event in town on Friday May 29th called "Bike Night". This is being organized by a partnership between School District 47, the Powell River Cycling Association, the Division of Family Practice and the City of Powell River.

Everyone is welcome to meet at the Division of Family Practice Hub: #105-4675 Marine Ave at 5:00pm and participate in a big group bike ride – down Marine to Joyce Avenue, all along Joyce Avenue to Alberni, down Alberni back to Marine Avenue.

The folks organizing this event are hoping to have a "bike night" on the last Friday of every month as a way to promote cycling in Powell River.

Brenda Pielle

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 7th for pickup Wed 13th Apr

Tuxahmiy Wellness Recovery Group

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

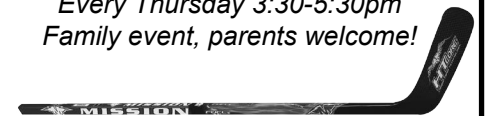
There are no discriminatory rules for people seeking help, its open door policy. The sacred circle is a place to come for support regardless if you are clean and sober or not. There is no judgement and confidentiality is a priority. If you are struggling and need support, come join us at Tuxahmiy.

Youth Group Schedule

Boy's Group started Feb. 3rd, 2015.
 Ages 7-14, Preregistration required.
 Every Tuesday, Meet @ CDRC 3:30pm-5:30pm

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!



- Walk This Way - Walking Group

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

Meet at Tla'amin Health - Everyone Welcome!!



SFN Chief and Council Minutes

March 5, 2015
TCHS Boardroom

Special Meeting
(full set posted at the band office)

Present: Clint Williams, John Hackett, Shawn Louie, Larry Louie, Brian Hackett, Dillon Johnson and Gloria Francis.

Regrets: Eugene Louie, Lori Sparrow and Walter Paul

Administration Staff: Rod Allan and Judith King

Minutes and Agenda

Acceptance of Regular Meeting Minutes of February 19, 2015

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

Acceptance of Agenda of March 05, 2015

Motion to accept agenda made by Gloria and seconded by Dillon. Carried.

Presentations

Daryn Leas, a lawyer, met with Council on 'Trusteeship'. He has worked on trust management for many years. He worked with the Sliammon community on the nature of trusts and needs assessment regarding trusts. This presentation was presented to the community last month. The work involves complying with tax implications. Trustees will become an important part of trust administration. Section 87 of the Constitution indicates that a trust must be established. Tax benefits and trust funds are taxed at a lower rate, which saves money dedicated to a trust.

Trustees will have legal duties and fiduciary responsibilities to ensure that the trusts are well-managed. Elements of a trust and clear guidelines for investment policy were explained. Specific components of the Tla'amin Settlement Trust were reviewed. There will be an annual community meeting on Trusts called the Tla'amin Trust Community Meeting. At least, 40 citizens are required to attend the meeting. Daryn highlighted the purposes of the trust and those purposes provide for the long and short term benefits for the citizens. Daryn noted that there will be no Per Capita Distributions.

Limitations on distributions were included in the presentation and no disbursements will be made before the fifth anniversary of the settlement date. Treaty loan and pre-payments to the treaty loan were explained. A good discussion began on trusts. Trustees, at their discretion, will decide how the trust monies will be managed. There are checks and balances in place and those were explained. The level of seriousness with becoming a trustee cannot be taken lightly. The aim is to have between three and five trustees. The Guardian is responsible to appoint the trustees where the majority of trustees are the Tla'amin citizens. The terms of office will be staggered, four year terms. Qualifications, powers and duties of trustees were discussed.

Selection and appointment of the Guardian was discussed. Council picks the first Guardian and the Tla'amin Community Trust Meeting participants choose the second Guardian. Terms for Guardians are six years. There is a rule where a trust must have a final end. A final distribution date was set as the date of the demise of the last descendant of Chief Tom Timothy. Next steps were proposed. There are more developments expected.

New Business

Finance 1: 2014-15 Funding Amendment # 05 was signed by Quorum. It is an implementation of Self-Government funding, as a one-time, pre-effective date payment.

Finance 2: 2014-15 Funding Amendment # 06 was signed by Quorum regarding Implementation of Self-Government payment being made in advance of "effective date".

Lands and Tax:

1) BCR 2015-14 Leased Lands Re-Survey for transfer at effective date is the topic. The BCR was read by Cathy. There



Nikole Pielie and Adam Gauthier at the Victoria Constitution information session, April 2015.

was discussion on the 200 lots to be re-surveyed. The pins don't move but the resurvey is required to comply with requirements at effective date. The cost of the work does not have a quote; but, it is less expensive to survey in grouped residences. All costs are reimbursed through Treaty-Related Measures funds from the Federal government.

Motion to approve BCR 2015-14 made by John and seconded by Larry. Carried.

2) BCR 2015-15 Certificates of Possession Lots Re-surveyed - Cathy read the BCR. There were 10 recommendations in the resolution.

Motion to approve BCR 2015-15 made by John and seconded by Shawn. Carried.

Health: BCR 2015-13 to support Marlane Christensen in her Elders' care project

Motion to approve BCR 2015-13 made by Gloria and seconded by John. Carried.

Cultural:

1) There is a Carving Workshop at the Powell River Museum on March 26-29, 2015

The workshop event was approved by consensus.

2) Chehalis Dancers ask permission to come to Sliammon and Sliammon will be making a \$750 contribution of gift cards for their feast. Use of Salish Centre will be donated for the event.

Membership: BCR 2015-12 concerns a request to AANDC to do a presentation on status cards. Motion was previously approved on January 22 and the BCR is ready for signature. BCR signed by Quorum.

Treaty & Transition: Classification of staff titles for organizational chart. There was a previous discussion about Director and an email from Murray Browne was reviewed. Sliammon Council accepts Director as a title for heads of the different departments in the new organizational chart.

Portfolio Reports

Natural Resources – John Hackett: He is scheduling a Natural Resources meeting at 10:00 am for March 6th.

Board & Committee Liaison Reports

Sliammon Health Board - representative is Larry Louie.

There is an evening Health meeting on March 6th

Sliammon Development Corp – Brian Hackett and Kelly Rankin met in an SDC meeting. Two trucks for the Nation's use may be purchased.

Sliammon Treaty Society – Two Councilors attended a meeting on treaty. The session was beneficial.

FN Employment Services – Dillon Johnson says this organization is being audited by Service Canada.

Chief's Report

1. DFO Meeting – Clint met with Tom Rutherford, Grant McBain and Kirby Rietz about the design of the Sliammon Lake Bridge Dam and there will be an introduction between SFN and the IPP team. KAWA wildlife studies and stream flow projections will begin, but may stop if funding ceases.

2. There is a proposal to clean up the Sliammon River log-jams. The clean-up will be when the water level is low in the summer and it will provide work for Sliammon citizens.

3. The disturbance that took place at Council chambers on January 8th has been resolved and the charges have been dropped.

4. Dave Formosa is donating \$500 to the soccer team and the funding will be administered by Sliammon. Sliammon will pay for entrance fees.

5. The totem pole ceremony is May 5 -12 in Slovenia. Clint will attend with Betty Wilson and Council supports the trip.

Other Business

1. Racism in Powell River was addressed in a mini-presentation. Ms. CC Duncan contacted Jane Elliott of Blue Eyes Brown Eyes and Ms. Elliott responded to CC about coming to Powell River to raise awareness about the impacts of prejudices. CC Duncan is looking for support for a campaign highlighting prejudices and racism in Powell River. Chief Williams indicated that Sliammon would be on board to help with getting her message out. Jay Yule from the school district is also involved in the planning. The cost to start the project is high and the organizers are planning some sponsorship opportunities to keep cost of tickets down.

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

Meeting adjourned at 2:05 pm.

SFN Chief and Council Minutes

March 19, 2015
TCHS Boardroom

Condensed version
(full set posted at the band office)

Present: Clint Williams, John Hackett, Shawn Louie, Gloria Francis, Walter Paul, Eugene Louie, Dillon Johnson, Brian Hackett and Larry Louie.

Regrets: Lori Sparrow

Administration Staff: Rod Allan, Cathy Galligos and Judith King

Minutes and Agenda

Acceptance of Regular Meeting Minutes of March 05, 2015

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

Acceptance of Agenda for March 19, 2015

Motion to accept agenda made by Eugene and seconded by Shawn. Carried. The mini-excavator was added to the minutes. The agenda approvers agreed.

Presentations

Constable Jenn Crossman gave a report on civil issues that she is involved with in the community. Constable Wiebe gave his summary report. All areas of RCMP- identified offences in Sliammon are lower than last year. Only drunk-driving offences were higher and that could be due to a change in legislation. Constable Wiebe highlighted a need for a joint-focus plan for 2015. Truancy issues for the SFN youth were mentioned. If youth want a career with RCMP, they can talk to Jenn about available programs. Discussion regarding all-terrain vehicle traffic on reserve and crown lands took place.

New Business

Finance/Admin/Audit: Approvals for funding requests (Sports Teams or Post-Secondary) were discussed. It is the consensus of Council that if Councilors receive any queries or complaints from the community about funding, then Councilors will redirect these questions to Rod for follow-up.

Social – An update on hiring decisions and outcomes was made by Rod. Staff placements, changes and terminations were clarified.

Housing – A report regarding the logistics of house transitioning, the potential for newly-built residences and renovation subsidies was given. There is a list of free and clear homes wherein the occupants seek full ownership.

Housing committee seeks approval via Band Council Resolutions for proposed housing transfers (or shuffles). A criterion for change of residences has been established for occupants and additionally, there is a need to document all residential changes for handicap-capable homes. Committee is looking for a contract using Sliammon workers to complete upcoming renovations. Recommendations, as noted in the March 17th Housing Committee meeting minutes, were considered and approved by Council. Motion to support the recommendations from March 17th housing committee made by Eugene and seconded by Shawn. Carried.

Infrastructure – An update on and application for infill lots has been sent to AANDC for funding consideration.

Lands and Tax 1: BCR 2015-16 regards re-aligning property boundaries concerning Block 1.

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

Lands and Tax 2: Operational Land Code – The main focus was on minor adjustments to the Land Code Framework Agreement. There is a transition for First Nations who are administering their treaty. Lands Advisory Board Resource Centre environmental staff will negotiate for all First Nations who are under their own land code.

Lands and Tax 3: Mini-excavator and trailer purchase presented by Cathy. She identified the sources of funding and



Makaela Gallagher, Powell River and Sliammon Easter Coloring Competition winner.

the assets can be purchased with available funds within two lands programs.

Motion to approve the purchases made by Dillon and seconded by John. Carried.

Fire Department: Discussion started on accepting the fire truck that is being offered to Sliammon from the city. Sliammon created the new fire hall for the truck and Sliammon will receive the truck. It was suggested that the fire department should be considered a government department. All Councilors are in agreement that the fire department will follow recommendations of the Emergency Services Committee.

At least, two recruits for the air brake endorsement are needed. A training program for fire-fighters was discussed and Terry Peters is willing to train Sliammon members. Gloria, Chair of Committee will call a meeting. Walter will be the liaison between Fire Department and Committee.

Fisheries: Clam licenses in Area C were discussed. Herring harvesting is being looked at by Kevin. Deadline for prawn licenses is March 20, 2015.

Forestry: Dump (gravel) truck will be purchased by Thichum Forest Products.

Treaty 1: The topic of more frequent working group meetings by Lori was tabled.

Treaty 2: Law Approval Retreat Session: The retreat dates and locations were considered. First week of June was proposed.

Treaty 3 - Rules of Procedure for Tla'amin Constitution Amendment Vote was approved by consensus. Eugene mentioned the topic of an overseer or watch dog for government operations. Marie Claxton of the city clerk's office is keeper of the policy for the city. Tla'amin Governance laws have built-in triggers for situations that are either considered unjust or are inappropriate.

Portfolio Reports

Finance Committee: Dillon reported on the items that have come up in the committee meetings.

1) It's proposed that a purchase of two trucks be made - one for the water plant to go up to the lake, also one for Adminis-

tration to use on government business. The vehicles would be well-marked vehicles and used for Nation business only.

2) Marilyn George's housing renovation issue was dealt with in housing. Council will ensure that funds will be administered by the Nation.

3) To date, FCRSA funds have not been forwarded. Suggestions were made for using the funds and one purpose could be to complete housing upgrades.

Two purposes suggested are:

- Up-front funding is proposed for renovations and,
- Utilize funds to continue employment of the housing assistant.

Fiscal recommendations that are made by Council regarding FCRSA funding are required. Action: Provide a budget with more detail.

Motion to support the Finance Committee's recommendations and required follow up made Dillon and seconded by Gloria. Walter declared conflict and did not vote. Carried.

Chiefs Report:

- There are three purchases happening – 35/mini-excavator, gravel truck and mid-size excavator.
- Sliammon needs info sessions for next referendum, both in community and Tuwhusht community.
- Worker resumés for the construction at Government House go to Steven Galligos.
- MOU protocol for VIU signing. Action: Clint
- A Coordinator for the Elders trip is required.

Other Business

- First Nation Safety Council email given to Council for their info.
- EMBC training for officials noted. Rod placed sign-in sheet at Reception for Councilors to sign-up.

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

Meeting adjourned at 12:46 am

Celebrating Our Early Childhood Educators and Childcare Providers



May is child care month which is the perfect time to celebrate the work of our caring and committed Early Childhood Educators and Child Care Providers in our community. We know the importance of early childhood education and how valuable early learning is in a child's day to day life and are very fortunate to have a Child Development Resource Center with passionate, caring and committed educators.

Every day, our educators are helping children to work together, introducing the joy of music through songs and reading children's stories that pique young imaginations. Our educators offer babies, toddlers and children safe, high-quality care environments where they can learn through play. Our educators go out of their way to promote and implement our culture and language into their daily routines which help our children to stay connected to their cultural roots.

It is heartwarming to see the relationship that develops between our educators and our children as well as the loving environment that is apparent when you walk through the door. The loving hugs when a child needs reassurance, the tender voice when a child needs encouragement, and the gentle touch when a child needs affection are countless and beautiful. Each of our educators have unique and relevant attributes that mesh together to provide each individual child with the quality care and attention they need and deserve. Our educators are continuously coming up with new ideas and activities for our children to keep them interested and involved in play knowing the value of it.

Our hands are raised to all of our community educators! Thank you for your dedication and compassion in your roles as Early Childhood Educators!

Missing from the pictures are Shaya Harry, Sheila Butts, Rachele Spencer, Peggy-Sue Cole and Brandy Marriot.



The ABC's for Mothers

By Brenda Pielle | Child, Youth, and Family Advocate

- A is for awareness – a mother has a keen awareness of her children and their safety.
- B is for the beautiful smile on a mother's face when she thinks of her children.
- C is for the care and concern a mother shows at all times.
- D is for the devotion a mother has to her family.
- E is for the encouraging words she shares as she cheers her children on.
- F is for food, food, food, - a mother loves to feed her family.
- G is for the generous gifts of the heart that are given so freely.
- H is for the hands that work tirelessly as a mother makes and bakes things for her family.
- I is for the imagination a mother admires when she hears her child tell a story.
- J is for the jokes that make a mother laugh and relax.
- K is for the kindness of a mother's touch.
- L is for the LOVE that a mother gives every minute of every day.
- M is for the many memories a mother creates for her family as she plans gatherings and activities.
- N is for the word "no" that a mother has to say, even when it sometimes breaks her heart to say it.
- O is for the optimism that a mother shares when her children are feeling down.
- P is for the praise a mother gives to others, and deserves, herself.
- Q is for the quiet singing or humming as a mother rocks her baby to sleep.
- R is for remembering where everything is in the house. Mom can always find things.
- S is for the surprises a mother plans with joy.
- T is for the tenderness, the teachings, and the talents that a mother shares.
- U is for all the upsets that a mother responds to throughout the day.
- V is for the values that a mother passes on to her young ones.
- W is for the wonder we feel when we think of all a mother does.
- X is for the extra special understanding a mother has for her children.
- Y is for the yearning in a mother's heart when she misses her children.
- Z is for the zeal and effort a mother puts in to everything she does for her family.

Happy Mother's Day to all of the mothers, and grandmothers in our community. Best wishes for a lovely day on Sunday May 10th.

Sacred Heart Church Update

By Betty Wilson

I have been so busy that I have been unable to give update on the restoration of the Church.

We are currently raising funds to replace the flooring which is crumbling. Also we need to make some major repairs to the bell tower.

Mishaps.

Window was broken and replaced which insurance will not cover.

Funerals

We have had two requests from town to hold their funeral in Sliammon. Whether they attended Sacred Heart Church, our support from Assumption parishioners has been overwhelming. With a large portion of the money we have been able to raise comes from the parishioners in town. As neighbors they have been awesome. The families of the deceased elders (from town) have made financial contributions to Sacred Heart restoration project. One of our Sliammon Band Members also stated that we need to show respect our elders and their families in their time of sorrow.

Spring Clean up

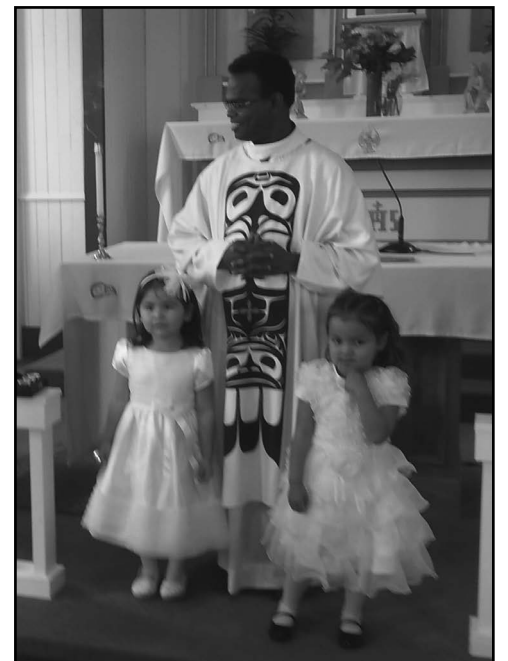
Thanks to Gerry and Kathy Bennett, Gerry Brach, Jim and Carol Wyatt, Mary Murphy, Ann Marie Rhodes and Mary Harry for doing a major clean. Jim did all the high ladder work cleaning the windows inside and out.

He cleaned the furnace ducts which has never been done. Carol did the high climbing to get rid of the cobwebs. Ann Marie who is one of our eldest members (in her 80's) never stopped working.

Baptisms

Priya Williams, Parents Mike Williams and Shaya Harry

Kendall Louie, Parents Amanda Louie and Brad Harry



Sheheyston: The First Name of Emmonds Beach

By Chris Springer, SFU Archaeology

Sheheyston is a place of deep history for the Tla'amin people. The ancestral record shows occupation of some kind from as early as 4,500 years ago to the late 18th century as seen through changes in burial traditions, the formation of an extensive midden, and the creation of a defensive feature along the foreshore.

The Tla'amin oral record that retains and perpetuates community memories and stories of places and events, speaks of a complex and dynamic past at Sheheyston. For the Tla'amin people, it is remembered as a place of settlement, as a place of defense against northern raiders, as a place of sickness that came with European incursion, and, more recently, as a seasonal camp.

Place names and the stories or meanings associated with them can have moral, spiritual, or pragmatic significance, or some combination of all three. Sheheyston exemplifies the pragmatic instance where a name describes a particular geographic aspect of place, perhaps as a navigational aid or as a cue for memory to locate it on the Tla'amin cultural map. However, despite its prosaic meaning, as with all place names, the name Sheheyston is enmeshed with the history of the place. It is a link to past events—a link to the ancestors.

The Tla'amin Place Names document compiled as part of a traditional use study conducted in the 1990s, gives the translation of Sheheyston as “steep.” Rose Mitchell stated that this was in reference to a steep area “right at the shore ... where you can get off from your canoe and climb right up.” It is not immediately clear in the description of the name which steep part of Sheheyston was the inspiration for the name. There is the bluff along the west edge that separates Sheheyston from Kohkjooseu (Keays Bay). There is the combined and now buried trench embankment and deep midden deposit that rise steeply from the beach dividing the landward and seaward areas of Sheheyston. Finally, there is the bluff rising along the east edge. The most likely interpretation is the second possibility. The description mentions getting out of a canoe, which presumably would include pulling the canoe up onto the beach and then climbing up the steep rise created by the buried trench embankment and midden. Considering this, the meaning of Sheheyston (“steep”) and its description allow for a point of access into the events described in the ancestral and oral records.

The Tla'amin First Nation-Simon Fraser University Cultural Heritage and Archaeological Project, of which I was a part, did not excavate at Sheheyston but in 1995 archaeological consulting work was done there in advance of development on the property. This work provided evidence that can give a relative time frame of occupation. The practices of midden and above ground box burial were noted to have been used at Sheheyston. Burial in middens is the oldest known burial practice in the Salish Sea region dating to as early as 4,500 years ago, whereas above ground box burials date within the last 1,000-800 years or less.

Another relative indicator of age is the trench embankment at Sheheyston. The practice of building defensive



Janet Francis at the community weaving workshop held in April 2015.

features at important villages dates from approximately 1600 to 200 years ago. The trench embankment may date to the earlier period but it was definitely in use more recently. The oral record tells of a rock barricade built high on the beach to create an embankment to guard against attack by northern raiders. This structure along with the extensive midden deposit resulted in the “steep” rise from the beach toward the landward area of Sheheyston. Here we have one of the connections between the ancestral and oral records through the name Sheheyston.

Another connection between the two records can be found in their witness to Sheheyston's long history as a major settlement. The extensive midden (15,700m²), defensive feature, and burials that comprise the ancestral record all indicate that this was a large and old village. As already noted, the oral record also describes the defensive feature at Sheheyston. There are also stories of many people dying there as a result of the communicable diseases brought by Europeans. That many people died there is an indication that it was a major village in recent memory.

Despite these darker aspects of Sheheyston's history, community memory records that it continued to be a place of importance for the Tla'amin people from the mid-18th

century to the mid-19th century. Many people maintained cabins there and used it as a seasonal base for hunting, fishing, and gathering other foodstuffs. For example, the oral record tells that a trap line ran from Sheheyston, that the beach was good for clamming, that roots were collected there, and that herring used to spawn in the bay. These more recent events are probably associated with the place name functioning as a geographical reference. The steep geography of Sheheyston helped to situate the bay in the Tla'amin cultural map of places important to the community.

The ancestral and oral records of Sheheyston are linked through the name. In the ancestral record, the midden and embankment are what remain of a once populous community that thrived at the location until sometime in the 18th century or early 19th century, after which Sheheyston became a seasonal camp. The oral record of Sheheyston describes the events that likely led to the change: conflict with northern groups and population depletion from European contagions—events that are partially reflected in the ancestral record. In this way, despite modern changes to Sheheyston, the steep rise from the beach created by the now buried embankment and midden is both a physical repository and a symbol of Tla'amin history through the millennia that is carried in the first name of the place.

Tla'amin Word of the Month

łičos (Klee-chos)
Spring (Buds coming out)



Randy and Alvin at the carving workshop held in April 2015.

ANNOUNCEMENTS

Fernando Menendez/Peters Update

Big Congratulations to my son Fernando Menendez/Peters in receiving an ALL STAR AWARD for his Bantam League this year.

The Powell River Bantam Rep. Team did very well through out the year, they played Tier 2 through out the season, they fought hard, played some good competitive hockey through out the island and came in 3rd place.

A message was sent to me from a coach in Nanaimo when he watched Fernando's last game, he expressed how happy he was with Fernando's good sportsmanship. "Someone has to win and someone has to loose, it is times like

this where as players they grow up and become better players and better young men".

Fernando has been invited to play SPRING HOCKEY WITH THE NANAIMO YOUNG GUNS, he will be playing in a Tournament in Burnaby, BC in April 25/26, 2015.

Fernando also had a special invitation from KINGS COACH, KENT LEWIS, Hockey Camp in Comox in May, 2015 Fernando will be moving to MIDGET league 2015/2016. Need some positive energy now, I would like do some fundraising for his hockey. Lorraine_peters1@hotmail.com



It's hard to believe that we are coming up on our one year anniversary already. It's been a huge learning curve for us all but I think we have settled and have adjusted to the life of owning and operating a local convenience store. We would like to take this opportunity to thank all of our dedicated patrons for your support throughout the year.

As well, we would like to thank our hard working staff. We are proud to have you on board and couldn't do it without you!

As you all know, we pride ourselves in providing high quality food at a reasonable price. Our salads and sandwiches are all made in house. We use top quality, fresh ingredients to ensure you will keep coming back for more ☺

Wing Wednesday is everyone's favourite day of the week. Just \$7 for a dozen and 8 flavours to choose from.

Daily specials are also back by popular demand. Just call the store to find out what the special is or log on to face book.

Breakfast – We have our breakfast cook Curtis whipping up a special treat for you on Saturday and Sunday mornings. Along with the everyday breakfast menu, which by the way includes bannock french toast, he has been known to whip up a special as well. The omelets are always a favourite or if you're lucky, there may be a breakfast Skillet complete with sausage, hashbrowns, spinach, peppers, onion and tomato, topped with eggs and cheese waiting for you.

The Gift Gallery

Do you have anyone graduating or getting married this summer? We are expecting a new shipment of unique gifts that would be perfect for any occasion. In order to make room for our new shipment, we have the rubber boots that are in stock on sale at 50% off. Come in and get yourself a pair for working in the garden. If you can't decide what to buy, we do have gift certificates available in the denomination of your choice.

Store Hours

Monday – Saturday 7:00am – 10:00pm
Sunday – 8:00 am – 9:00 pm

Phone: 604 414 0269

Gail and Erik Blaney

Sli City Grill Main Menu

604 414 0269

- Chicken Burger-\$9.50
Meal-\$11.50
- Beef Burger-\$8.00
Meal-\$10.50
- Loaded Burger-(bacon, cheddar) - \$10.50
Meal-\$12.50
- Bannock Burger-\$11.00
Meal-\$12.50
- Loaded Bannock Burger (bacon, cheddar, works)-\$12.50
Meal -\$14.50
- All Beef Hot Dog-\$3.50 Loaded-\$5.50
Meal -\$5.50 / \$ 8.00
- Hot Roast Beef Sandwich -\$9.00
Meal-\$10.50
- Croissant Sandwich -\$6.00
Meal -\$7.50
- Subs-\$6.25 / Meal-\$8.25
- Chicken Strips & Fries-\$9.50
- Crispy Chicken Caesar-\$8.50
- Extras: Bacon-\$1.00 Cheddar Cheese-\$1.00 Gravy-\$1.50
- Meals includes your choice of Hand Cut Fries, Deli Salad, Caesar Salad or Garden Salad
- Poutine as side-\$3.50 Half fries/Half onion rings-.50c
- Poutine: Large-\$7.25 | Small-\$5.75 | Deluxe (Bacon, Chicken, Hot Sauce)-\$8.75
- French Fries: Large-\$4.50 Small-\$3.75
- Zoo Sticks-\$5.95
- Onion Rings: Large-\$4.75 Small-\$4.00
- Fries and Onion ring basket-\$6.25
- Chicken Wings -\$12.50 per dozen | Cajun, Honey Garlic, Teriyaki, Hot, Sweet Chili, Salt & Pepper, BBQ, Blue Moon
- Breakfast English Muffin-\$3.75
- Breakfast Cheese Croissant-\$5.00
- Bannock Toast-\$3.25
- Sausage Rolls-\$4.00
- Pepperoni Cheese Stick-\$3.50
- Bannock-\$2.50
- Fresh Muffin-\$2.50
- Pizza-\$6.00



Sliammon Hydro Electric Project

Do you have the skills we are looking for and are you interested in working on the *Sliammon Hydro Electric Project*? We are seeking 2 technicians in the terrestrial and fisheries areas to assist the Environmental Manager in performing the environmental assessment in and around Sliammon Lake.

Terrestrial Tech and Fisheries Tech

Two part-time "on call" positions: May 2015 to March 2016, 630 hours anticipated for these postings and 130 hours anticipated for Hydrology and Energy modelling. Wage based on experience and qualifications.

Certifications and skills involved for the environmental assessment (terrestrial and aquatic) include individuals possessing:

- First aid certification so as to be recognized by WorkSafe BC (Saint John Ambulance OFA Level 1 equivalent is sufficient).
- Electrofishing certification for fisheries technician (a course is available through VIU's Natural Resource Extension Program).
- Must be physically fit and ready to work potentially long hours in the field up to 10-hour days and at odd times of the day (i.e., very early in the morning or late at night for certain wildlife).
- Must be bear conscious and have the necessary personal protective equipment (PPE) – PPE could be provided for the right applicant.
- Other required work apparel: Hi Vis Vest and/or Cruising Vest, Steel Toed Work Boots, Hard Hat, eye protection
- Minimum of one year experience with environmental field work. Equivalent experience considered.
- Strong interpersonal communication skills and technical writing skills mandatory.
- Applicants expected to be able to effectively communicate environmental requirements and commitments to contractors and work effectively as part of the team.
- Working knowledge of environmental laws in B.C. an asset.

To apply:

Send a cover letter and resume to the attention of the Manager, Sliammon Development Corporation via email devcorp@shawcable.com. No telephone calls please. Preferred start date for the positions is early May 2015.

THANK YOU

Mark and Doreen Harry wish to thank everybody for their support.

Mark's fundraising was for the Mother's Day Tournament & try outs for Cuba this summer.

Winners of his hockey squares were:

1) Vancouver/Calgary – William Peters Sr.

2) Vancouver/Calgary – Derek Galligos

3) Montreal/Ottawa – Williams Peters Jr.

Tutoring Available

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

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



Housekeeper for The Historic Lund Hotel

Details

Position: Housekeeper
Employer: The Historic Lund Hotel
Sector: Accommodations
Posted: 2014-Apr-22
Closing Date: 2014-May-06
Salary or Wage: \$11.00 per hour
Full or Part Time: Part or Full Time
Location: Lund, BC
Start Date: Mid May

How To Apply

Contact: Vanessa Kosloski
Email: vanessa@lundhotel.com
More Info: <http://www.lundhotel.com/>

Requirements

- Driver's licence and vehicle required.
- Must be Physically Fit and able to do stairs, lifting, bending, and other things that are strenuous on the body
- Able to work on your own and with others
- Able to work both weekdays and weekends
- multitasking skills

Duties and Responsibilities

- Maintaining cleanliness of hotel rooms in an efficient manner
- Hotel laundry
- Keeping carts and housekeeping rooms clean and stocked
- Letting front desk know of any maintenance issues as soon as possible

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

Source Club Society

University/College Students Required

Two positions as activity workers for social/recreational rehabilitation programme serving adults with a mental illness. Preference to candidates with training or experience in social services, recreational therapy or psychology. Strong interpersonal skills and driver's licence are required.

Position is full time, 35 hours per week. Applicants must be returning to school in September.

Please send resumes to:

Diane McKendrick:
c/o Mental Health and Addiction Services
3rd Floor, Powell River General Hospital
5000 Joyce Ave. Powell River, BC, V8A 5R3

Deadline for applications is May 15, 2015. We thank you for your interest, however, only those selected for interview will be notified.

LIVE SIMPLY.
DREAM BIG.
BE GRATEFUL.
GIVE LOVE.
LAUGH LOTS.

My Dear Valentine

Sliammon Culture Programs

So come out and enjoy and learn at your own pace, and make the most of our programs before they break for the Summer in mid June.

CARVING

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

BASKET WEAVING

Every Thursday
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**



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.

ANNOUNCEMENTS



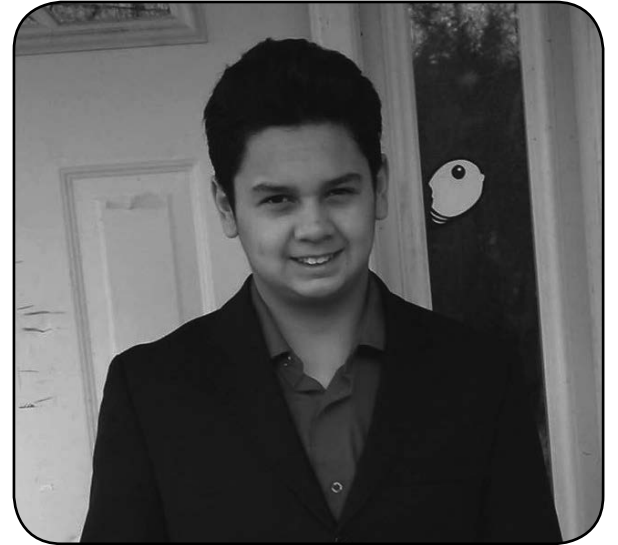
Sam and Kim Hackett



I couldn't ask for more with you by my side always.
You never failed to show your love for me, implicitly or the other way around.
I just want to show you how much I love you.
And walk greater miles with you.
Happy anniversary... I love you.
May-04-13

Happy Birthday Tia and Stacey!!!

Happy 8th Birthday Tia May 30th
Happy 6th Birthday Stacey May 31st
Love Mom & Dad



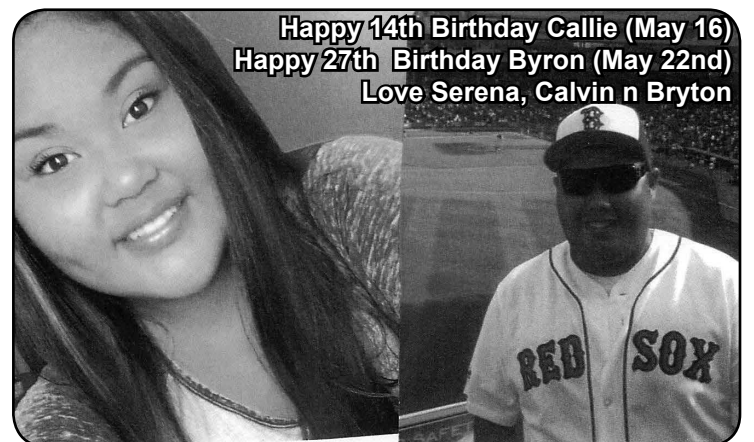
Happy Birthday to you my son Fernando, as you will be enjoying what you love best, playing hockey on your Birthday, play some good hockey with new team mates. It will be special as you are in the hearts of your family.

Love always, MOM, Lonnie-Lee, Julia, Jasmin, and Billy<3

Happy Birthday Braedyn



Happy 10th Birthday My Little Boy Years have rushed past, Little did I know that little boys grow up fast. All those years of walks and talks Will continue to give my life its sparks. Son, your birthday is special to me, And your beautiful face is all I always see... Love your parents Brad, Amanda & Little sis Kendall - May 7th!



Happy 14th Birthday Callie (May 16)
Happy 27th Birthday Byron (May 22nd)
Love Serena, Calvin n Bryton