



NEHMOTL "US"

June 2015

Community News | Events | Updates for the Sliammon People

Unravelling The Past

By Alex Sutcliffe, Editor

Knowing where we come from and knowing our history, is an important part of knowing who we are. Recognizing how we came to be here and the links that connect our families together is what gives us our strength as a community, it is something that is often missing from the modern world but it makes us a powerful Nation. With so many moving together as One, we can achieve great things.

Family is at the core of our values as Sliammon People, and it is this driving force that prompted Leslie Adams to want to find out more about his family history, particularly in regards to his paternity and the Adams lineage. Enlisting the help of his son, Dr. Evan Adams embarked on a quest to discover what he could about his family history, in a search that would uncover some surprising details along the way.

"My dad is interested in his paternity... His mother was never married when she had him and she passed away, she was 16 when she died, and he was raised by his grandmother... so for that reason we are interested to find out where we come from" says Evan Adams.

After searching through the BC Archives and examining Death Certificates and Marriage Certificates, Evan was able to confirm that Leslie's grandfather - Charley Adams - Charley's mother was Mary Atum listed as being from Comox. Mary had later married Jose (Joe) Galligos, originally from Chile, in 1898. Charley came over and had an arranged marriage to a young girl named Sera(phine) Johnson, a sister of Smokey Johnson, and Sera became an Adams.

"So we found Charley Adams death certificate, and we saw that he had a total of 8 children with Sera (Pellanick - who has all the Charlie family as her descendants, Ida who became Ida Timothy, Agnes who became Agnes Paul, Maggie, Celestine, Rosie, Lily and Sammy). 7 of Charley's children were girls and though they didn't carry on the name, they became ancestresses to much of Sliammon, but out of the 8 children, only his grandson - my dad - carried on the "Adams" name. We found Charleys grave, but he was buried away from Sliammon in New Westminster... That was important to find him and reconnect with him" adds Evan.

Charley Adams was born in 1860 and died in 1930 at the age of 70 at the Essondale Institution in Vancouver. "We found a photo of Charley in the Archives when he was admitted to the hospital and it's interesting because in the documents he was marked as being scared from head to toe and he was blind. Now there were 3 pandemics that hit Vancouver Island between 1860-1870, a small pox epidemic that started in San Francisco and traveled up the coast and wiped out tens of thousands of people. First Nations people were particularly impacted and we know that from the public health records. Small pox kills 30% of people and leaves most that survive scared from head to toe - and it also causes blindness in about 5% of survivors... so Charley most certainly survived those pandemics and if you think about it, that would be the reason why he left Vancouver Island, because it was ravaged, there were entire villages that were abandoned and Comox was one of them. Our own numbers were very low, down to about 200 people at one point - it's an epic part of our history and not many people know about it" continues Evan. "It also confirms the stories that Ida Timothy and Agnes used to tell about their father being blind but they



Dr. Evan Adams, Leslie and Janie Adams, and APTN producer Gregory Coyes

could leave him in the forest and he would cut wood - that occupation was even listed on the Canadian Census from 1911 and 1921, you see Charley Adams listed as a wood cutter!"

In conjunction with the lengthy search of public archives, the family has also taken DNA tests as part of the National Geographic Human Genographic Program - the programs aim is to map the story of human origins and how we came to populate the planet. The results from the DNA tests helped to shed light on ethnicity and family history.

"The surprise came back with the DNA results where dad tested as 6% Polynesian! He had always wondered if he was related to the Adams family of Vancouver Island, a well known family of native Hawaiian descent" says Evan.

Testing 1/16th Polynesian means that one of Leslie's great great grandparents would have more than likely been Hawaiian. In the 1800s Hawaii was in turmoil as the native Hawaiians were being pushed off their land. Native Hawaiians weren't recognized as American Citizens and faced similar issues of not

being able to own land or vote. The irony was that if they migrated to the United States they were granted Citizenship and had more rights than Native Americans at the time. So there were large numbers of Hawaiian immigrants that came to the Pacific Northwest and they settled in many locations, particularly the San Juan Islands before moving to Salt Spring Island and scattering.

"APTN (Aboriginal Peoples Television Network) has also picked up interest in the story and are helping us sort some of the genealogy and DNA research. They will be hosting a gathering for the "Adams" family, including the Hawaiian sides, and they've promised us a big surprise on June 13th when we gather together" says Evan.

"It is important to recognise all of the contributors to our genetic pool, we were, as Sliammon people, literally under siege at one point, we were dying a lot. But there were immigrants that came in and inter-married and that is our reality and it's nice to hold that space and just think about where did we come from."

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Tla'amin Nation

LAW SUMMARIES

Frequently Asked Questions

LAWS & SELF GOVERNANCE

Why is there not more of our culture represented in the laws?

Although the laws had to be constructed in a manner that would be recognized by the modern world's legal systems, our culture is still very much at the heart of it all. Our laws are derived from our Constitution, which was developed by Tla'amin people based on our Ta'ow (Teachings) with over a decade of community wide surveys to understand the kinds of things that are most important to our people. Our language has also been incorporated into our Laws where possible.

What is the term of office for our elected government representatives once we move into self-governance?

4 years

Are we looking at other Nation's laws to help with designing our own?

Yes we are. Our working groups consult extensively with other Nations that have moved through the treaty process, legal council, and professionals and experts in various fields.

How are we ensuring that the laws are fair when it comes to land ownership and land distribution?

IR#1 and Okeover will become "restricted fee simple" lands, which means these lands can only be sold to Tla'amin members. In most cases Tla'amin members will be able to acquire a parcel of land almost free of charge. The granting of land will be subject to our Laws and Policies which detail standard plot sizes etc. Granting of land will also be conditional or dependent on the type of usage and applicants having the means to develop the land to protect the Nation from sustaining financial losses.

Lands which are designated as "Community" will not be available for private ownership by members or non-members. These lands include Theo, Grace Harbour, Cortes, Harwood Island and Sliammon Lake.

Unrestricted fee simple lands will include Westview/Airport, Klahanie and Southview lease lands, and Atrévida, Old Mine and Krompocker Rd. These lands may be sold or leased to members and non-members alike pending approval from the Tla'amin Government.

How will our lands be protected from mortgage defaults?

IR#1 (Main Village) and Okeover lands will be "restricted fee simple". This would protect these areas against sale to non-members. As a result of this, financial institutions will be reluctant to loan money for housing to individuals living on restricted lands as there is no collateral to protect the banks investment. Our Nation will need to come to some sort of arrangement with these institutions in order to secure any loans, and create our own safeguards and criteria to ensure long-term viability and protect the Nation from sustaining any financial burdens.

Community lands will also not be available for private ownership by members or non-members.

Will we be able to hunt and fish freely in our territory?

Yes in most cases we will be able to hunt and fish freely in our territory. Sliammon will be providing designation documentation for our citizens. Our Government may impose limits or restrictions in some cases to help manage our resources in a sustainable manner.

What will be the requirements for Sliammon Citizenship?

Sliammon members can "enrole" to become citizens if; 1. You are currently on the Sliammon band list; or 2. If you have Sliammon ancestry through your mother or father, or grandparents, or 3. Adopted under a law recognized in Canada, or under Sliammon First Nation custom by an individual eligible to be enrolled under the Final Agreement; or; 4. A descendant of an individual eligible to be enrolled above.

TLA'AMIN TRUST

Have we done enough to design and protect our settlement trust?

Yes. After extensive consultation with our community and legal/trust experts we have protected our Trust. With the appointment of 3 trustees plus a Guardian we can ensure appropriate management of the Trust in-line with community engagement and the rules laid out in the Trust Deed.

Will trustees require criminal record checks?

At this point in time no criminal record checks are required. Trustees are required to complete certain training requirements prior to eligibility, the final 3 Trustees are then selected by our Government.

Will urban/off-reserve members have equal access to the trust?

Yes all Tla'amin Members are beneficiaries of the Trust. The Trust may only be used in a manner spelled out by the Trust Deed.

GENERAL DISCUSSION

Can we have more meetings to talk about treaty and the current processes?

The Treaty Society welcomes all questions and inquiries about our work progress. While we organize and hold meetings whenever we have important information to share, we can always be reached anytime in-person or by phone or email to discuss any topics you may wish to talk about. The Neh Motl is another good source of information for updates from Treaty and the Nation's progress as we move towards self-governance.

Is electronic voting confidential?

Yes electronic voting is confidential, no names are visible. PIN numbers are later cross checked against the PIN's from ballots handed in at the polling stations to ensure no-one votes more than once but no names

are seen throughout or after the process.

What are the requirements for accessing post-secondary funding?

You must be a registered Sliammon Band member and qualify for admission to a pre-approved/accredited college or university in order to qualify for post-secondary funding. Funding is then subject to availability/wait-list.

Will there be more housing?

Housing is one of the main priorities for Sliammon and also one of the most costly to the Nation. Sliammon is in the process of developing Laws and Policies to protect the Nation from severe financial burdens for future residential developments. The Nation will be looking at many options after transition to self-governance including:

- Implementing strict lending criteria for applicants seeking funding through financial institutions backed by the band.
- Enforcement of rental agreements and outstanding mortgage defaults.
- AANDC has potentially committed to the development of another residential Lot located near the site of the new Admin Building.
- Sliammon may also look at alternative housing arrangements such as high density dorm/university style housing etc.

What is being done for the local economy and how can we create jobs and support skilled worker retention and encourage people to move home?

Please refer to the April 2015 Neh Motl available on the Sliammon Website to view the latest information on this topic.

Is the mill closing and or will we be buying the mill?

No this rumor is false, the mill is not closing and nor will Sliammon be acquiring it.

Will we be building a Longhouse in the future?

There has been no formal discussion regarding the building of a Longhouse in the future. This is something our Government may look at in the future if there is sufficient interest and community support.

Can we see more traditional cultural workshops in Vancouver for off-reserve members?

A great idea, this request has been forwarded to the relevant departments for consideration.

Can we create an accessible archive containing old photos and history etc?

Yes! The Treaty Society would also love to see this emerge. We will look into this pending available resources.

Sliammon Constitution Vote

The Results Are In!

110 Yes | 39 No

74%

26%

Thank you to everyone who voted! We have approved the updates to the constitution and as such we have created greater clarity and efficiency for our future government when effective date comes in April 2016.

Additionally now that the Constitution lines up with our Law Development processes we can continue with greater ease to ensure we have a seamless transition into a fully transparent, accountable and secure self-government.



Voting Is Important

There were a total of 149 votes submitted with the recent Constitution vote. The number of people that actually voted was quite low - only 23% of enrolled voters. As we move forward as one Nation, voting will be a very important part of our community processes. Your vote is your voice and it will directly impact on how our community is shaped over the coming years.

Information sessions and open houses are held to help the Nation plan and receive feedback on the direction the community feels we should be heading and voting on important issues is what determines our reality. Our Nation has worked very hard throughout the treaty process to create the foundation that will lead our Nation toward success. Remember that the treaty is based on the fundamental principle of the collective right of self-determination. Our future is in our hands as we assume responsibility for our future once again.

We would love to see more people taking an active interest in our community by participating at these events and voting. Our family connections and our sense of community is one of our strongest attributes as a Nation. It is important that we keep these values alive by coming together and deciding our future together.

Here are some important reminders about why voting is so important:

- Our ancestors fought for our rights and we have to continue. Voting is your way of exercising your inherent right to decide how our Nation is run. It wasn't that long ago that we had no rights.
- Voting gives the Government legitimacy - meaning they have the people's support to make decisions.
- If nobody voted, your government would not be a democracy, it would take a different form (as monarchy, oligarchy, dictatorship) where you would have very little control.
- Voting shows that you are part of a larger group of people. Even if you do not agree with everything your elected officials are doing, you can vote and show support for those things that you believe in, or disapprove of, and the statistics will send clear messages to those with decision making Authority.
- Voting is an important part of your independence. If you do not vote, someone else will make decisions for you.
- In a nutshell, voting is - freedom of choice, freedom from tyranny, freedom from enslavement, and freedom of beliefs.
- A democracy is a government in which the supreme power is vested **in the people** and exercised by them directly or indirectly through a system of representation usually involving periodically held free elections and by voting.

YOU VOTE. YOU DECIDE.

Chief Negotiators Message

One Heart, One Mind, One Nation



Roy Francis

Moving Away from the Indian Act into Self-Governance

This article is written to provide a report to our community about work underway in our preparations for Effective Date. The development of our own Tla'amin Laws is a very high priority area. The Laws are being developed by a set of working groups. The working groups are made up of representation from Chief

and Council, the Sliammon Treaty Society Board, staff from the Tla'amin Nation, staff from the Treaty Society, legal drafters, special advisors, and community members.

In the development of the laws, very important policy questions emerge. For example, Sliammon is making preparations to apply its property tax authority over its TSL Lands in April of 2016. Sliammon is currently collecting property taxes on its leaseholds under a Federal Authority. At Effective Date the underlying property tax authority will change to become a provincial authority.

Questions emerge during the transition

- Does Sliammon intend to collect property taxes for its leased lands in 2016?
- Will our community members who own leases be subject to property taxes?
- Will community members who run businesses on Tla'amin Lands be subject to property tax?
- Will Sliammon provide permissive exemptions?
- Which members should be eligible for permissive exemptions?
- Who should make the policy decisions?
- How does the community gain opportunity into the process to provide input?

There are very important questions being formulated, conversations being engaged, recommendations being developed, and decisions to be made. The work is being carried out at a very quick pace. The final approval authority is our elected Chief and Council; but the work is informed and recommendations developed by the working groups.

Many areas of work we are encountering are very new, very different, and very exciting. The product from the work is Sliammon made; with laws built from Sliammon values, and developed by Sliammon people. It's important to step back and reflect upon the significance of the change in how our work is being carried out. Our community is forging its own future; and is doing a very good job at it.

We are moving away from being governed under the Indian Act. We are building our own future on our own terms and with our own people. We are building our own laws based on our own Taow. We do not have it perfect yet; but our teams continue to make improvements. The stage is set for improvements to become the norm; and we all have an opportunity to participate in those improvements.

Community members who have ideas, constructive input, suggestions; or who want to contribute to our progress are encouraged to participate in our community sessions. We look forward to your input, your voice is important, and your participation in making our community a better place will help make a positive difference.



Message From The Chief

Slovenia Gives Sliammon Warm Welcome

This month I was very fortunate to travel and represent the Tla'amin Nation on a once in a life time opportunity where we delivered the grand prize to the winners of the 2014 Kauthaumixw choir competition.

Back in 2013 the City of Powell River and the Kauthaumixw organizers got together with Sliammon to try and figure out a unique prize for the event happening in 2014. Mayor Formosa suggested a totem pole for the grand prize as this would be unique to our area and would also be a great show piece for the competition. So it was agreed upon that we would proceed to have this as the main prize for the winner of the competition. Craig Galligos happened to have a 6ft totem pole that he had been working on around this time and agreed to have his totem pole to be used for this purpose.

The winners of the 2014 Kauthaumixw event was St Stanislav's Institution, from the Country of Slovenia, the City of Ljubljana. So Craig with his family, Betty Wilson and I travelled with a delegation from the Kauthaumixw organization committee and Mayor Formosa to deliver the Totem Pole the first week of May 2015. We all travelled to Slovenia and were very pleased as the school representatives were excellent hosts that arranged for a number of events for us to participate in while we were there.

A couple of the events they had arranged included a celebration concert where we performed the totem pole blessing and presented the prize to the School. This was a great event that was attended by the families of the students that travelled to Powell River for the competition on 2014, there was approximately 300 or more people in attendance for this event. There also was a second concert that occurred as well, this was a large annual concert for the school and the attendance for this event was approximately 3,000 people. The school has an amazing choir and band, this concert was a beautiful event to be invited to as the performances were so well done from beginning to end. The whole trip was very rewarding as we learned a lot about the history of Slovenia and also the community of Bled, there have been many conflicts that these people have been through and they continue to celebrate their history through their music.



Kauthaumixw Representatives from the Tla'amin Nation and Powell River in Slovenia

The Kauthaumixw group had a great group of people videotaping all of these events and they will be producing a video that will show everything from the 2014 concert to the Slovenia trip. I hope to share this video with you all in the near future.

Herring fishery – for the past 2 years we have had some very minor returns of the herring in front of our community, it has been great to see that the herring are slowly making a recovery after being devastated in the mid 1980's. I am starting to worry that if this trend of improvement continues and the herring numbers start to get higher that DFO may want to have a commercial opening here and devastate these herring once again. I have been watching the Haida and Heltsuk and seeing that they have had some success preventing some fisheries within parts of their traditional territories. I would like us to get on board with these nations

and hopefully some other nations to help give the herring more of a fighting chance to recover from the previous overfishing.

Annual Education Celebration of Success - event to be held on May 28th 2015, this is a celebration for all of our grade school students that have had some great accomplishments for this school year. Please join us on May 28th to celebrate this event with our students.

In closing I would like to say Congratulations to Debbie Fulcher of Alterra Power on her retirement, we wish Debbie the best and thank her for the help that she has provided to Sliammon over the years.

If you have any questions or concerns please feel free to get a hold of me @ (604) 483-9696 ext 223 or email clint.williams@sliammon.bc.ca



Nation Administration Matters

Notice Board



Sliammon Cultural Department Culture Programs

The Sliammon culture programs will be ending as of June 17, 2015 for the summer break. They will start up again in September.

Thank you all for coming out and participating in these programs, we hope you have a fun and safe summer. See you in September!!

Front Desk Staff for The Historic Lund Hotel

Details

Position: Front Desk Staff
Employer: The Historic Lund Hotel
Sector: Accommodations
Posted: 2015-May-22
Closing Date: 2015-Jun-05
Salary or Wage: \$11.00 per hour
Full or Part Time: Part Time
Location: Powell River, BC
Start Date: ASAP

How To Apply

Contact: Vanessa Kosloski
Email: vanessa@lundhotel.com
Apply in person with resume to: The Historic Lund Hotel
 1436 Highway 101
 Lund, BC

Requirements

- Driver's licence and vehicle required.
- Multi-tasking Skills
- Pleasant and personable
- People person
- Fast learning
- Available for evening shift usually from 2:30pm-10:30pm

Duties and Responsibilities

- Answering phones
- Taking hotel bookings
- Booking packages which requires calling tour companies in the area and making bookings
- Checking guests into the hotel
- Being concierge to guests assisting with local attractions in Lund
- Assisting in odd jobs for various departments
- Balancing cash at end of shift
- Other duties as required

BBQ, ENTERTAINMENT, PRIZES, CULTURE

ABORIGINAL DAY

SLIAMMON CDRC

19 JUN

11AM-2PM

SLIAMMONFIRSTNATION.COM



Celebration of Success Event May 2015

Ahms Tah Ow Day Camp

In conjunction with the August Tech & Rec Program, Ahms Tah Ow is offering a July day camp that will help prepare our grades 5-7 students with an easier transition to Brooks. The day camp will have emphasis on establishing skills for success at the high school that include basic reading, writing and math sessions.

When: June 29th – July 17th from 9:00 – 12:00 weekdays

Where: Ahms Tah Ow School

Who's eligible: Grade 5-7 students living on reserve

What: This camp is designed to help our grades 5-7 students transition to Brooks Secondary with little stress and anxiety. We will make several trips to Brooks School to help make those students who will be making the move next year and the following years more comfortable. Activities include: a tour of the school, meet with principals and counselors, assign lockers.



Along with these trips we will put some focus on basic reading, writing and math skills so our students will be better prepared for the coming year (**practice makes perfect!**). Several activities will also be planned that include a day trip to the Outdoor Learning Centre (Haywire Bay), Cultural Boat Tour with l'Hos Cultural Tours and another day trip to the Vancouver Aquarium.

How to apply: Registration will begin June 1st, 2015. Registration forms will be sent to James Thomson Elementary School to be distributed to local students. Registration forms will also be available at Ahms Tah Ow School. Please contact Jason Rae at 604-483-9646 local 232 with any questions. Sponsored by Chief and Council in partnership with SD47 and New Relationship Trust.



June 2015

Dear Parents,

This summer Ahms Tah Ow School in cooperation with School District #47, and Vancouver Island University will once again be running a Tech and Rec program for kids who will be entering grades 1-8 in September 2015. The camp will take place from August 4-28, 2015 and will have a special Math is Fun focus.

The purpose of this program is to provide an academic enriching opportunity for students over the summer break. The camp is designed to combine reading, writing and math activities with computer skills and outdoor recreational and cultural activities.

The camp will be held Monday to Friday from 9:00a.m. to 12:00p.m. Each day will begin with breakfast and snacks will be provided throughout the morning. Participation is free.

Younger students should be able to remain seated and to listen to instructions for short periods of time.

If you would like more information, please call Gerry Brach at 604-414-4675. Registration forms will be available at James Thomson School and the Band Office. Registration will be on a first come first serve basis. Please return completed registration forms to Ahms Tah Ow School or the Band Office. Space is limited, so don't delay!

Gerry Brach
Teacher Coordinator- Tech and Rec Summer Learning Program



VANCOUVER ISLAND
UNIVERSITY

Early Childhood Education and Care VIU Powell River Starting September 2015



Early Childhood Education and Care (ECEC) is a training program for people interested in becoming early childhood educators. Graduates often work in licensed preschools and daycares but they can also open their own in-home day cares or even work on cruise ships.

Early childhood educators are trained in play-based learning. They design and deliver activities that foster emotional, intellectual and cultural growth in young children.

The Powell River program will focus on Aboriginal ways of knowing and learning, and includes instructors of Aboriginal descent from the Nanaimo campus. We are also inviting Sliammon Elders to co-teach.

Prospects for employment are excellent, as many early childhood educators are entering retirement and centers are having trouble finding qualified people to hire. There are also many young families coming to Powell River that there aren't enough day care and preschool spaces to meet the demand.

This two-year Early Childhood Education and Care (ECEC) program will begin in September. **Apply now!** Call 604-485-2878 or come by the campus. <http://www.pr.viu.ca/ecec>

First Nations Leadership Group: Destiny Dendewicz

By Gerry Brach, Brooks School First Nation Leadership Coordinator

Destiny Dendewicz is a member of the Brooks First Nation Leadership Group. She enjoys playing soccer and attending Brooks Secondary School.

Since the age of 5, Destiny has been passionate about the game of soccer. She comments, "it is a great way to get some exercise and to develop close relationships with other people." Paul Likness has been her coach for many years and has been instrumental in improving her skills along the way. "I am the starting goalie for the under 18 'Edge' soccer team and am always looking for ways to improve my technique. Mr. Likness has helped my technique a lot."

School has also played a large role in fostering Destiny's love of sport.

"This is my third year of attending Brooks and I especially enjoy the soccer skills program they have here with Mr. Miller. Mr. Miller and I are both similar, in that we are both very competitive but in a fun and friendly way." Dendewicz also plays goal for the Brooks Senior team, which will be travelling to the Lower Mainland at the end of May to compete in the Senior Girls Championship. "I think that we have a really decent team and will do well throughout this tournament. In fact, I believe that if things go well for us, we have a shot at the top."

On-line English 11 with Mrs. Anderson is her favorite course at Brooks, because she can do it at her own pace and get help when she needs it. "On- line learning works for me, and I am planning to take more on- line courses next year."

Her future plans include taking an LPN course at Okanogan College in Kelowna." I think I will study and work in the interior after I graduate, as the weather is nicer there and I enjoy the quality of life that the area has to offer."

Dendewicz concluded the interview by commenting that she has had a good year in grade 11 and is looking forward to her future studies at Brooks and then college.



Destiny and Soccer Skills Teacher Mr. Cam Miller

Sliammon Post-Sec Graduates 2015

Sliammon education committee would like to acknowledge the following students on their graduation and hard work:

- **Gail Blaney**
Masters of Education in Indigenous Language Revitalization
- **Terri Mae Galligos**
Masters of Education in Literacy Education
- **Kelsey Louie**
Doctor of Medicine
- **Megan Mitchell**
Diploma in Makeup Design for Film & Television
- **Kayla Peters**
Child and Youth Diploma
- **Amber Timothy**
Law Degree



Kelsey Louie



TLA'AMIN HEALTH

Healthy Happenings

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



Cynthia Jamieson

Community Luncheon Contest!

Remember we are having monthly Community Luncheons on the last Tuesday of every month from Noon to 2:00 PM where healthy and affordable recipes will be provided. Each month a different department hosts the luncheons. The next luncheon will be June 30 and will be hosted by Team Traditional Wellness. Please come out and have a healthy lunch and also mingle with the team.

As part of the Community Luncheons, we have recipe contests with the winner receiving a \$50 gift card! Send in your recipes to our FB page, drop them off in person, fax or mail them in. If your healthy affordable recipe is selected for our Luncheons, you will win the gift card.

June is Food Safety Month

It is especially important to think about summer food safety for those picnics and other outdoor activities. Healthlink BC provides great tips on Summer Food Safety, including the following:

- Keep food cold
- Avoid cross contamination, use different utensils etc, for raw food than for cooked food (especially meat)
- Wash your hands
- Cook foods to the appropriate temperature
- Make sure your water source is safe

For full information, access their link at: www.healthlinkbc.ca/healthfeatures/summer-foodsafety.html

Honouring our Fathers

Here are some nice free things to do for your Dad on Father's Day:

1. Let him have the TV remote all day
2. Make him breakfast (or dinner) with a little hand written note to say "I appreciate you"
3. Have a Movie night at home and make popcorn
4. Go to Church together
5. Play catch together
6. Take a walk together
7. Go fishing with him
8. Just hang out with him
9. Mow his lawn
10. Let him sleep in

Until next time, emote!

“ Give a man a fish and he has food for a day, teach a man to fish and he has to buy bamboo rods, graphite reels, monofilament lines, neoprene waders, creels, tackle boxes, lures, flies, spinners, worm rigs, slip sinkers, offset hooks, gore-tex hats, 20 pocket vests, fish finders, depth sounders, radar, boats, trailers, global positioning systems, coolers, and six packs. ”



Happy Father's Day

By Brenda Pielle, Child, Youth and Family Advocate

H is for the strong hugs a father gives.

A is for the appreciation we feel when we think of all our fathers do for us.

P is for the pride a father feels when he sees his child doing something new

P is for the protection a father gives to his family.

Y is for yo-yo's, frisbees, shovels, and baseball bats – all the toys that Dads teach children to use

F is for the fun a father brings to the household: tickles, tumbles, jokes, and gentle teasing.

A is for the acceptance a father shows his children when he takes an interest in their lives.

T is for the teachings a father passes on to his children.

H is for the happiness a child feels when a father says, "I love you"

E is for the excitement a child feels when these words are said, "Daddy's home."

R is for the responsibility a father carries all the days of his life.

S is for spectator – thank you to fathers who take time to watch games, plays, concerts, etc.

D is for "Dad" and the warmth, strength and kindness that comes to mind when we say that name.

A is for always – even if a father has made his spiritual journey, or even if a father does not live with his children, the love between a father and child is always there.

Y is for "Yes" we love our fathers and all others who play a fatherly role in our lives.

Best wishes for a special day on June 21, 2015.



Supporting Our Youth Through Transitions

By Brenda Pielle, Child Youth and Family Advocate

June is here and it is a busy time of the year with many activities being planned for celebrating the end of the school year, celebrating Aboriginal Day, celebrating Father's Day, and celebrating the arrival of summer.

It is also a time of endings and preparing our children and youth for transitions that will happen for them after the summer. We have children graduating from preschool, grade seven's graduating from elementary school, grade nine's graduating from their private schools, and grade twelve's graduating from high school. We have children and youth moving up to a new grade with new teachers and new classrooms. As our children and youth anticipate the changes that these transitions can bring for them when they start at a new setting in the fall, there can be some anxious feelings going on for our young people.

We might notice our children or youth experiencing some difficulty sleeping, some irritability, some tears, headaches, or talking about having "butterflies" in the stomach. This may happen now as adults are talking about the upcoming changes, or it may happen closer to September. This is a time when our children and

youth need our support and understanding. Sharing information with our young people about times when we have felt nervous or scared can help them to know that this is a natural feeling that we go through at various times in our life. We can also share ideas about things that have helped us – we can teach our children about how to take deep breaths to calm those "butterflies", or how to think about positive thoughts to help reduce the fears, or how talking about worries can help to make them feel smaller.

A parenting expert named Alyson Schafer speaks about using the "special language of encouragement" to help our children feel good about themselves, and capable of doing new things. Among some other categories, she gives some examples of encouraging phrases that show confidence that we can share with our children: "Knowing you, I'm sure you'll do fine.", "You'll make it." "I have confidence in your judgment.", "That's a rough one, but I am sure you'll work it out.", "You'll figure it out."

Some other ideas for reducing the stress of new transitions are: visiting the new location – take your son

or daughter to the new school, new college, or possible job site, and walk around to get a feel for the place; help your son or daughter connect with other friends who are going through the same changes and help the children or youth make a plan to be "buddies" and stay close to each other on the first few days; practice a job interview with your son or daughter who is moving on from school days and entering the workforce.

The support we give to our children and youth is very important. We need to recognize that our young peoples' feelings are real, acknowledge the feelings, help our children and youth express their feelings, share strategies for managing those anxious feelings, and be there for encouragement and reassurance.

Congratulations to all of our children and youth for their efforts during this past school year.

Thank you to all of the teachers, school counselors, and support staff who do so much to help our young people navigate their way through their school days. Best wishes to all of our families for a safe and happy summer.

New! Hiking Group

Come and join our new health initiative - A 10 week Hiking Group for adults starting Sunday June 7th.

We will be meeting every Sunday morning @ 10:30 am @ Tla'Amin Community Health to explore a different section of our Sunshine Coast Trail.




A healthy lunch and water bottle will be provided to pack with us, and return transport to and from our destination is also provided.

You will need to bring good sturdy trail shoes or hiking boots, comfortable layered clothing and your enthusiasm!!

If you are interested in joining our group please contact **Doreen Hopkins @ Health Services** to sign up! **(604) 483-3009 Ext: 242**

Sponsored by the Aboriginal Health Initiative Program.



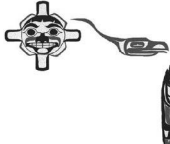

HEALTHY RECIPES CONTEST

- *Community members can submit their easy, healthy, and cost effective recipes to TCHS
- *A winner will be selected and their menu will be cooked for the community
- *Deadline for submissions June 25, 2015 at 12:00 pm
- *The winner of the recipe contest will receive a \$50.00 grocery store gift card

Community Luncheon

Date: June 30, 2015 **Time:** 12:00-2:00 pm
Location: Tla'Amin Community Health Services

All of Sliammon is invited to our Community Luncheon. Bring your family and enjoy a well balanced delicious meal with all of us here at Tla'Amin Health.

IMPORTANT ANNOUNCEMENT

SERVICE CHANGES TO LOCAL PATIENT TRAVEL


Starting **Tuesday, June 16, 2015** there will be a change to the days for local patient travel trips from Wednesdays and Thursdays to Tuesdays and Thursdays. Please remember to call ahead at least 24 hours in advance so we have a chance to schedule your trip.

Thank you,
Tla'Amin Health

PROGRAMS & SERVICES



- **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
- **Sunday June 7th 10 week Hiking Group**
for adults starting 10:30am meet @ TCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01 Primary Care Clinic Closed	02 Boys' Group @ CDRC 3:30-5:30pm 1-3pm Elders Walking Group Social Support Group 10-2pm	03 Youth Salish Group 3:30-5:30pm meet @ TCHS Parent Education & Support Group 10:30-12pm	04 Prenatal & Infant Tot Group 11-1pm @ CDRC Hiking Group 3:30-5:30pm meet @ CDRC	05	06
07	08 Men's Hydrotherapy 1-3:30pm	09 Boys' Group @ CDRC 3:30-5:30pm EDP 11-1pm Social Support Group 10-2pm	10 Youth Salish Group 3:30-5:30pm meet @ TCHS Women's Hydrotherapy 1-3:30pm Parent Education & Support Group	11 Prenatal & Infant Tot Group 11-1pm @ CDRC Traditional Teachings 10-12pm GFB \$\$\$ Due Hiking Group 3:30-5:30pm meet @ CDRC	12 Primary Care Clinic Closed	13
14	15 Men's Hydrotherapy 1-3:30pm Primary Care Clinic Closed	16 Boys' Group @ CDRC 3:30-5:30pm EDP 11-1pm Social Support Group 10-2pm	17 Youth Salish Group 3:30-5:30pm meet @ TCHS Parent Education & Support Group 10:30-12pm GFB Pick up	18 Prenatal & Infant Tot Group 11-1pm @ CDRC Traditional Teachings 10-12pm Hiking Group 3:30-5:30pm meet @ CDRC	19 Aboriginal Family Fun Day @ CDRC	20
21  National Aboriginal Day	22 Tla'Amin Community Health Services Closed	23 Boys' Group @ CDRC 3:30-5:30pm Social Support Group 10-2pm	24 Youth Salish Group 3:30-5:30pm meet @ TCHS Parent Education & Support Group 10:30-12pm Women's Hydrotherapy 1-3:30pm	25 Prenatal & Infant Tot Group 11-1pm @ CDRC Traditional Teachings 10-12pm HCC Foot Care Hiking Group 3:30-5:30pm meet @ CDRC	26 Dental Clinic	27
28	29 Men's Hydrotherapy 1-3:30pm Craft night 5-7pm @ CDRC Primary Care Clinic Closed	30 Boys' Group @ CDRC 3:30-5:30pm EDP 11-1pm Social Support Group 10-2pm Community Luncheon 12-2pm				

Tuxahmiy Wellness & Recovery Group

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



The sacred circle is a place for people to come for support, whether they are struggling with addiction or not. Are you feeling hurt, depressed or lonely? Come join us. Are you feeling like you can't cope, stressed out, no one to talk to?

Tuxahmiy is the place to be, what we can't do alone, we can do together.

We have an open door policy, with no judgment. Confidentiality is a priority. We look forward to seeing you.

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

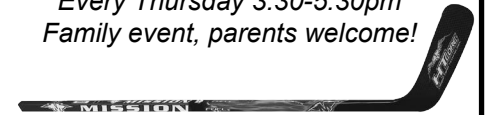
Payment by Thurs 4th for pickup Wed 10th June

Youth Group Schedule

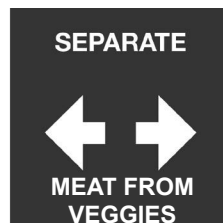
Boy's Group started Feb. 3rd, 2015.
Ages 7-14, Preregistration required.
Every Tuesday, Meet @ CDRC 3:30pm-5:30pm

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!



FOOD SAFE



- Walk This Way - Walking Group

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

Meet at Tla'amin
Health - Everyone
Welcome!!



Sliammon Mini Tribal Journey 2015



Honoring Our Youth “Our Chu’- Chuy”

Various nations across the coast of Vancouver Island and the mainland will participate in a journey, which will be honoring the next generation “Our Youth” our Chi Chui. The locations will be announced once registration is completed. The canoe families will paddle down the coast of Vancouver Island and across to Powell River, with final destination and celebration’s to be held at Willington Beach (Powell River).

Dates of canoe arrivals: July 17, 2015

Protocol: July 18,19. 2015

Canoe Families/Skippers: Contact: Sherman Pallen 604 223 1711

Food/Art Vendors: Dawna Pallen: 604 483 7444

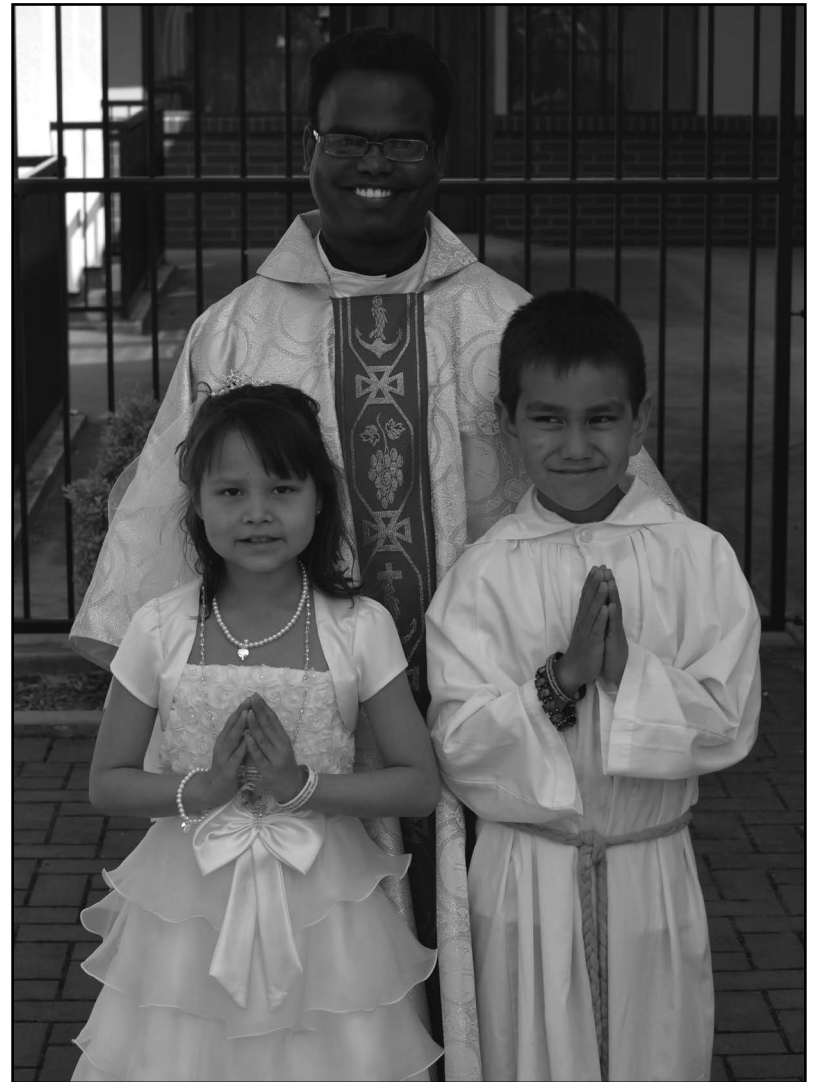
Protocol/Schedule: Calvin Harry 604 761 110

Public Relations: Billy Barnes 604 483 1344

Protocol/Scheduling Cyndi Pallen 604 414 3874

Willington Beach Campsite – There are 3 areas for tents/travel trailer and trucks/boat trailer parking that are “free”. Some travel trailers can access hook ups for water; sewer and hydro must pay, call ahead of time. 4845 Marine Ave, Powell River, BC V8A 5T3 **Phone:**(604) 485-2242

www.sliammontribalcanoejourney.com



Father Daas, Tia Francis and Hunter Galligos - First Holy Communion

**Success is
a state of mind.
If you want success,
start thinking of
yourself as a success.
Dr. Joyce Brothers**

Tla’amin Word of the Month

ti t^hok^ws kwaθ man
Big day for your father



SFN Chief and Council Minutes

April 2, 2015
TCHS Boardroom

Condensed Version
(full set posted at the band office)

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

Administration Staff: Rod Allan and Judith King

Minutes and Agenda

Acceptance of Regular Meeting Minutes of March 19, 2015

Motion to approve March 19th minutes made by Dillon and seconded by Eugene. Carried.

Acceptance of Agenda of April 02, 2015

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

Presentations

1) Ray Boogaards, City of Powell River, Director of Parks, Recreation and Culture and Mac Fraser attended the presentation. Ray started with regional recreation and how the city wishes to provide more facilities. Monetary support via taxation means that the city needs \$25 per person. It is clear that there is a high cost associated with recreational services and sharing such costs will create additional efficiencies. Ray anticipates receiving public input and then researching the options. He hopes to use focus groups to gain acceptance and get the residents to see the value of providing better recreational services. A regional recreation initiative study will be conducted with all residents from Salt-ery Bay to Lund. An evaluation will be done on the benefits of a new service model that provides a favourable level of service to all citizens in the region.

Chief Clint Williams mentioned some main issues around the recreation complex and what it offers Powell River. The plan will include holding public meetings and includes integrating First Nation culture into the service model. It's hoped that all stakeholders will come to the table. A new sports and fitness coordinator has been added to the reorganization of the complex. Councilor comments and suggestions to Ray were made on the initiative. Mac mentioned that they are being proactive and wish Sliammon to be in the planning from the beginning and work together on the solutions.

2) Steven Gallagher, Comprehensive Community Plan (CCP) Coordinator and Andrea Nockleby, Dillon Consulting. Andrea provided a copy of the final draft of the CCP to all. A CCP update started in October with five months to complete the work. Steven gave an overview of the methods that took place to gather information from the community and complete the update. Project objectives were explained by Andrea. Her main purpose is to update and synthesize all of the pertinent information that is necessary to create a good CCP. The house post concept was explained taking it from the 2007 document to a fresh 2015 CCP perspective. Some 2007 items were essential and they were kept in the CCP. Results of the workshops indicated that there are common elements to the approaches by different Sliammon entities. In the workshops, over-arching goals and action items were identified.

Andrea had Council look at the goals in the final draft CCP. Suggestions to improve, clarify, add text elements, change wording or concepts were offered by Councilors. The vision statement was read by Steven. Clint mentioned that we must employ the concept of the Taow (preservation of traditional methods) with modern day concepts. Discussion began on the best ways to inform community about job positions. It was suggested to have a community open house and an info session (free pizza) at the school for the youth who are interested in jobs. The 2015 draft org chart was discussed as presented and Clint asked for a provision that indicates that the chart is a draft only and subject to budget availabilities.

New Business

Administration - Band office phone system situation was explained. Rod informed Council that phones are not work-



Karina Harry and Students performing at the Celebration of Success

ing properly and Sliammon will either fix the phones or get a new phone system.

Social Development – Discussion took place about Easter turkeys. Distribution occurred in IR #01 only because the project was funded by AANDC and they only fund on-reserve initiatives.

Housing:

#1. The date for next housing meeting is April 16th after the regular Council meeting.

#2. Housing realignment or shuffle update was discussed.

Lands and Tax: A Specific Claims up-date was made via letter sent by Director General of Specific Claims Branch.

Sliammon Dev. Corp.: Clint informed that there is a meeting with Dave Formosa on Lund Buy-out plan.

Naut'sa Mawt RFP for Youth to apply for funds – suggest youth clean up Harwood Is. Rod will talk to Cathy.

Fire Department: Emergency Mgmt. Committee called for Friday April 9, 2015 at 9:00 am.

Fisheries: Clint suggests that we contact Heiltsuk about acquiring herring.

Aquaculture meeting took place and info will be given to Kelly Rankin on the details.

Health: A project summary is requested from the Health Board about Sliammon members' attendance at the Complex Swim Days to evaluate the success of the initiative.

Canoe Journeys advertisement in PR Peak was reviewed. Discussion took place on activities associated with the canoe journey.

Membership: Regarding Indian Registration and Band Lists, an AANDC agreement was signed which supports Serena Barnes as the back-up Indian Registry Administrator.

Treaty & Transition:

1. Constitution Referendum vote date needs a change. The logistics will not allow the Electoral Officer to be in Vancouver on the Sunday, therefore she is going to be in Vancouver on Saturday. There was consensus reached that a change of date for the urban polling station be approved.

Law Review Retreat follow-up – Councilors agree to go to Crown Isle Resort in the first week of June.

Portfolio Reports

Finance – Dillon Johnson: On Infrastructure, an update was given about remediation of Sliammon Creek in order to get it ready for future floods. The company proposed that lock up will be accomplished by mid-June.

Natural Resources – John Hackett indicated tree planting was wrapped up on April 1st. There are yellow cedars poles in the Toba Valley available for Sliammon to use for Government House.

Board & Committee Liaison Reports

Lands & Taxation – Harold Tarbell did the first AFOA training in-house. Lori and Larry still have to do the training and Rod will find out about training opportunities for both.

FN Employment Services – The organization has been shut down. Service Canada funds can be sent directly to any non-profit organization on behalf of Sliammon First Nation. It was suggested that Sliammon pool their resources with Sechelt and other neighbouring Nations to run a funded program.

Chief's Report

1. Debbie Fulcher is retiring as of June 30th. She has gone the extra mile to help Sliammon and we should award her something.

2. Sliammon Lake Dam project through Independent Power met on April 14

3. Victoria Meeting with John Rustad on April 15 and four have committed to go.

4. May 7th C&C will be cancelled due to totem pole trip.

Other Business

1. Walter will have a table at the Emergency Preparedness Fair.

2. Rod gave an update on upcoming meetings:

3. Valerie Harry family needs assistance with going to Vancouver for her surgery on April 20-24. Discussion on what could be allowable. Suggestion was made that the family goes to the aboriginal apartment that was used previously. Rod to talk to Margaret Rossi about accommodations.

Motion to adjourn made by Gloria and seconded by John. Carried Meeting adjourned at 2:10 pm.

SFN Chief and Council Minutes

April 16, 2015
TCHS Boardroom

Condensed version
(full set posted at the band office)

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

Regrets: Eugene Louie, Lori Sparrow and Gloria Francis

Administration Staff: Rod Allan and Judith King

Minutes and Agenda

Acceptance of Regular Meeting Minutes of April 02, 2015.

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

Acceptance of Agenda of April 16, 2015.

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

New Business

Finance / Administration / Audit: Steve Hunter has started on the internal audit review to prepare for the KPMG auditors.

Social Development - Clint received concerns via voice mail about unequal privileges with disabled persons. It is suggested that Social Development Committee hold a question and answer session at the Forestry boardroom regarding PPMB and PWD allowances. Dates will be proposed by Steve Hunter and Maureen Adams.

Housing – There was a community member request for a BCR to complete an official action for home ownership.

Motion to authorize ownership of 4976 Waterfront Road to the owner made by John and seconded by Brian. Carried.

Infrastructure - It is requested that if you are visiting the new admin building site everyone, must wear safety gear. Requirements are visitors wear a hard hat, Vizi-vest and safety boots. Visitors will complete an orientation session with Safety Officer.

Lands and Tax –

1) BCR 2015-19 Lands issue regarding Band land. Cathy read the BCR.

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

Discussion began concerning property owners, who are entitled to claim land and the nature of allocated land. Cathy explained the situation and the background surrounding the need to survey specific tracts of land. Brian Hackett wanted clarification that Council is clear on Point F (in the BCR) and that the situation is transparent and fair.

2) Lands Truck – At the Lands committee meeting, a discussion indicated that the current 2011 truck should be traded in and replaced. Cathy is bringing the proposal to Council for approval of the trade-in and the purchase will be discussed later. Consensus is the truck can be traded.

3) Gail Blaney Property – Cathy read the memo and introduced the background to these unsurveyed lands. Council support for a land allocation is required. Discussion began on allocations of land in general. Suggestions were given as how best to allocate the remaining land and on being fair to all. Council will approve the amount of land as recommended in the land use plan.

SDC – Sliammon Lake dam project meeting on Tuesday – met with Dina Matterson, Standing Offer Manager. In 2017, there will be a funding opportunity so we will try to get an application in to the Standing Offer Program.

Fire Department – Walter reports a meeting took place and as a result, they are meeting again on April 29th with Rod and the recruits at 10:00 am in the Forestry boardroom.

Fisheries – Freezer was not working as it should and Hatchery temporarily fixed the problem, but the freezer needs a new compressor. It may cost upwards of \$40,000 to repair.



Celebration of Success May 2015

Forestry – Silviculture interviews are completed. One applicant was successful. The project will begin full-time in May.

Health – There is a upcoming FNHA meeting and Larry will act for Clint.

Cultural – Calvin Harry contacted Clint and made requests regarding the Mini-Canoe Journey in July 2015. Calvin is looking for Sliammon to host a dinner on Thursday night in addition to hosting the Friday breakfast. It may be up to 500 persons at the dinner. More info will follow.

Membership – Rod had a call from AANDC about doing an information session on status cards. Rod will follow up with the AANDC Manager.

Treaty & Transition: Plan for Treaty Funds – Dillon introduced the draft plan and highlighted the table which summed up the details. Additionally, Dillon will liaise with Roy Francis about the annual funding aspect and funding for the administration building. Clint suggests adding a paragraph to the purpose of the treaty funds plan. It should explain the process of funding treaty funds at the effective date. The plan will be reviewed at the next Council meeting. Grace may come to the next meeting to answer questions about TRMS and other topics.

Portfolio Reports – Council will tie in the portfolio reports with the regular meeting and such reports will happen only when necessary.

Board & Committee Liaison Reports will stay the same

Lands & Taxation: Rep is Larry Louie. Clint reports there was a meeting and Cathy will attend a meeting today to speak about updates with lands and tax.

Sliammon Treaty Society: Dillon gave his update on the treaty fund plan.

First Nation Employment Services – Dillon Johnson addressed the letter regarding ASETS from Service Canada re: NVIATS to resume responsibilities of former First Nations Employment Society (FNES). A conference call took place with Sherry Simms, Manager, North Vancouver Island Aboriginal Training Society (NVIATS) who provides services to North Cowichan area up to and including Port Hardy area. They currently serve 50 First Nations. Because FNES is finished, NVIATS will work with Sliammon (Klahoose and

Homalco) for the next year. NVIATS is also responsible for off-reserve clients. She mentioned the annual operations plan for FNES. The service provided previously by FNES included child care funds which are \$138,000 per annum representing 31 places at the day care.

It is required that Sliammon confirm in writing to Service Canada that Sliammon accepts the arrangement regarding an ASETS training strategy. Rod will draft a letter to confirm the arrangement with Dillon's signature.

Emergency Committee: There is a May 1st meeting of the Regional Emergency Committee at 10:30am.

Chief's Report

1. School District is sponsoring an Aboriginal Day event on Friday, June 19th at Willingdon Beach.
2. There will be a follow up to the November 19th meeting about Property Transfer taxes.
3. Regarding the continuation of FCRSA, Sliammon needs the confirmation in writing.
4. Treaty-related measure dollars will fund discussions and explore any FNFA option. Presently, there are no plans for borrowing.
5. There is no news on the Chief Commissioner position at the BC Treaty Commission (BCTC) to succeed Chief Sophie Pierre.
6. There is a national event in Montreal on July 7-9, 2015. It's the AFN National Assembly. If attending, the organizers indicate it will be self-funded as the event does not include any reimbursement for participants.

Other Business

1. Letter to request assistance for Soccer (Mother's day) Tournament and basically, Sliammon will offer work programs for teams to do community work. Rod to address this request.

Motion to adjourn meeting made by John and seconded by Larry. Carried.

Meeting adjourned at 12:20 pm.

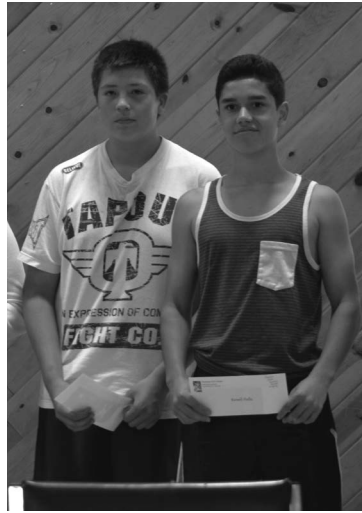
ANNOUNCEMENTS



Celebration of Success 2015



ANNOUNCEMENTS



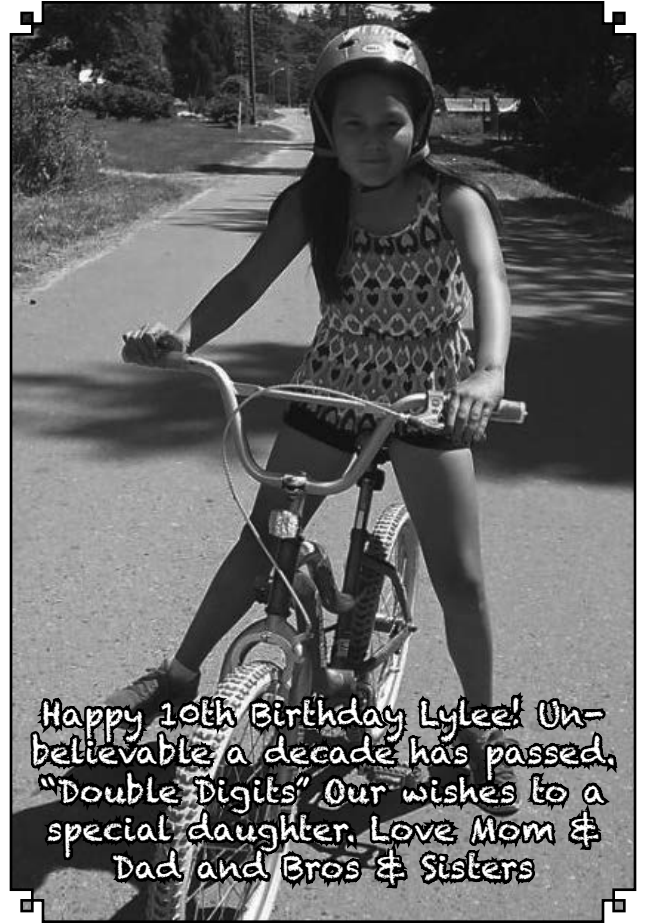
ANNOUNCEMENTS



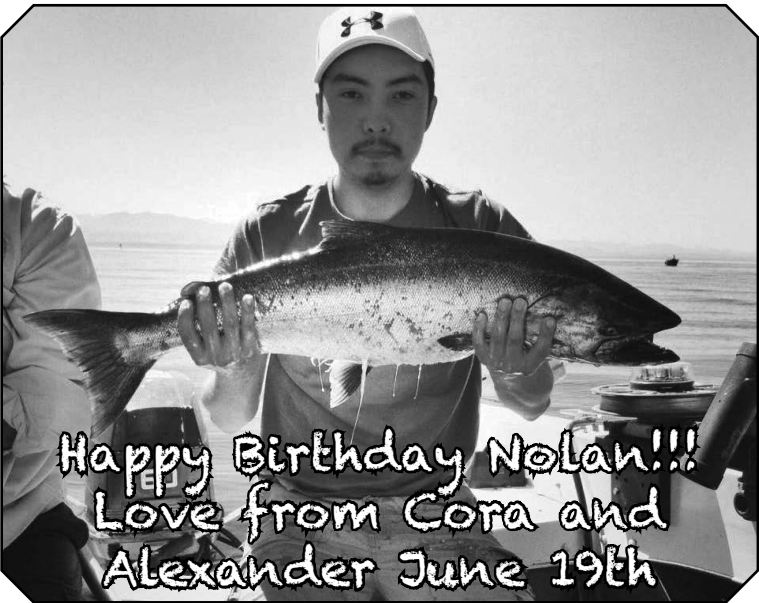
Happy Belated
7th Birthday Kalen!!
Love Awnie, Pa, Mom
and Dad <3



Happy 21st Birthday
Bryton Harry, June 9th
Love Mom and Dad



Happy 10th Birthday Lylee! Un-
believable a decade has passed,
"Double Digits" Our wishes to a
special daughter. Love Mom &
Dad and Bros & Sisters

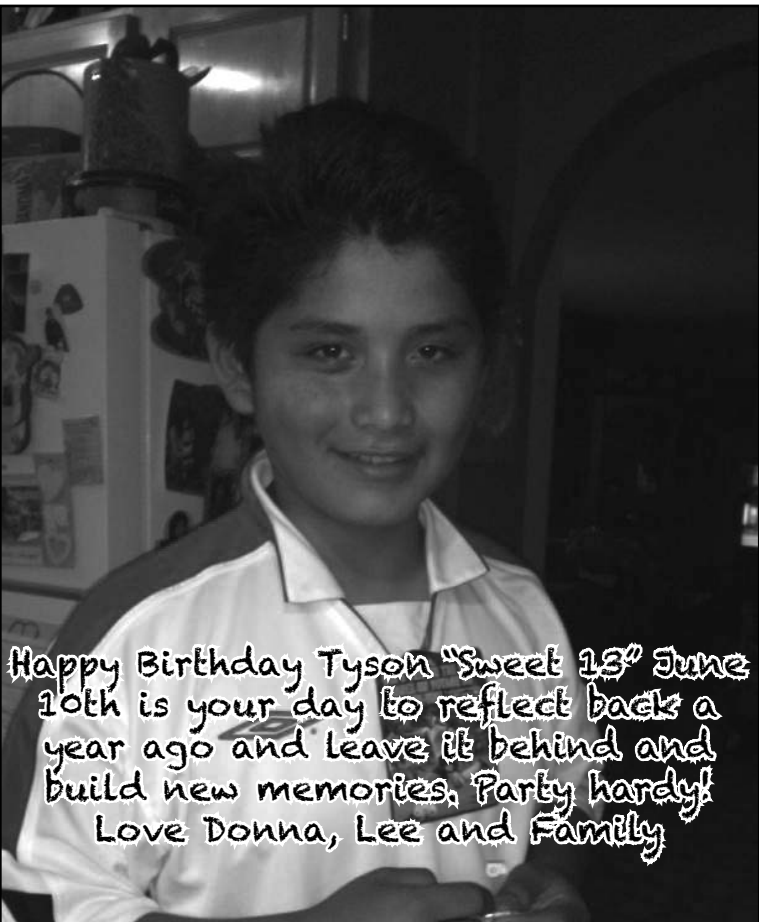


Happy Birthday Nolan!!!
Love from Cora and
Alexander June 19th

Sunday June 21st

HAPPY

FATHER'S
DAY WE LOVE YOU



Happy Birthday Tyson "Sweet 13" June
10th is your day to reflect back a
year ago and leave it behind and
build new memories. Party hardy!
Love Donna, Lee and Family

Student Tutoring Schedule

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

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



Open Door Healing Rooms Come Experience Healing

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



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

Experience Freedom

These events are open to the community and are great support
for those individuals and families who are in need and feeling
alone or hopeless. We offer healing prayer and support to any-
one needing physical healing or wanting a better future for them-
selves and their families.

Call Sandra (604) 483-3741 or Hazel and Bill Richman (604)
485-9168 to set up an appointment.