



NEHMOTL "US"

September 2015

Community News | Events | Updates for the Sliammon People

Pole Carving Underway at Sycamore Commons

By Ron Berezan, <http://theurbanfarmer.ca>

If you took a look at the grounds around St. David's and St. Paul's Anglican church in Townsite just three and a half years ago, you would have seen nothing but scraggly lawns and a few lonely trees and shrubs. But today the site is brimming with life including many fruit trees, berry bushes, medicinal plants and herbs, veggie gardens, flowers, ponds, rain barrels, composters and birds, bees and butterflies enjoying the bounty. Neighbours come by to harvest the food, kids play in the gardens and folks from throughout Powell River walk calmly through the stone labyrinth.

This transformation, known as "Sycamore Commons," has come about through a partnership between the parish, local permaculture teachers and a slate of interested community members. The project vision to aims to provide a beautiful space where all are welcome and where an abundance of food, medicine, biodiversity, learning and social connections can flourish.

An exciting new step on this journey is unfolding under the artistic eyes and hands of local carver Ivan Rosypskye. Earlier this month, Ivan began work carving a 10 foot stump left behind when an ailing tree needed to be taken down. Ivan began by meeting with members of the project to develop a clear sense of vision and purpose for the carving. In addition to being a striking artistic feature in the gardens, project leaders hope the carving will express a sense of care and respect for the Earth and a welcome to all community members.

Since the tree stump is still rooted in the ground, the actual carving will present some challenges for Ivan, but he is up to the task! The stump also has some deep knots that add a lot of character, and challenges to the pole. While Ivan has a strong vision for what he is carving, he also observes that he needs to "listen to the wood to allow what is there to express itself."

Parish members are full of gratitude that Ivan has taken on the project and feel that the carving will also be a visible representation of the church's commitment to move forward with local First Nations in the spirit of reconciliation and solidarity. Many church members attended the Truth and Reconciliation walk at Sliammon two years ago, and this past June they welcomed elders John Louie and Betty Wilson to bless the "Peace Pole"- another feature of the garden that has the words "May peace prevail on Earth" written in many languages, including Tla'amin.

Ivan expects work on the pole to finish up some time in late September or early October. Sycamore Commons co-leader and parish member Ron Berezan looks forward to a grand celebration of the work and the powerful presence that the pole will have for years to come. Ivan understands well the spirit of this project and he is the perfect artist to take on this challenge.



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



Wills, Estates, and Succession

Changes Under Treaty: What You Need To Know

Wills and Estates Law Changes

- On effective date Sliammon will transition out of the Indian Act into Self Governance.
- Wills and Estates previously fell under the jurisdiction of the Indian Act and AANDC.
- On effective date that will **no longer apply** and all matters pertaining to Wills and Estates will fall under B.C. provincial legislation.
- B.C. legislation has numerous laws which are far greater in scope concerning these issues.
- As a result **existing Wills may not be valid** come effective date.
- There will also be changes in the way land interests are currently handled as CP lands will need to be registered in the Land Title Office.

Sliammon Will Kit Development

- If you do not currently have a Will you should make one that complies with BC Law.
- If you have an existing Will it should be reviewed in order to ensure it complies with BC Law.
- AANDC will be working with Sliammon to notify our members that there will be a change in the Law.
- Sliammon has also teamed up with Alison Sawyer an experienced lawyer to investigate and highlight the issues that are important to Sliammon members and to help develop a Sliammon Will Kit and organize information sessions to discuss all of the issues mentioned.
- Stay tuned for more updates!

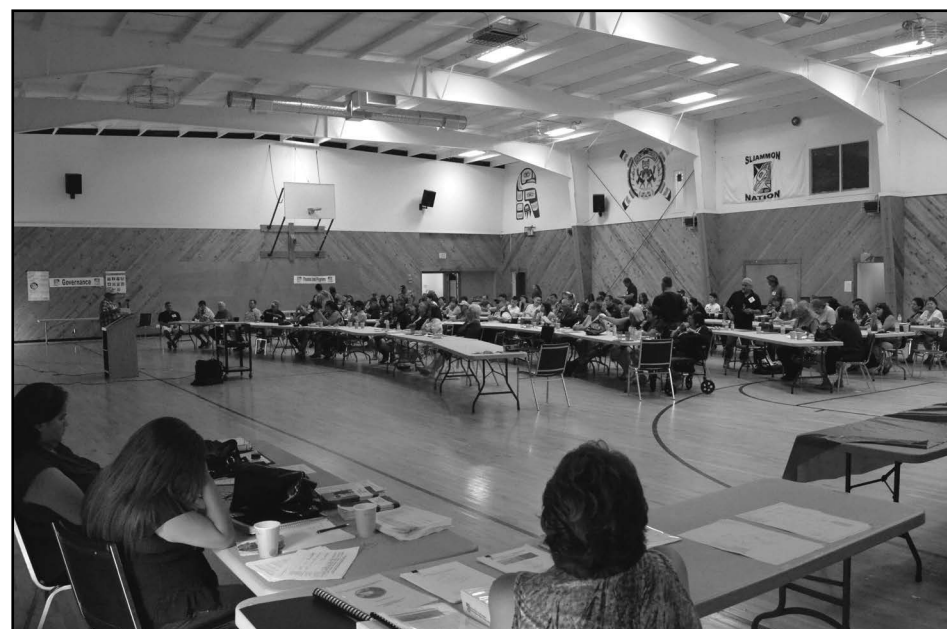
CP Change Over & Protecting Your Land Interests

- On effective date all land being returned as part of the treaty will be registered in the provincial Land Title Office, in the name of the Tla'amin Nation.
- **The Indian Act will no longer apply to Tla'amin members and Tla'amin Lands.**
- Land interests created under the Indian Act (such as Certificates of Possession) **will need to be replaced** with interests that are recognized by the provincial Land Title Office.
- **This is to ensure that interest holders do not lose their land interests.**
- Registered fee simple estates confirms your interest and provides notice to the public.
- CP holders have been contacted by the Band and the required surveys are being carried out for registration purposes.

Without registration your interest in the Land may be uncertain and could affect your ability to secure a mortgage or grant or other interest.

The First Nations Land Registry System where CP's are deposited will no longer accept records for Tla'amin Lands.

Additionally, if your land is not registered, come effective date the status of your CP will be uncertain as the Land will be registered in the name of the Tla'amin Nation.



Community Celebration Event, Aug. 7th, 2015

NOTICE

To Persons who may be Eligible for Enrolment under the *Tla'amin Final Agreement***Please be advised that if you have an existing will:**

Your will may not be valid as of the effective date of the *Tla'amin Final Agreement*, April 5, 2016, and that you should review your will to ensure its validity under provincial law.

You should take whatever steps you deem necessary to address your own personal will and estate matters.

You may wish to obtain your own independent legal advice to determine if your existing will is valid under provincial law and, if necessary, to assist you with the drafting of a new will which will satisfy the requirements of provincial law.

A workshop will be organized by Tla'amin Nation in the community with an independent Estates lawyer and an AANDC, Estates Officer to provide you with information and answer your questions.

The AANDC departmental representative for this issue is:

Dawna Tong, Manager
Aboriginal Affairs and Northern Development Canada (AANDC) – BC Region
Telephone: (604) 775-5100 or toll-free 1-888-917-9977
Email: Dawna.Tong@aadnc-gc.ca

INFORMATION SESSIONS**Update on Settlement Trust**

September 15th, 2015

4:00 pm to 7:00 pm

Sliammon Salish Center (Gym)

Information: Lawyers Daryn Leas and Jaimie Lickers from Gowlings will be present to review the almost completed trust deed.

Detailed Law Review Session

September 21st, 2015

10:00 a.m. to 3:00 pm

Sliammon Salish Center (Gym)

Wills and Estates

September 30th, 2015

10:00 a.m. to 1:00 p.m. and 3:00 p.m. to 6:00 pm.

Sliammon Salish Center (Gym)

Information: Representatives from AANDC Wills and Estates and Sliammon's Lawyer will discuss changes under treaty and provincial law in this area.

**Chief Negotiators Message****One Heart, One Mind, One Nation**

Roy Francis

Tla'amin is changing in a very good way

At the time of writing this article, Effective Date is a short 33 weeks away. Our team members have been busy for a very long time; and some very positive outcomes are beginning to emerge.

On August 7, 2015 Sliammon community members came together to socialize and celebrate progress. Our Nation hosted an information session, and celebration, for our community. The entire membership was invited to attend; and the response was very positive. Our team members presented information about law making work and an overview of preparations underway for Effective Date. Our work teams were introduced to the community; and more importantly our community members introduced themselves to our teams; and to one another.

Many Sliammon members who live away from Sliammon travelled home to participate in the event. It was a rewarding experience to witness family members re-uniting with loved ones, many who have not seen one another in years. We saw people enjoying canoe rides, learning to weave, and enjoying a great bbq with old friends and family. The day was definitely a summer highlight to be appreciated, and is a good reflection of a positive and flourishing community. I believe it is the beginning of a bright new future.

So, what's next? Our most visual development is the construction of a new Government House. The building will replace our existing Band Office; and will house Tla'amin staff and administration. The location for the building is on Highway 101 north of the Sliammon Salish Center. Our construction team is working hard to complete the project for April 5, 2016.

A transition plan is in development. The plan will account for (i) existing staff to be moved into our new building, (ii) upgrading job descriptions to address new responsibilities; where required, (iii) establishing new positions where they did not exist before, and (iv) preparing professional development plans to incorporate training for new work responsibilities. The transition will take time to develop and implement but the work is definitely underway.

We have observed that our workforce is aging. Much of our workforce is over the age of 50; which means key staff will be retiring in the relatively near future. Replacement resource people will be required to fill key positions as our team ages; and as new positions are established. We are also observing that we have a good pool of young people, and that we have a good opportunity to build another vital plan.

The plan would identify career opportunities, the training required to carry out job responsibilities, and a method of communicating with our youth to fill the positions. Career opportunities are emerging and include: Law Enforcement; Fish biology, Building Inspections, Communications Technicians, Business Managers, and Resource Managers. The list is continuing to grow, and new challenges are evolving. Times are changing in a very good way.

Nation Administration Matters

Notice Board



By Cathy Galligos, Lands and Resources Manager

Sliammon Cemetery Update

The Lands department has recently replaced approximately 35 old/rotten/fallen crosses in the Sliammon Cemetery. If there are any unmarked graves that you are aware of and you know where the grave is, please contact the Sliammon Lands department and we can arrange to have a cross made and engraved. Serena, 604-483-9646 ext.239 or Cathy, 604-483-9646 ext.240.

Lands Preparing for Effective Date

As the Effective Date of self-government approaches on April 5, 2016, the Lands department is very busy with land law development and having the new provincial surveys conducted. Tla'amin Nation is currently drafting several laws but the land laws that the Lands Working Group are working on are the following:

1. Land Law
2. Land Use Planning and Zoning Law
3. Subdivision, Development and Servicing Law
4. Fisheries and Wildlife Law
5. Forest Law
6. Property Taxation Law
7. Water Licensing and Management Law
8. Environmental Assessment Law
9. Environmental Protection Law
10. Enforcement and Ticketing Law
11. Foreshore Agreement/Zoning
12. Culture and Heritage Law.

These land laws will be proposed, discussed, reviewed, and approved by Chief and Council. Drafts of these laws have been presented at community sessions.

These laws set out the overall framework for managing the natural resources and the land. In order to protect and manage our lands and natural resources, we need to have laws to abide by and enforce. This change of enforcing our laws is going to be a hard task to do but it is required in order to manage our lands and resources. This is how we use to manage ourselves as a Nation before contact. We had our own laws and regulations but they just were not written, they were oral and that was our way of life. A major part of our culture is oral tradition.

All Tla'amin Nation citizens and all non-citizens will have to follow Tla'amin Nation laws.

Surveys

Currently, Sliammon First Nation is under the Indian Act and all our reserve lands are known as federal lands, under the ownership of the Queen. Sliammon does not own our reserve land currently but on effective date, we will own all of our Treaty Settlement Lands.

The Sliammon First Nation is currently having all the residential lots and the reserve lands surveyed in order to prepare a provincial survey. Sliammon is surveying everyone's residential property in Sliammon at this time so that we have everyone's property on the same survey. We have contracted Emery and Rae Land Surveying Ltd. to survey our residential lots. The surveyors are only surveying what is currently there, they are not changing any boundary lines or property corners unless you have specifically met with the lands department on changes. They will be finding the same property boundaries as is currently there under the federal survey. The surveyors will be installing brown wooden stakes that are spray painted or white corner posts that will identify where your property boundary is. These posts are not to be removed because this identifies where your property boundary is. It is illegal to remove these property pins and a person can be fined and sentenced to jail if found removing a property pin. The finding of these pins is in the best interest of property owners because you now know where your property boundary line is. It is expensive to find a boundary line and the current survey work is being conducted at a significant cost to the Tla'amin Nation. If you need to find your property boundary in the future, it will be at your own cost. Please do not remove the property pins.

We respectfully ask your cooperation in having your property surveyed. If members



Construction on the new Admin Building - Foundation and Basement

are found uncooperative, we will have to resort to having the Powell River RCMP assist the surveyors in carrying out their work.

Emery and Rae Surveying Ltd. is conducting the survey work throughout Sliammon community, Klahanie Drive and Southview. They will be on your property at some point over the next few months and they are only identifying the property boundary and pins and creating a provincial survey.

If you have any questions or require clarification on the surveying that is happening, you may contact Cathy Galligos, Lands Manager at 604-483-9646 extension 240 or cathy.galligos@sliammon.bc.ca.

Mini-Excavator Rental

Band member rate: \$35.00/hour

Plus Delivery Fee: \$20.00

Everyone who wishes to rent the machine must pre-pay for the amount of hours they require the machine plus the delivery fee. Once the Operator has completed the pre-paid machine hours on your property and you require more machine hours, you need to come into the office and pre-pay for additional hours. The operator is instructed to only work for the hours that are paid for. If you wish to book the mini-excavator, you must come into the Lands Department and pre-pay for the hours required. Cash only is accepted. No cheques accepted.





NO MORE! Stop Lateral Violence

It has come to the attention of SFN Administration that the ongoing lateral violence in our workplaces is escalating.

What is lateral violence? It is a destructive pattern of behaviour in which violence is directed at people through gossip, shaming, put-downs and verbal or physical abuse.

Our front-line workers are the ones that feel the brunt of it as they are usually the ones that people are in contact with when accessing needed community services.

Many times these workers are screamed at for situations that are far beyond their control, and abusing them verbally does not change the circumstances or outcome. It's like shooting the messenger and it serves no useful purpose.

SFN is taking a firm stand against this abuse - it will not be accepted. Signs will be posted as a reminder that verbal threats and acts of violence will not be tolerated. Those acts are criminally punishable as assaults.

Please respect your front-line workers, and remember that they are human too. When you scream at them, it affects their day. These people are your neighbors and your jeh-jehs. There are appropriate avenues to get your message across, and lateral violence is NOT one of them.

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.



New Admin Building - Basement View

fish SAFE

100-12051 Horseshoe Way | P. 604.261.9700 | Email: fishsafe@fishsafebc.com
 Richmond, BC V7A 4V4 | F. 604.275.7140 | www.fishsafebc.com



PICFI has contracted Fish Safe to deliver the following safety education and training programs. These programs are available to all CFE's approved by the PICFI program. The cost of these programs **does not** come out of your training budget.

ALL YOU HAVE TO DO IS COORDINATE YOUR PARTICIPANTS AND CALL AND SCHEDULE YOUR TIME!

Goal: *To assist Community Fishing Enterprises (CFE's), participating in the PICFI Program, to assess their training needs and develop a Fishing Safety Program.*

What is included in the 2015/2016 PICFI Fish Safe Program?


- **Safest Catch Program:** Provide on board safety training for crews which includes: emergency drills, safety equipment orientation, risk analysis and safety procedures. The Safest Catch Program is a comprehensive training workshop that is delivered on the vessel for a hands on learning experience. Full implementation of the program will provide you with a Vessel Specific Safety Management System.
- **Cold Water Survival Community Workshop:** a 1/2 day program that includes demystifying the effects of falling overboard, the importance of PFD wear and retrieval techniques.
- **Marine Emergency Duties A3 Option:** Fishermen participating in the Safest Catch Program have the option of receiving Transport Canada Certification for MED A3

SCUBA Divers Wanted!

Sliammon Development Corporation would like to talk to persons interested in becoming commercial SCUBA divers. There are potential well paying job opportunities coming up in this field. **If you are interested** please email Elaine at devcorp@shawcable.com or call the office at 604 483 7777 to register for an information session.





Skate Better

SKATECANADA POWELL RIVER SKATING CLUB 2015

CAN SKATE
SKATING FOR ALL LEVELS

Dates - September 21 – December 7
 Mondays and/or Thursdays
 6:00pm – 6:45pm
 Ages - 3 and up.
 Fee - One day per week \$160 + \$45 membership + \$20 fundraising levy
 Fee - Two days per week \$205 + \$45 membership + \$20 fundraising levy
 Note: Bring your own helmet and skates (rentals are not available).


CANSKATE is also a pre-entry into Figure Skating. Interested skaters can then advance into Star Academy.

CAN POWER SKATE
HOCKEY PLAYER SKATING
Bring your stick and full gear.

PRE-SEASON HOCKEY SKATING
 Dates - September 2-4, 8-10, 14-18
 Ages - 6 to 8 (Novice Players)
 Time - 3:45pm to 4:30pm
 Ages - 9 to 12 (Atom & Peewee)
 Time - 4:30pm to 5:15pm
 Fee - \$175 + \$45 membership

FALL HOCKEY SKATING
 Dates - September 22 - December 7
 Ages - 6 to 8 (Novice Players)
 Time - Tuesdays, 3:45-4:30 p.m
 Fee - \$160 + \$45 membership (\$45 N/A if in Pre-Season Camp)

GET AN EDGE • PLAY HARDER

<p>Registration Date & Location Lower Level of Recreational Complex Thursday, August 27, 6pm to 8pm Saturday, September 19, 11am to 1pm</p>	<p>Contact Nicole 604-487-0418 Email rumleysk8@shaw.ca www.facebook.com/ PowellRiverSkatingClub</p>	
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Message From The Chief



I hope that everyone has been enjoying the summer of 2015, this summer has had to be one of the warmest with the least amount of rainfall for us in recent history. We have been very fortunate to not have any major incidents during this hot and dry weather, let's hope we can get through the remainder of this summer unscathed.

Fire ban – thank you all for cooperating with this long standing fire ban (that still continues), this hot dry weather has been

accompanied with some strong winds which can cause a fire to spread very quickly. Your cooperation has been very valuable in preventing any further accidental fires. Again - thank you to the Sliammon Volunteer Fire Department for the great work that they done and continue to do throughout the year.

As soon as the fire ban is lifted we will be sure to send a message out to the community, until then the fire ban does still remain in effect until otherwise posted.

Motorcycles and ATV's – Our office has been receiving many complaints about the Motorcycles and ATV's. On behalf of Chief and Council, I want to send a clear message to the youth and especially the adults that are riding these vehicles at all hours of night; Show some respect for your fellow neighbours in this community! There is no need to be keeping people awake all hours of the night, these long hot nights that we have been experiencing are enough of a challenge for our elders and babies to sleep through.

A separate message to the people that are suffering through this: if you are being harassed by individuals constantly riding up and down your street please call the RCMP, we will work with the RCMP to get this under control.

Infill lot project – this exciting project will see a new road built connecting the health parking lot to the new administration building, connecting the necessary services such as water & sewer etc. to the newly developed site.

An added bonus that occurs as a result of the project is that there will be 15 new serviced lots that will be developed and available to our people to build new homes. This project is being funded by AANDC and the SFN; AANDC contributing \$700,000 and SFN \$283,000 start date for the project will likely be in early October 2015.

Regular Annual Audit – for the second year in a row our financial audit has made it in to Aboriginal Affairs and Northern Development Canada on time, this is a significant accomplishment as this allows us access to projects and funding that are not available to bands that are late with their reporting. A huge thank you goes out to the Finance department from Chief and Council, your hard work is greatly appreciated. We will be scheduling an AGM either in late November to mid-December to present the financials to the community (no date is set at this time).

In closing, I would like to wish the best to all of the students on the upcoming school year. Please do your best to maintain your attendance and work ethic as our community want each and every one of you to succeed.

If you have any questions or concerns please feel free to contact me @ (604) 483-9696 or email clint.williams@sliammon.bc.ca



Summer Learning Adventures

By Gerry Brach, Tech and Rec Coordinator, Teacher

For seven years now, Sliammon First Nation, in partnership with School District 47 has offered a unique summer learning experience for First Nation youth entering grades 1-8. Tech & Rec Summer Camp took place weekday mornings August 4-28 at Ahms Tah Ow School. Participants kicked off each day with a healthy breakfast and enjoyed nutritious snacks along with an enriching combination of academics, outdoor recreation, and cultural activities throughout the morning. It is hoped that the summer camp experience will motivate and boost the confidence of participants so as to help them realize their potential in the school year ahead.

A main focus of the camp is fostering an interest in healthy lifestyles through exercise, healthy eating habits, and community involvement. Each year, the Tech & Rec leadership team is challenged to develop new skills and learn new ways to work with and be positive role models for the younger camp participants.

During afternoon sessions, Youth Leaders took part in a variety of leadership activities. One of these activities included planning and organizing a bake and garage sale which raised funds towards purchasing new soccer nets for Sliammon fields. Our Youth Leaders built positive relationships with the younger participants and spoke highly of the opportunity to be positive role models in their community.

Kendra Wilson, a grade 10 student at Brooks Secondary School, commented, "This is my second summer as a Youth Leader. I think students like doing the different activities that we have for them, especially the ones that take place outdoors. It is



really exciting to see the kids of Sliammon attend the camp, work together and learn some different things."

As camp participant Landyn Dingwell, a Grade 3 student at James Thomson student attending for his second year reports, an activity like tennis hockey, which combines various elements of lacrosse, hockey and tennis, is a huge draw. "Tennis hockey is a lot of fun and I enjoy playing with the older kids. I want to come again next year and play some more, says Landyn.

I am honoured to take on this project and see its benefits to the youth who participated and to the community as a whole. I would like to give special thanks to Judith King and Louise Dominick for their tireless efforts to improving the lives of Sliammon youth. Finally, thank you to School District 47 and Sliammon First Nation for their continued commitment and financial support to First Nations children and youth. Emote.



New Soccer Nets

By Gerry Brach, Tech and Rec Coordinator, Teacher

Tech and Rec Summer Camp youth leaders and other Sliammon summer students, recently raised over \$320.00 by hosting a community bake and garage sale. All of the money raised was used to purchase four high-quality, soccer nets for the two Sliammon fields.

Part of the Tech and Rec youth leader mentorship training involved planning and organizing a community project. The purpose of this task was to give the students an opportunity to work cooperatively, using some of the skills they learned during the camp.

James Timothy, one of the Tech and Rec youth leaders who is an avid soccer player, worked hard to help raise the money and to research the type of nets that were then purchased. Timothy thought that the group worked well together, and the whole project was worthwhile. Timothy commented, "everybody pitched in and worked hard to earn the money."

Special thanks to Sliammon First Nation, Judith King and Paperworks Gift Gallery for contributing to this event. Thanks also to all those community members who came out and showed their support by buying baking or garage sale items. Look for the new, high-quality nets to be installed shortly.



TLA'AMIN HEALTH

Healthy Happenings

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



Cynthia Jamieson

Swimming at the Complex

We have found a way to continue to fund some of the swimming and workout programs at the Complex again, for one day per week, starting in September. This was a very popular program and a valued opportunity for fitness and socializing. Thanks to your caring staff and volunteer board members for fighting to keep this effort alive.

New Vehicles

We will soon be driving you around in some much needed new vehicles. Special thanks to Sandra who has been working on this for several months to get an excellent deal for safe and reliable vehicles.

Board Elections and AGM

Board elections will take place on September 29 at 5:00 PM at the Salish Centre. Come out and vote or run for a position!

Acknowledgment and gratitude to our current volunteer Board members: Doreen Point, Verna Francis, Louise Dominick, Ann Paul, Larry Louie and Jolene Sutcliffe. Also, to Erik Blaney who departed part-way through the year. I raise my hands to all of these dedicated persons who gave so freely of their time for the health of their community, during their term.

Health Causes for September

- September is National Arthritis Month
- FASD Awareness Day is September 9th
- Prostate Cancer Awareness Week is September 20th to 26th
- World Alzheimer's Day is September 21st

Emote.

Public Notice: Patient Travel Cheques

As of **October 1st, 2015** medical travel clients are now required to pick up their cheques personally and to sign a travel advance agreement when doing so. No longer can someone else pick up your travel cheque for you. This is due to the need to better track appointment confirmations.

You can help by remembering to hand in confirmation of your appointment upon return from your medical travel. Your name will be entered in a monthly draw for a gift card!

Please call **Tla'amin Health** at **604-483-3009** if you have any questions about this change.

TLA'AMIN COMMUNITY HEALTH BOARD SOCIETY 2015 ELECTIONS

WHEN: TUESDAY, SEPTEMBER 29, 2015

LOCATION: 4885 HIGHWAY 101 - SLIAMMON SALISH CENTRE

TIME: 5:00 PM

LIGHT SNACKS AND REFRESHMENTS PROVIDED

NOTE:

IN ORDER TO VOTE IN THIS ELECTION YOU MUST HAVE FIRST NATION STATUS AND LIVE IN THE POWELL RIVER AREA, BETWEEN LUND AND SALTERY BAY WHICH INCLUDES SAVARY AND TEXADA ISLANDS.

PLEASE BE ADVISED:

THIS IS NOT OUR ANNUAL GENERAL MEETING
OUR ANNUAL GENERAL MEETING WILL BE
SCHEDULED AT A DIFFERENT DATE



The pitfalls of sugar

Dr Paul Martiquet, Medical Health Officer



Not for the first time we hear that sugar might not be good for us. That is not news, but the evidence keeps mounting and it's not looking good for an ingredient added to so many foods. In the past we worried about sugar because it might push us towards diabetes, lead to obesity or cause cavities. That is all still true, but the facts are much worse as recent research links sugar to more disease and negative health effects.

Before anyone panics, we should say we are talking about added sugar, not the kind found naturally in foods like fruit or dairy products. Added sugars are overwhelmingly white sugar (sucrose) and high-fructose corn syrup, but also include honey, molasses, agave and fruit juice concentrate. The latter may sound healthier, but they are not.

As expected, we find added sugar in candies, cookies and soft drinks, but also in a lot of places you would not think to look like canned soup, bread, some yogurt, pasta sauce, ketchup, baked beans and more. One of the effects of the battle against added fats was an increase in the use of sugars to fill in for the taste lost with the reduced fat. Unfortunately,

research now links high levels of added sugar to multiple adverse health effects well beyond earlier concerns. National data for American adults over 20 years shows that 10 percent of people who consumed the most added sugar (a quarter of their daily calories or more) were almost three times more likely to die from cardiovascular disease than those who consumed the least. This is irrespective of other risk factors from activity level to age to ethnicity.

Analysis of a dozen clinical trials in 2014 found that relatively high sugar intake increased blood pressure by up to eight points on average. The findings suggested added sugar may contribute more to hypertension than added salt.

Added sugar may contribute more to hypertension than added salt.

Blood cholesterol is another concern. A study of young adults by New Zealand researchers found that sugary beverages containing high-fructose corn syrup raised LDL ("bad") cholesterol in as little as two weeks. And we can't forget diabetes. The Mayo Clinic reports that added sugar, especially fructose, is a "principal driver" of type 2 diabetes. Table sugar is half fructose while high-fructose corn syrup is usually about 60 percent fructose.

The Canadian Heart & Stroke Foundation, among others, suggests we get no more than 10 percent of total daily calories from added sugar — that means about 48 grams for a 2,000 calorie diet (one can of pop provides 85 percent of that total). They also offer good ideas to make it easier to avoid added sugar. Thirsty? Instead of reaching for a giant bucket of pop or even a can, drink water. Want flavour? Add a slice of orange or lemon, or maybe fresh mint. And instead of ordering that fancy coffee drink with all that syrup and added sugars, try a latte with a sprinkle of nutmeg or cinnamon. Instead of a chai latte, order chai tea and add steamed milk.

Packaged foods offer another opportunity to find added sugars. Read the Nutrition Facts table and the ingredient list with an eye to the total amount of sugar. The ingredient list will tell you where the sugar is coming from. Watch out for added sugars that come from sources such as glucose, fructose, sucrose, honey, evaporated cane juice, molasses, corn syrup, dextrose or concentrated fruit juice. All supply calories with no nutritional benefits.

Sugar will still cause cavities and help us put on too much weight, but we now know that added sugar is a problem all on its own, a risk independent of other poor dietary choices.

Dr Paul Martiquet is the Medical Health Officer for Rural Vancouver Coastal Health including Powell River, Sunshine Coast, Sea-to-Sky, Bella Bella and Bella Coola.

Child Youth and Family Services

By Brenda Pielle, Child, Youth and Family Advocate

As the Child, Youth, and Family Advocate my job is to assist families who have children or youth with special needs.

Some special needs for children or youth come from alcohol exposure during pregnancy. We are all learning about Fetal Alcohol Spectrum Disorder (FASD). Having a child born with FASD could happen to anyone. Over the years, we have not always been given good information about alcohol and pregnancy. Many pregnancies are not planned, and many women do not know they are pregnant for two to ten weeks, or sometimes longer. Therefore, it can be possible for a woman to drink alcohol without knowing she is pregnant. It is also possible for women to have an addiction to alcohol, and to have a very difficult time not drinking for the nine months of pregnancy. A baby's brain is developing throughout the entire pregnancy and therefore the brain can be damaged by alcohol that a woman drinks at any time over those nine months.

There are other special needs that children or youth might be experiencing that complicate learning and behaviour. These are now being grouped together under a particular name: "Complex Developmental Behaviour Conditions" (CDBC's). Some of these conditions might include Attention Deficit Disorder, Autism Spectrum Disorder, Oppositional Defiance Disorder, and so on.

There is a process a family can go through to find out if their child has some kind of developmental delay, FASD, or a CDBC. It is my job to help families go through this process and try to get in place all the support and services the family or their child might need. It is also my job to help the family try to make sure other adults in the child's life understand the special needs of the child. Other adults could be teachers at the child's school. Please let me know if you are in need of any help in this area. This position is funded at twenty one hours per week so my usual days are Monday to Wednesday 8:30am-4:30pm.

It is really important for all of us to give patience and understanding to a family who might have a child with FASD or a CDBC. It is also important for all of us to give extra patience and understanding to the child or youth. Children, youth, or adults who are living with FASD or a



Family Fun Day, Tla'amin Health

CDBC are often having a lot of struggles with life. The disability is in the brain and therefore is not seen on the outside. These conditions are often referred to as "invisible disabilities" and, as such, they are often misunderstood. Because the brain is affected in individuals with FASD and CDBC, there can be great challenges with memory and learning. There can also be challenges with those parts of the brain that help us follow instructions, remember rules, learn from consequences, or regulate our physical self (keep our body still and calm). It is easy to become frustrated or angry when interacting with a person whose brain works differently than others. This is why I mention

the patience and understanding. I believe this community already knows how to support each other so this message is simply coming as a reminder to keep up the work of making sure everyone feels valued, included, and cared for.

Please join us on Wednesday September 9th at 9:30am at the CDRC for a special breakfast to celebrate Grandparents' Day and FASD Awareness Day.

Best wishes for a wonderful month of new beginnings as school and other programs get started in September.



Family Fun Day, Tla'amin Health



The cost of injuries
Dr Paul Martiquet, Medical Health Officer



Every hour more than 400 people in Canada suffer a preventable injury as a result of a fall, a motor vehicle crash, a fire, poisoning, drowning, or other activities. The most telling part of that fact is that these are 'preventable!'

A report published in June 2015 by Parachute in collaboration with the Conference Board of Canada, called "The Cost of Injury in Canada" quantifies the staggering cost of injury to Canadians, our health care system, and to Canadian society overall. The report is available from their website at www.parachutecanada.org.

How serious is this problem? Should we worry? It is very serious, and yes, we should be worried. Across Canada (2010 data) there were 15,866 deaths and 231,596 hospitalizations due to preventable injury. Add in nearly 3.5 million emergency room visits and some 60,000 Canadians either partially or permanently disabled and you get a good idea of the costs we face. In particular, the Report calculates direct health care costs at \$15.9 billion, and at \$26.8 billion in total economic costs — related to lost productivity from hospitalization, disability and premature death.

In Canada, preventable injury is the leading cause of death for ages one to 44; it also claims the lives of more children than all other causes. The simple fact is, almost all of these injuries and deaths could have been prevented. Making investments in programs that have proven effective can make a real difference. For example, for every dollar invested on bicycle helmets saves society \$45; child safety seats, \$42; zero alcohol tolerance for drivers under 21, \$25; smoke alarms, \$18; and poison control centers, \$8.

The variety of ways we find to injure, maim and kill ourselves is wide-ranging

The variety of ways we find to injure, maim and kill ourselves is wide-ranging: transportation incidents, falls, drowning, fire or burns, unintentional poisoning, suicide or self-harm, and violence all contribute to the statistics. Of these, falls account for a very significant number of deaths and hospitalization. Suicide and self-harm, along with transport incidents, round out the top three sources of danger.

While these data are for Canada as a whole, individual provincial numbers are also provided in the Parachute report. In British Columbia injury led to 35,816 hospitalizations and to 456,347 visits to the emergency room. There were 643 cases of permanent total disability along with over 8,000 cases of permanent partial disability.

Comparing the economic costs across Canada provides another view on the issue. For BC, the per capita costs were \$816. The prairie provinces averaged about \$1,050; Ontario and Quebec, approximately \$700; and the Atlantic provinces ranged from \$700 to \$950.

Recognizing that injury and death can be mostly prevented is an important part of the message from the Parachute report. This is true both at the societal level and for individuals. The failure to prevent incidents that hurt us must be examined at every level. Fortunately, we can take heart from the fact that preventable injuries are just that: preventable.



The advantages of avocado

Dr Paul Martiquet, Medical Health Officer



Guacamole, that flavourful concoction just made for salsa and chips, ideal for a giant plate of nachos and a beer... could it get any better? In fact, guacamole is but one use of the glorious avocado, and the benefits extend beyond 'delicious as a dip'.

For most people, avocado is that vegetable found in guacamole and that's about it. Wrong on two counts already. First, the avocado is a fruit, and it's a much healthier ingredient to a healthy diet than nachos and beer — not that we have anything against those choices on occasion.

Though we see very few types in our grocery stores, there are actually hundreds of varieties of avocado. They differ in shape, size, texture, colour, flavour and even how they look when ripe. The one we find most is the Hass avocado with the familiar dark, rumpled skin.

Avocado is an energy dense food, that is, high calories by volume. But it also offers other nutritional benefits including dietary fibre, vitamins A, C and K along with magnesium and potassium. Avocados are also rich in antioxidants and minerals.

One of the reasons for a high calorie count is that avocados contain a lot of fat, but that is also the source of its healthy advantage. The fats and oils in avocado are mostly monounsaturated, similar to those in olive and canola oil. Studies have shown that avocados help lower LDL (bad) cholesterol while boosting HDL (good) cholesterol along with reducing the risk of metabolic syndrome.

A recent study published in the Journal of the American Heart Association suggests avocados may be good for your heart. Participants in the study were overweight and obese adults and were following one of three diets low in saturated fats. One was high-carb, low-fat; the second was moderate in monounsaturated fats mostly from vegetable oils; third was similar to second in composition but its monounsaturated fat came mostly from daily avocado. The participants who were on the avocado-dominated diet saw their cholesterol numbers drop the most (all three reduced cholesterol).

The calorie density of this fruit suggest some moderation, after all, a whole avocado contains 300 to 400 calories. Fortunately, using just a quarter or half a fruit

adds plenty of flavour to a meal. Among the many options for eating avocado are some familiar ones such as adding them to a salad, cubed or sliced, mashing them with lemon

and spices into a spread. There's no reason to limit the choices. Avocados can be used in soups, they can be grilled and yes, they convert into guacamole very well, but it does not have to end up on chips or as a heavy nacho dish. Guacamole is a great dip for vegetables and crackers, too. Research other healthy options to include this versatile fruit in your diet.

Studies have shown that avocados help lower LDL (bad) cholesterol

You are Invited!!

Grandparents' Day and FASD Awareness Day Breakfast

Wednesday September 9, 2015

9:30am-11:30am

Wonderful food, great company, door prizes.

Come on out to the Sliammon Child Development Resource Centre and help us celebrate our important Grandparents.



We are also recognizing **FASD Awareness Day**

Take a look at our information displays and handouts about the ways alcohol can harm a baby in the womb. There is a lot to learn about this condition and we can learn together.

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 September 25th, 2015 at 12:00 pm (Noon)
- *The winner of the recipe contest will receive a \$50.00 grocery store gift card

Community Luncheon

Date: September 29th, 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.



WHAT: WHEN: TIME: WHERE: CONTACT:

FASD 1oh!

SEPTEMBER 8TH

9:00 am -to- 4:00 pm

Community Living Place
6831 Artaban Street
Powell River, BC, V8A 4B9

contact@4children.ca
www.4children.ca
604-483-9867



TOPICS COVERED INCLUDE:

What is an FASD? Understanding brain dysfunction, primary and secondary disabilities, IQ vs. executive functioning and a model that will help provide appropriate accommodations. Plus... sensory integration and the four key's to success that every FASD caregiver and ally must know.

WHO SHOULD ATTEND:

Individuals with an FASD, family members, service providers in health/mental health, addictions, justice, education, adoption, prevention, child welfare and others interested in Fetal Alcohol Spectrum Disorders (FASD).



FEATURING: Jeff Noble

Jeff is the Founder and CEO of **Noble Initiatives**, an organization that provides hope and education to people caring for someone living with a Fetal Alcohol Spectrum Disorder (FASD) through online applications and in-person training sessions, demonstrations and consultations.

PROGRAMS & SERVICES



- **Nurse Practitioner**
- Monday to Friday 9-3:30pm
Book appointments
-Late appointments available Tuesday evenings-by appointment only!
- **Healthy Promo Activities**
-Beginners Yoga Sept 21st-Oct 26th 7-8pm @ Salish Centre
- **Tuximuy Group**
Every Tuesday to Friday 10-12pm
- **Complex Activities**
Begins Sept 22nd TUESDAY'S only
-Weight room 5-8:30pm
-Everyone Skate 6:15-8:15pm
-Everyone Swim 6:30-8:30pm
Aquacise 8:30-9:15pm
- Info about Sweat Lodge
phone John Louie Ext 232

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01 EDP 11-1pm Walking Groups 10-12pm Meet @ Salish Centre	02 Women's Hydrotherapy 1-3:30pm Walking Groups 5-6pm Meet @ Health	03 Prenatal & Infant Tot Group 11-1pm @ CDRC Social Support Group 10-2pm GFB \$\$\$ Due	04 Dental Clinic	05
06	07 LABOUR DAY STAT HOLIDAY Office Closed	08 Walking Groups 10-12pm Meet @ Salish Centre	09 GFB Pick up Women's Hydrotherapy 1-3:30pm Parent Education & Support Group 10:30-12pm Walking Groups 5-6pm Meet @ Health Grandparents/FASD Day Breakfast @ CDRC 9:30-11am	10 Prenatal & Infant Tot Group 11-1pm @ CDRC Social Support Group 10-2pm	11 Aquacises 1-3pm @ complex	12
13	14 Men's Hydrotherapy 1-3:30pm Primary Care Clinic Closed	15 EDP 11-1pm Social Support Group 10-2pm Walking Groups 10-12pm Meet @ Salish Centre Natural Home remedies wkshp 5-6:30pm @ CDRC	16 Women's Hydrotherapy 1-3:30pm Parent Education & Support Group 10:30-12pm GFB Pick up Walking Groups 5-6pm Meet @ Health	17 Social Support Group 10-2pm Foot Care Prenatal & Infant Tot Group 11-1pm @ CDRC	18 Aquacises 1-3pm @ complex	19
20	21 Men's Hydrotherapy 1-3:30pm	22 EDP 11-1pm Social Support Group 10-2pm Walking Groups 10-12pm Meet @ Salish Centre	23 Parent Education & Support Group 10:30-12pm Women's Hydrotherapy 1-3:30pm Walking Groups 5-6pm Meet @ Health Fluoride drop in 10-12pm @ CDRC	24 Prenatal & Infant Tot Group 11-1pm @ CDRC Social Support Group 10-2pm Movie night @ CDRC 5-7pm	25 Aquacises 1-3pm @ complex	26
27	28 Men's Hydrotherapy 1-3:30pm Primary Care Clinic Closed	29 EDP 11-1pm Social Support Group 10-2pm Community Luncheon 12-2pm Walking Groups 10-12pm Meet @ Salish Centre	30 Parent Education & Support Group 10:30-12pm Women's Hydrotherapy 1-3:30pm Walking Groups 5-6pm Meet @ Health			

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 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 3rd for pickup Wed 9th Sept.

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.



Family Fun Day, Tla'amin Health





Community Health Promotion in Aboriginal Communities

21 Credit Certificate Program (Part Time) – Fall 2015

Start Date: September, 2015

Location: Parksville Campus/Online

Program Description

The Community Health Promotion for Aboriginal Communities program has been developed in collaboration with the Inter Tribal Health Authority (ITHA) to provide students with a basic knowledge in community health education, health promotion, injury prevention and community development within Aboriginal communities. Graduates from this program will have the skills to assess community and client health education needs and will be well prepared to work within the community on improving health and well-being through health promotion.

Career Opportunities

Health related roles serving Aboriginal communities:
Aboriginal Health Liaison Worker
Community Health Representative
Community Engagement Facilitator
Aboriginal Health Coordinator

Program Delivery

This program will be delivered in a blended format, combining compressed weekend institutes with online learning. This style of learning offers students the benefit of meeting their instructors in person, while still enjoying the flexibility that online learning offers. Practica will be hosted at locations offering health services for local Aboriginal communities.

Admission Requirements

General admission requirements apply.
Computer Skills: Successful completion of *Introduction To Computers* OR equivalent course OR if you use computers regularly include a letter with your application, detailing the systems and programs you use and know.

Proof of successful completion of the following must be received well in advance of the practicum:

- First Aid (OFA – Level 1 OR Standard First Aid – Red Cross)
- Foodsafe
- Immunizations (Hepatitis B, MMR, Flu vaccines, Negative TB screen)
- Criminal Record Check: Practicum will require a satisfactory criminal record check prior to placement. These are requested through VIU. Prospective students will be contacted by mail by VIU regarding requirements. These are processed through the Ministry. An RCMP check is not sufficient
- Valid Class 5 Driver's License may be required for some locations



Program Location: The Fall 2015 program will be delivered at Vancouver Island University, Parksville Campus & online.

Community Health Promotion in Aboriginal Communities Certificate Program – Fall 2015	DATES
Applications accepted starting this date: Contact: Tricia Abbott, Admissions Assistant at 250-753-3245 or Tricia.Abbott@viu.ca Complete the Vancouver Island University Application for Admission form and include: Original transcripts. An application fee of \$37.80 Accepted students will receive a letter from Admissions outlining either missing documentation or fee payment procedures.	Ongoing
Application Deadline: All applicants must submit all necessary documents and/or complete all assessment testing by the application deadline. Admission is offered to qualified applicants based on application date. Applications received after this date will be considered if seats are available. Note: If prerequisites are "in progress", conditional acceptance may be granted as long as assessments/courses are complete by August 24, 2015.	August 24, 2015
Fee payment deadline: Deposit of \$200 due: Balance of fees are due:	August 28, 2015 September 11, 2015
Graduation Requirements: Students will require a minimum Grade Point Average of a C (2.0) for the required courses in order to be awarded the program certificate.	
Start of program:	September 25, 2015
End of program:	August 5, 2016

Program Fees: Vancouver Island University will be receiving one-time funding for this Community Health Promotion in Aboriginal Communities Certificate program for the September 2015 intake! With this funding, tuition will be subsidized to \$3,412.50 (\$6,825 is the regular program tuition), plus a p i c a b l e Student Union fees and Student Activity fees.

For More Information
<https://www2.viu.ca/pdt/certificates/chpac.asp>
For more information please contact Linda Young, Coordinator at Linda.Young@viu.ca or 1-888-920-2221 ext 6327 or Deirdre Godwin, Program Assistant at Deirdre.Godwin@viu.ca or 1-888-920-2221 ext 6322

Vancouver Island University is a comprehensive post-secondary institution located on beautiful Vancouver Island in British Columbia. Our main campus is located in Nanaimo and we have regional campuses in Duncan and Powell River, and a campus centre in Parksville. More than 14,000 full-time and part-time students are enrolled in academic, applied, career/technical, vocational, trades and developmental programs leading to certificates, diplomas and degrees.

Vancouver Island University, 900 Fifth Street, Nanaimo, BC V9R 5S5
Parksville Campus, 2nd Floor, Civic & Technology Centre, 100 Jensen Ave E, Parksville, BC V9P 2G3
Registration: 250-746-3513 or 250-746-3512
<https://www2.viu.ca/pdt/certificates/chpac.asp>

The information contained in this guide is accurate at the time of printing. Vancouver Island University reserves the right to make such changes as necessary, including cancellation and adjustment of courses.

www.viu.ca

Ahms Tah Ow

will reopen

Tuesday

September 8th

for a new school year.

I will be in the school Friday, August 28th in the AM if anyone wants to get a head start on re-registering/registering.

Fall schedule will be posted on the door soon and on the Ahms Tah Ow Facebook page.

Gerry Brach

ita
YOUR TICKET.



Powell River has an Apprenticeship Advisor to guide you through your apprenticeship journey

The Sunshine Coast Region and Sea to Sky region has a new Apprenticeship Advisor, Shannon Hanson. Shannon's main office location is at North Vancouver at the NSMA Office, 211 – 260 West Esplanade, North Vancouver, BC, V7M 3G7. She can be reached at 604.971.1599 or by emailing her at shanson@itabc.ca

Part of her role is to provide support and guidance on elements of apprenticeship. Shannon is encouraging apprentices, candidates who are working in a trade field but wish to acquire trade certification or candidates who are interested in pursuing a career in the trades to contact her when there are questions. A scheduled appointment can also be arranged.

Why would you choose to contact or schedule an appointment with an Apprenticeship Advisor?

An apprenticeship is all about learning and training so that you gain the skills you need to excel in your chosen profession. Completion of an apprenticeship has several components to acquiring a trade certification. To understand all of these apprenticeship components you need to feel confident in what you are deciding. An Apprenticeship Advisor can help you understand these various apprenticeship components.

Or drop in at Sliammon Band Office, 6686 Sliammon Road:

Wed, July 22nd from 1-3pm	Wed, August 26 from 1-3pm	Thurs, September 24, 1-3pm
Wed, October 28, 2015 1-3pm	Wed, November 25, 2015 1-3pm	Wed, December 16, 2015 1-3pm
Wed, January 27, 2016, 1-3pm	Wed, February 24, 2016 1-3pm	Wed, March 23, 2016 1-3pm

You may wish information on:

1. What you have completed in your apprenticeship – i.e. recorded work-based hours in Direct Access.
2. Resources which are available to help you prepare for the Red Seal or certification exam.
3. Starting training when you have no marketable skills to acquire employment or an apprenticeship in a trade profession.
4. How you acquire trade certification if you have worked in a trade profession for several years but have not acquired a Certificate of Qualification for that trade.
5. The requirements to achieve a trade certification in specific program area.
6. The transfer credit of technical training and/or work-based hours to registration in another trade.
7. Government grants or tax credits to assist in covering the cost of your apprenticeship training.
8. Financial supports which may be available for in-school technical training.
9. What steps should be taken if I no longer have a sponsor to complete all of my work-based hours.

Contact Shannon by phoning her office phone at 604.971.1599 or contact her via email at shanson@itabc.ca



Industry Training Authority
800-8100 Granville Avenue
Richmond, BC V6Y 3T6
www.itabc.ca

Customer Service
t 778.328.8700
t f 1.866.660.6011 (within BC)
f 778.328.8701

Corporate Office
t 778.785.2400
f 778.785.2401

NORTHERN VANCOUVER ISLAND ABORIGINAL TRAINING SOCIETY

Certificate/ diploma programs at Vancouver Island University & North Island College

Online educational programs and courses:

- Adult Basic Education courses
- Early Childhood Education at Pacific Rim Early Childhood Institute
- Hospital Unit Clerk
- Health Care Assistant

Trades programs and certification courses:

- Welding/fabrication
- Culinary Arts
- Automotive Service Technician
- Carpentry
- Marine First Aid
- Level 3 first Aid
- Class 1 driving licence
- Heavy equipment Operator
- Food safe levels 1 and 2

We can provide you with the funding for a wide variety of post-sec opportunities. The Possibilities are endless!

Please contact: Lucille Bilous or Lorraine Redpath at 1-250-286-3455 for more information

NORTHERN VANCOUVER ISLAND ABORIGINAL TRAINING SOCIETY

will be here on

Thurs, September 24th 2015
9:00 AM- 3:30 PM

at the education buildings beside Ahms Tah Ow School

- Funding for school-trades, short courses
- First aid level 3
- Resume building
- Career counselling
- Ready to work programs

See Louise Dominick for appointment 604-483-9646 ext. 230 or email postsec@sliammon.bc.ca

Congratulations

NVIATS Winner!

Congratulations to Ashley George who won our door prize for the NVIATS workshop/information session in Sliammon on August 25th 2015. We had 18 participants/community members come in and visit and gather information of possible funding sources.

It was a great turnout considering how busy Sliammon was with community BBQ and fun family event!

The draw was done by Lucille Bilous witnessed by Lorraine Redpath, Louise Dominick, & Brianne Louie.

Thank you to NVIATS Campbell River on behalf of Sliammon.

SFN Chief and Council Minutes

July 23rd, 2015
TCHS Boardroom

Condensed Version
(full set posted at the band office)

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

Regrets: Gloria Francis

Administration Staff: Rod Allan and Judith King

Minutes and Agenda

Acceptance of Regular Meeting Minutes of July 02, 2015

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

Acceptance of Agenda of July 23, 2015

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

Presentations:

1. Mark Lammers, Construction Superintendent attended from Unitech. Framing will be done by late August. By end of October the structure will be water tight. Mark projects the rough-in will be done by December 2015. Mark is liaising with BC Hydro currently on the E1 site plan.

2. Jeff Cook from SCARP concerning the Indigenous Community (Master's Program Practicum) attended the meeting with Bronwen Geddes (NsMt TC) and Grace Adams. Jeff works with UBC student community planners on indigenous community master program planning. Through First Nation relationships, UBC is looking to sponsor practicum opportunities for UBC students within the Sliammon community. Deliverables are student development, a relationship agreement, a learning agreement with the host Nation, form a work plan, develop planning tools and facilitate community presentations. Jeff is ready to launch the project, prepare a dedicated position to manage students, provide capacity development, supervise and mentor two students. The project requires 700 hours of planning work. Sliammon will be responsible for a percentage of the cost for travel. Bronwen Geddes' role is as a community planning advisor and she can work with practicum students. Grace will capture some ideas on paper for the Council to consider if preparing a draft agreement between SCARP and SFN.

3. Walter gave a background on a fire that took place off of River Rd. Discussion began on what Council can do to control the situation going forward. Council gave accolades to the fire department for responding to fires many times over during the dry weather. Discussion began around what Council is able to do regarding illegal fires and enforcement of the rules on fire banning. It was suggested to include a list of fines for fire starters on the flip side of a flyer that will be going to each house.

Tyler Peters and Family attended the Council meeting about the fire that started next to their home. Tyler started with the cause of the damage to his property by a neighbour who lit a fire barrel which got out of control. Chief Williams explained that Council is enforcing a Band Council Resolution stipulating no fires of any kind until the fire ban is lifted.

Constable Dixon is in charge of the file and Rod will keep the Peters Family informed of what is happening.

4. Brenda Sayers, candidate for North Island and the Sunshine Coast Green Party attended the meeting. She held the portfolio on challenging the Canada-China Foreign Investment Promotion and Protection Agreement (FIPA) in the court issue on natural resource extraction concerning Section 35 of Constitution, which is the failure to consult. Brenda promotes a Nation to Nation reality within the aboriginal territories. She asked for Sliammon Council support for a voters' registration event. Lori Sparrow will help with this initiative and assist Brenda with a Sliammon voter's registration workshop.

New Business

Finance / Admin/ Audit:

1) Audit Update: Rod indicates that the audit will be on time. KPMG attends a special council meeting on July 28th.

2) Member debts to the Nation were discussed. Specifically, regarding the rental of the backhoe, two members are not paying for the work done at their place. For those two members, their Healthy Living Dividend will be deducted the amount owed. The Lands Department ensures that hours are estimated beforehand and it is expected that work will be done on a pre-pay basis only.

A brief discussion started on the community celebration taking place on August 7th. It is not a consultation with members, but a friendly introduction to the law review. Tuwhusht members are invited and will be funded to come home for the celebration. They can call the treaty office for an application for funding. There will be posters out next week.

Education: 2015 School Supplies Allowance - This is a notice to Council that there won't be cheques to students in Grades K-7; instead school supplies will be given to the elementary students. Grade 8-12 and Tuwhusht students will receive cheques.

Housing: A meeting was requested to discuss home ownership certificates. Cathy, Paula and Denise made this request. Council will chose a date for the meeting.

Housing Subsidies -

1. Sliammon is working with David Nairne and Associates with work on the AANDC new housing approach. Pros and cons were discussed regarding completion of a New Housing approach proposal against applying for individual housing subsidies. Subject tabled to the August 6th meeting.

2. Abandoned Ladner home is in poor repair (mold, poor electrical & roof leaks, etc.) Discussion on several houses around the community that are also in bad repair. It was suggested to get estimates to demolish these houses. Council will consider getting documents for the houses on CP land and get approval from owners on clearing the identified houses.

Infrastructure: There was a discussion on the possibility of a service line break and how things will be handled if there is a situation that needs attention. It's noted that the mini-excavator is smaller than the dump truck and it makes it difficult for the mini-excavator to fill the dump truck. It will be easier when the mid-size excavator is available for excavated material.

Lands and Tax:

1. There was a request for financial assistance to change a will and ownership documents. Lands department is currently completing all of the required land surveys. An action item for the future is that any costs regarding changes to wills and estate documents will be covered by a Treaty initiative. There will be a workshop in September informing members on last will, testaments and estates.

2. Expenditure and Tax Rate Law presented to Council for signing. Mia attended and explained the tax revenues to Council. She also went over the tax expenditures which remained the same from last year.

Motion to accept the annual rates law made by Eugene and seconded by Larry. Carried.

Motion to accept the annual expenditure law made by Walter and seconded by John. Carried.

Sliammon Dev. Corp: SDC has a new board member named Mark Anderson. On August 6th, there will be a presentation by Brent Lehmann on restructuring on SDC. (follow-up from the Crown Isle agenda)

Fire Department: BCR 2015-28 Fire Ban enforcement rules introduced.

Motion to approve BCR made by Brian and seconded

by Eugene. Carried.

Fisheries: No updates on the food fish but maybe some news by August. The result of the job competition for the fishery position is that Tyrone Wilson was the successful candidate. He has started at the hatchery.

Forestry:

Council talked about Healthy Living Dividend (HLD) with Craig Galligos. Funds are available for this initiative. Council discussed that the HLD will be increased to \$500 in 2015 but is not guaranteed to remain at \$500 for future years.

Motion to approve the HLD to an increased amount of \$500 for this year only and \$500 is not guaranteed for future years, but is based on performance of the next year's forestry contract and the amount will be reviewed annually was made by Brian and seconded by Shawn. Carried unanimously.

Health: Larry reports on the evaluation committee for the TCHBS Executive Director and some CDRC issues

Cultural: BCR 2015-28 Letter of Support to Naut'sa Mawt Tribal Council for funding to attend a UBC conference.

Motion to approve BCR 2015-28 Lori and Dillon.

Membership: Michael S. Bertschy is requesting to be added to our membership. Sliammon will send him a letter to explain what he needs to do to gain membership.

Treaty & Transition: A group of trustees oversee the trust and there is guardian with financial designation who oversees the trustees. Finance Working Group recommends that Daryn Leas be considered by the Sliammon Council to be the guardian. Dillon wants to have the guardian in place for the August and September session. A BCR will be created for this date to finalize the motion.

Motion to approve Daryn Leas as the Trust Guardian, subject to reference checks, made by John and seconded by Shawn. Carried.

Chief's Report

1. On August 7th law introduction session takes place.

2. Mini Canoe-journey was successful. The attendance was 100-200. First responders attended for two persons. They were taken away by ambulance. Showers were needed and were not available.

3. Elk draw - There will be a LEH draw. But, the hunt has been reduced. It was suggested to put one Elk away in the community freezer. It was suggested that rules (such as if you won the previous year then you can't enter the next year) around those who enter the elk draw may be needed and Council will take it to the Natural Resources committee to do an analysis on how the draw should go.

Other Business

1. Funeral Services coordination at Salish Centre. Council suggests that Culture committee get involved with coordinating funeral service. Perhaps the funeral process needs to be documented and outlined so that there is a brochure on how to prepare for funerals. Person in charge should develop protocol and guidelines. There was a process developed by John Louie on cultural aspect of burials. Eugene will look into a paper on that issue. Rod will suggest a meeting.

2. A councilor spoke to the lateral violence around abusing staff and the Council. Council stand behind the lateral violence declaration that was previously established. This declaration will go into the newsletter in August.

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

Meeting adjourned at 1:53pm.



First Nations Health Authority
Health through wellness

For More Information:

<http://towardtheheart.com/fentanyl/>
<http://towardtheheart.com/naloxone/>
<http://towardtheheart.com/naloxone/siteresources/overdose-survival-guid>

Anonymous Non-Emergency Assistance:

BC Drug & Poison Info Centre: Dial 1-800-567-8911
Healthlink BC: Dial 811

501 — 100 Park Royal South
Coast Salish Territory
West Vancouver, BC
Canada V7T 1A2

T 604.693.6500
F 604.913.2081

www.fnha.ca

Communique

Aug. 20, 2015

Fentanyl in First Nations Communities: Know How to Reduce the Risk of Overdose

In the wake of a number of reported overdoses, First Nations Health Authority Chief Medical Officer Dr. Evan Adams is warning First Nations about the dangers of fentanyl. “Fentanyl is impossible to detect, it is odourless, colourless, tasteless and deadly. Fentanyl related deaths are on the rise and as First Nations we are not immune.”

Fentanyl is a synthetic narcotic that is 50-100 times more toxic than other opioids. The drug is primarily used to boost the potency of other drugs. Often fentanyl is found in powder sold as heroin, and in counterfeit oxycontin pills. Fentanyl might also be mixed into other recreational drugs, including stimulants (uppers) such as cocaine and MDMA (Ecstasy), and even marijuana.

The BC Coroners Service confirmed 54 drug overdose deaths in which fentanyl was detected in the five-month period from Jan. 1, 2015, through May 31, 2015. In addition, there have been at least 12 deaths in which fentanyl was detected within the last month (July 7 through Aug. 7, 2015), almost all of them occurring in the Lower Mainland.

The FNHA has received reports that fentanyl has arrived in some First Nations communities and is supporting local nursing staff with take home Nalaxone and training. “Fentanyl related mortality has moved beyond the lower mainland into other parts of the province. Both recreational and habitual drug users are at risk. We ask that you take care of one another out there and share the following information.”

Reducing the risk of overdose

There are steps you can take to reduce the risk of overdose. They include:

- Know who you are buying from.
- Never use alone. Ensure someone is with you who can obtain medical help if needed.
- If you are in the Vancouver area, especially the Downtown Eastside, try to use at InSite where there are medical personnel on-site to provide help if needed.
- If you are using, inject slowly.
- Do not mix drugs, or mix drugs and alcohol, as this increases the likelihood of an overdose.
- Keep an eye out for your friends. Learn to recognize the signs of an opiate overdose, such as severe sleepiness, heavy snoring, or slow, shallow breathing. If you spot such signs, call 911. This is a medical emergency.
- Learn about naloxone. If you are a regular user of opioids, you may be eligible for a prescription from your doctor for naloxone which can be used as an antidote in the case of an overdose of fentanyl, heroin, or other opiate.





< Byte Camp, Aug 24-28th 2015



DO YOU KNOW?



Donated by Jill Brewer. If anyone recognizes the designs and who might have made it, please let me know.
Betty Wilson ocbele@shaw.ca



TRIBAL JOURNEYS 2017 Fund-raising Prize Draw

Grand Prize: One of a kind, hand carved by *Darren Blaney* from Homalco, this 14k gold bracelet is valued around **\$4,000**.

To purchase tickets contact **Phil Russell** on 604 223 1280 or **Cyndi Pallen** on 604 414 3874.
Tickets are \$10 each or 3 for \$20.

Open Door Healing Rooms Come Experience Healing

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



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

Experience Freedom

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

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

ANNOUNCEMENTS



Congratulations to my Son Jacky Harry and Chanea Gabriel on the arrival of their Beautiful Daughter Sadie Mae Amzlee Harry
 Born: July 12, 2105
 Proud Chi Chia And Kookpa



A year's gone by, how time has flown
 We can't believe how Daxton's grown

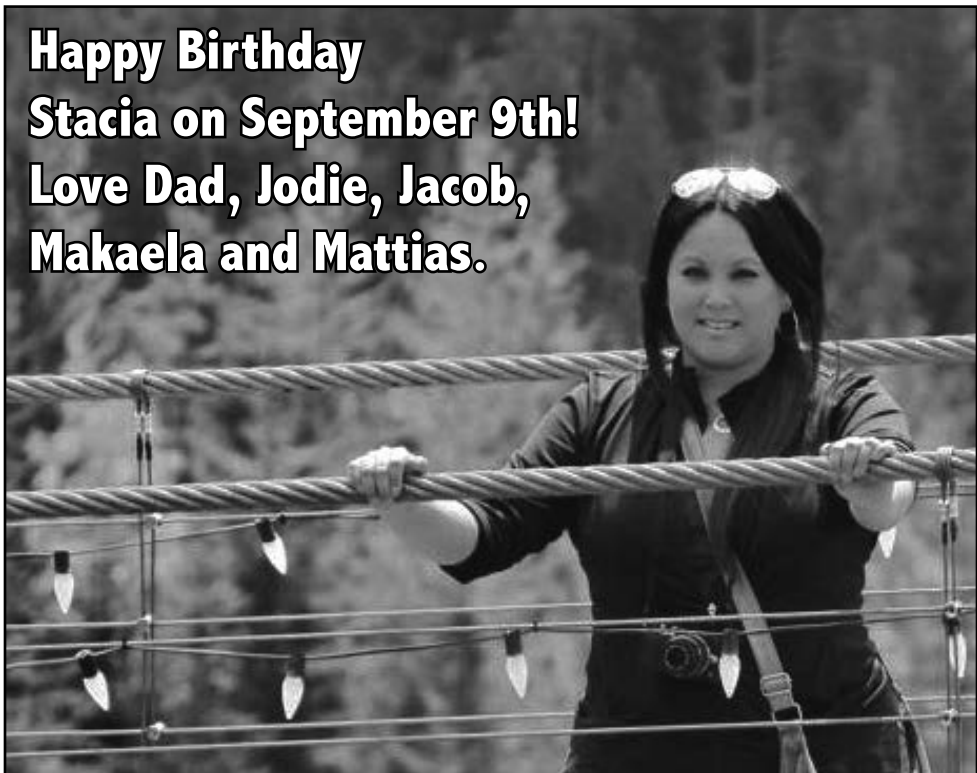
His laughs & cheese ball smiles,
 And adventurous ways, Make Daddy & Mommy happy every single day.

Happy 1st Birthday

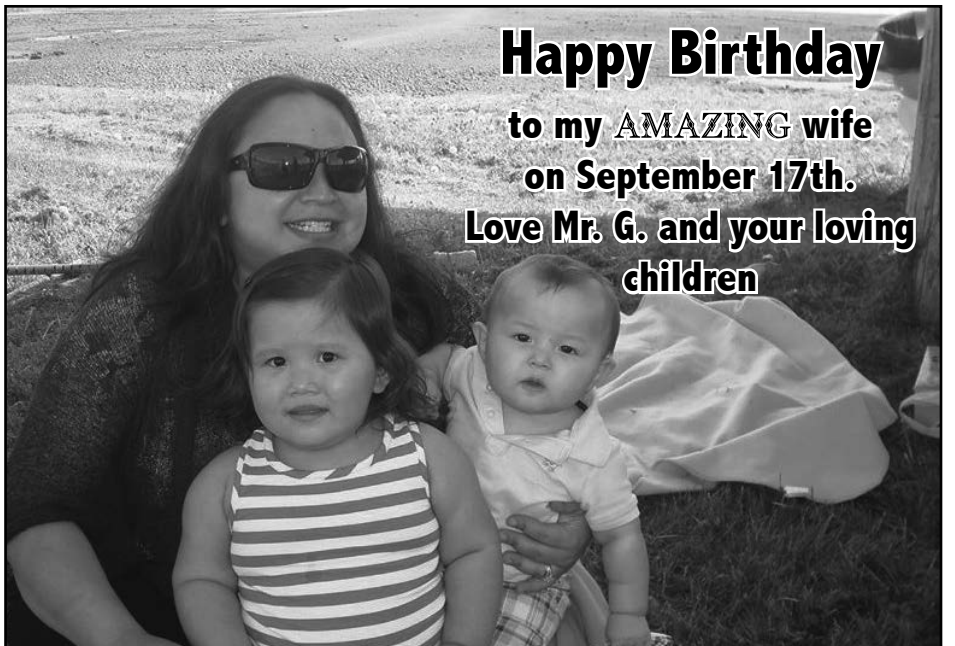
Daxton Shehpahthe'es Rogers,

We **Love** you!
 xo Daddy, Mommy, Chichia & Papa

Happy Birthday
Stacia on September 9th!
 Love Dad, Jodie, Jacob,
 Makaela and Mattias.



Happy Birthday
 to my **AMAZING** wife
 on **September 17th.**
 Love Mr. G. and your loving
 children



Student Tutoring Schedule

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

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



Happy 30th birthday Trista!

September 24th, 2015

Wishing a very Happy 30th birthday to Trista Tom Leblanc, super mom and wife, daughter, sister, niece, cousin, and friend to so many.

Your constant strength, compassion, generosity and of course, humour, are only a few examples of the beautiful soul you are! We wish you an amazing year ahead with your rambunctious, energetic little family of boys (Tobin, Riel, Rowan, Eden and Diesel).

From your family, love ya!

