



NEHMOTL "US"

October 2015

Community News | Events | Updates for the Sliammon People

Mudderella Whistler 2015

Representing Tla'amin Nation, team "Mud Sweat & Cheers"

By Elaine Tom

"Own Your Strong! Leave everything else in the mud."

"Own Your Strong" is about empowering women to take pride in their strength – inside and out. Lots of women are strong in different ways .

It's about knowing what strong means for you – and owning it.

What an incredibly challenging and fun experience. We proved to be more resilient than we ever thought imaginable as we persevered through each hill and obstacle, fueled by the constant laughter with, and occasionally at one another.

Way to go fearless team: Noreen Galligos Paul, Donna Tom, Shailen Tom, Sandra Tom, Trista Tom Leblanc, Elaine Tom, Shanna Tom, Melanie Vivier and our good friend Danielle Searancke.

We went in as a team & finished as a team. We owned our STRONG!

Think your Pilates classes are awesome? Multiply that feeling by about 1 million. Mudderella events are intense full-body workouts, you have a whole team of your best friends, and you'll be creating an unforgettable experience.



To find out more visit the Mudderella website:
<http://www.mudderella.com/>



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



Nation Administration Matters

Notice Board



Housing Update

By Paula Stewart

We are so excited by all the interest in the home we are renovating for sale at 5129 Beach Rd. Please be advised that a formal request for bids will go out to the Community members when this home is complete and ready for sale. Please be advised that there will be no viewing permitted until that time.

We are also performing some mandatory home maintenance. For the Maintenance staff or the Contractor to be able to do this work, it is a requirement that the site be free of debris and easily accessible for the worker to access the area. If the Maintenance worker or Contractor cannot access the work site, we cannot perform the repair. Please ensure you have the area tidy and are ready to have the worker attend to the job. This includes exterior as well as interior areas, please.

Just a reminder for those who use wood stoves, the chimneys have been cleaned from the roof and it is the responsibility of the home dweller to clean the inside of the stove before it is lit again.

We have been experiencing an excess of walk in requests. We are trying to accommodate all requests in a timely manner.

It may be in your best interest to make an appointment with the Housing Staff, in order to be assured that you have a specific designated time to deal with your request. This can be done by calling the Forestry Office, stating your need and asking to book a time. Based on your request, we can determine how long to book the appointment for. You may be asked to bring in supporting documents in order for us to help meet your specific needs.



5129 Beach Road



Law Review Workshop, September 21st 2015

BC Wildfire Service

NOTICE: FIRE BANS HAVE BEEN LIFTED

There are currently no fire bans in effect for the Coastal fire centre.

Effective at noon on Monday, Sept. 14, 2015, all open fires will once again be allowed throughout the Coastal Fire Centre's jurisdiction, due to a decreased risk of wildfires.

Burn barrels, fireworks and tiki torches will also be permitted.

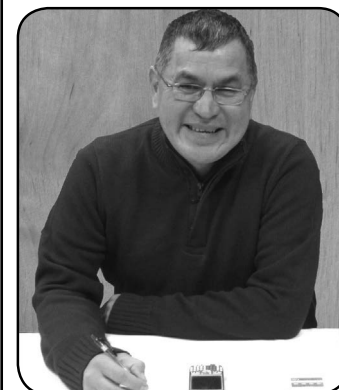
People who intend to conduct an open burn must first check with their local government to ensure that there are no additional local bylaws or restriction in place that might regulate open burning.



Totem Pole Project at Sycamore Commons Grand Unveiling: Tue Oct 20 5pm

Chief Negotiators Message

One Heart, One Mind, One Nation



Roy Francis

Effective Date Preparations

This article is written to provide an update to the Tla'amin Nation about work underway to reach Effective Date. The Effective Date of the Tla'amin Final Agreement will be April 5, 2016; a short 27

weeks away. There is a lot of work underway, a lot of progress being made, and a lot of changes taking place.

Lands Work; surveys are being carried out to create legal descriptions for the land base. The outer boundaries of existing reserve lands are being surveyed. The outer boundaries of new Treaty Settlement Lands are also being surveyed. The totality of the new surveyed lands will become Tla'amin Lands. The Tla'amin Nation will own clear legal title to the land base; this is a very significant and positive change for our Nation. Indian Act bands do not have clear legal title to their lands; we have managed to overcome that challenge, and are well on our way to building land uses and plans for our land base.

Governance Work; The Tla'amin Nation will be self-governing. Our Tla'amin Government will be the governing authority over its entire land base. Tla'amin Laws will apply to everyone who reside on Tla'amin Lands. Tla'amin will be the taxation authority; taxes that are paid on Tla'amin Lands will flow to the Tla'amin Nation. Tla'amin people will start paying sales tax a full 8 years after Effective Date, and income and property taxes will become payable a full 12 years after Effective Date.

Finance Work; The Tla'amin Nation has developed a Financial Administration Law. The Law establishes financial stability for our administration, and accountability of the Tla'amin Government to its Citizens. The financial affairs of the Tla'amin Nation are in very good shape, and additional improvements are underway. Tla'amin is establishing a "Trust Fund." The fund is intended to establish a financial resource for generations of Tla'amin Citizens into the future. We intend to design a means to look after our immediate needs, but not lose sight of the needs of generations to come.

Team Work; Sliammon has a very good history of team work. Our sports teams have made Sliammon a very proud place for a very long time. We are going to need a very strong team effort to complete the work we still have in front of us. We have established relatively small work teams; a lands team, a governance team, and a finance team; each with very important law development assignments. We have a Joint Steering Committee to provide overall direction, and we have an STS Board, and a Chief and Council to provide the mandates for the work to be done.

Our team members also have job assignments to be tended to outside of the working group sessions. Those jobs are equally important, and also require commitment. The work is demanding; coordination and efficiency is vital. I want to acknowledge the work of all of our teams in getting us through a very challenging and exciting transition.

SLIAMMON ANNUAL GENERAL MEETING

will be held on

Thursday, October 15, 2015

At the Salish Centre

The meeting is for review of the consolidated
Sliammon financial statements for the year ending
March 31, 2015

The consolidated statements include:

- Sliammon First Nation
- Tla'amin Health Board Society
- Sliammon Treaty Society
- Sliammon Development Corporation

Doors open at 4:00 pm (Coffee and Tea)

Financial Statement Review at 5:00 pm

A Light Snack will be served

Happy Thanksgiving



Sliammon First Nation invites you to
a **COMMUNITY** Turkey Dinner on
Thursday, October 8, 2015

Come out and celebrate good food
and great company.

Doors open at 5:00 pm

Sponsored by Sliammon Social Development

Sliammon Culture Programs

Culture programs are resuming first week of October! Regular days may change but tentative starting days have been set as follows. For more information contact the Culture Department.

CARVING

Thursday Oct. 1st

6:00 to 8:00pm held at the Salish Center

Instructor: **Charlie Bob**

BASKET WEAVING

Thursday Oct. 1st

3:30 to 5:30pm held at the Culture Lodge

Instructor: **Dorothy Louie**

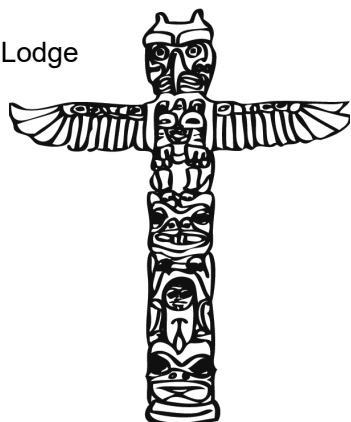
LANGUAGE CLASSES

Thursday Oct. 1st

3:30pm to 5:30pm

5156 Beach Rd., Sliammon

Instructor: **Margaret Vivier**



Carly and Luke Williams, married August 29th 2015

HALLOWEEN FUN



KIDS 12 AND UNDER

FUN STARTS 12-3PM

SLIAMMON SALISH CENTER

Sat
October, 31st



#Bouncers
#Games
#Treats

TLA'AMIN HEALTH

Healthy Happenings

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



Cynthia Jamieson

The Power of Positive Communications

After an awesome two-day workshop on Communications for Successful Team Building, I am reminded of the value of communicating respectfully with each other. Science articles, TV shows and art also educate us on the role of positive communications in raising our health status.

So, why don't we do it more? I challenge you to banish gossip, insults, and put downs from your communications for one week only. If you can't say something nice about someone, don't say anything. If you have an issue to address with someone or a question, say it with a caring and respectful tone. See if this reduces your stress level and the stress level of those around you.

Positive communications doesn't mean that you will always get your way, but I bet they work better to create a climate of health and wellness than negative communication does. After one week of positive communications, have your blood pressure taken or test your blood sugar levels and see if they are improved, or even just keep smiling at everyone for one week and see if you don't just feel better.

Really Real Housewives of Sliammon

Vote for our video on Youtube using your Youtube account. This was the highly talked about short film we made on healthy eating for a film contest by the First Nations Health Authority. First prize is \$5,000 and will go to the Elders Programs if we win. It's also a lot of fun to see healthy leader ladies playing divas. Many thanks to Health Promo Diva, Jazzy Brown for her artistic vision, all those ladies who participated for being such good sports, Charlie Bob for those lovely cedar roses, and film guru Phil for his editing talents.

Reconciliation Walk and Lunch

Health hosted a luncheon as part of the Reconciliation Walk event last weekend. The event was well attended and the effort of many organizations and individuals working together in the spirit of true collaboration to promote harmony and to honour those who survived Residential Schools, and pay tribute to those who, sadly, did not.

Culture and Art are Healing Too

Thanks to Phil George for the lovely painting he commissioned by Vi Davis to be on loan at the Health Centre. The painting is a lovely depiction of a pre-colonial Sliammon village.

Emote!

**ON BEHALF OF TLA'AMIN
COMMUNITY HEALTH
STAFF, WE WISH TO
THANK CYNTHIA JAMIE-
SON - OUR EXECUTIVE
DIRECTOR FOR 2 YEARS
- FOR HER HARD WORK
AND DEDICATION TO OUR
ORGANIZATION.
CYNTHIA IS MOVING ON
TO NEWER VENTURES
AND WE WISH HER AND
ARIES ALL THE BEST.**



Tla' Amin

ahjeeyit chi chuy

Group Gatherings every Thursday 11:00-1:00 at the Child Development Resource Center – multipurpose room.

Group is open to parents and children under the age of 4 years.

Lunch provided.

Oct. 2015 schedule of events:

Oct. 1- Shelley -Immunization Information

Oct. 8- Sosan - Sliammon Language

Oct. 15 - Sosan - Button Blankets

Oct. 22 – Dana – Rainy Day Activities

Oct. 29 - Halloween Party – dress up babes / pictures / fun stuff

Handling Head Lice

By Dana Gustafson, Early Childhood Development

September has come and gone and school is back in full force. It is the time of year when colds are being passed around the class as well as other annoyances such as lice. It is common for children to transmit lice to one another especially when they are in close proximity to each other as well as the coat room where coats hang side by side.

Although lice are not a health risk they can be annoying and very difficult to get rid of. While checking your child's hair, if you notice any nits (eggs) or live lice please see your doctor or the nurse practitioner at Tla'amin health for a prescription to treat the hair. It is also a good idea to check everyone else in the household. In the meantime you can use conditioner and apply it throughout the hair which will immobilize the lice and make it easier to comb them out using a lice comb. (You can get conditioner and the combs at Tla'amin health.) Please read the instructions on the lice prescription as it usually recommends that you re-treat the hair 7 days after the initial treatment.

It is also a good idea to wash the child's bedding as well as hats or hoodies that are worn on a regular basis. It is also noted that putting these items in the dryer on high heat for 20mins will also kill the lice. This can be difficult and time consuming especially if there is more than one person in the household who have lice.

Please feel free to contact me if you would like any help applying the lice treatment or with the housekeeping portion of this task. We also have a ROBI COMB at the CDRC which is an electric comb that works great for the beginning stages of lice as it kills the live lice on contact. If you wish to come to the center we can use the ROBI COMB on your child's hair. You can reach me at dana.g@tlaaminhealth.com or at 604-483-3449 ext. 4.

zero tolerance of lateral violence

For thousands of years, our Nations have relied on our own Indigenous governance systems that were guided by the universe, and kinship systems that provided for social harmony and healthy relationships.

Traditionally, for all Nations, if a societal code was broken there were ways of restoring peace that would allow for reflection and renewal for the individual who was harmed, or who may have harmed another. Traditional teachings provided direction for dealing with hurtful differences among people because they stressed the importance of having power *with*, not power *over* one another. Coming from a place of respect and strength was seen as a natural part of the process.

Due to the traumatic effects of colonization, a foreign and polarizing problem known as “lateral violence” has become commonplace in communities and society today. Colonization and internalized racism are the true adversaries yet they are not confronted with due diligence. Meanwhile, they play out in displaced anger, threats and attacks in homes, schools and workplaces to the extent that lateral violence has become a significant public health issue for First Nations. Our traditional medicines, practices and teachings, based on a holistic model of health, give us original instructions to counter the destructive effects that lateral violence has on individuals, families and communities. Leaning on traditional medicines, practices and teachings based on a holistic model of health and wellness, these provide original instructions to counter the sources of lateral violence and its destructive effects on individuals, families and communities. Partnerships will uncover helpful roles and responsibilities for finding forward-looking and innovative strategies and solutions. Practical ideas, interests and perspectives, overlaid by a cultural lens, will need to be assessed, planned, implemented and evaluated.

The FNHDA issues a decree of the following 13 actions (*in remembrance of the phases of the moon*); it calls all those who share the same values, to take a stand against lateral violence; and, strive to ensure wellness in physical, spiritual, mental and emotional health on an individual and collective basis. The 13 recommended actions for zero tolerance of lateral violence are¹:

1. Support First Nations’ Health Centres and organizations to adopt a “zero tolerance of lateral violence” policy.
2. Use First Nations cultural values to promote equal power relations where people work, live, play and pray.
3. Model healthy behaviour and respond in compassion and solidarity without enabling or allowing the lateral violence to continue.
4. Promote the buy-in for cultural sensitivity, cultural awareness, cultural safety and cultural continuity by disseminating promotional materials.
5. Use First Nations cultural values to inform structural changes when addressing lateral violence.
6. Encourage self-knowledge about the harmful effects of colonization, historical injustices and violence including how to make these realities growth experiences.
7. Work with partners to provide accessible professional development opportunities, to learn how to deal with lateral violence in the work-place and on social media.
8. Work with partners to develop First Nations specific education materials to build awareness about how lateral violence affects our health and wellness.
9. Develop First Nations specific campaigns for identifying and addressing harmful contexts and conditions in homes and schools.
10. Build on existing community support networks (available to those who may have experienced lateral violence).
11. Work with partners to document the links to health and wellness and collate related First Nations education materials, which reflect First Nations customs, values and beliefs.
12. Work with partners to provide training opportunities to Health leads on non-violence and reconciliation.
13. Work with leaders, service providers and Health leads on prevention strategies while improving coordination and collaboration efforts in this regard.



First Nations Health
Directors Association

By fostering an environment based on our values of respect, discipline, relationships, culture, excellence and fairness, these above actions can fall on common ground. Promote the end to lateral violence in the name of peace, productivity and prosperity and take advantage of its readiness for remedial interventions. The FNHDA calls upon everyone to action, to get involved and be a part of finding and determining solutions, towards a zero tolerance of any form of lateral violence.

Attention Deficit Hyperactivity Disorder (ADHD) Awareness

By Brenda Pielle, Child Youth and Family Advocate

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month.

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a condition of the brain. It is an invisible disability that can easily go undiagnosed. We want to raise people's awareness of ADHD because persons who have undiagnosed ADHD are at risk for developing other health or social problems including anxiety, depression, addictions, difficulties in school, or problems with the law.

What are the Symptoms of ADHD?

There are many possible symptoms of ADHD. Please let me know if you would like a detailed list. Some examples could include: inattention (such as being easily distracted, losing things, daydreaming) hyperactivity (such as fidgeting and squirming, having trouble remaining seated, talking excessively), impulsivity (such as grabbing others' belongings, problems waiting for a turn, acting or reacting before considering consequences, etc.) Children or Youth with ADHD may also have difficulty with school work (handwriting, spelling, math, completing homework, handing in homework, etc.) Oppositional or defiant behaviour can be a symptom, as well as other conditions such as anxiety or depression.

What do we do if we suspect our child / youth has ADHD?

Assisting families with the process of finding out if a child or youth has ADHD is one of the tasks within the position I am filling: the Child, Youth, and Family Advocate. I would be happy to talk with any parents about this process. We are very fortunate in our community to have David Marceniuk, our Nurse Practitioner, working with us to help families make connections with pediatricians. This can also be done through your family physician. David, or your doctor, can give you a checklist of symptoms and behaviours that are common with children or youth with ADHD. You can start with this and then you can ask for a referral to a pediatrician. A pediatrician can make a diagnosis of ADHD.

How is ADHD treated?

Cognitive therapy: sometimes individuals with ADHD are struggling with other conditions such as depression



or anxiety. Seeing a counsellor can help a person work through some of these feelings.

Strategies for helping with skills: A person with ADHD often has difficulty with concentration, memory, managing emotions, managing physical feelings in the body such as temperature, texture, a need to move, etc. Getting lots of exercise and movement, using "fidgets", (for example a stress ball being squeezed in one hand can help a person with ADHD to concentrate) asking for help with organization, time management, etc., or using tools to help with memory can be ways of managing ADHD.

Medication can be used to stimulate the areas of the brain that are not functioning at their best. Sometimes changes in the foods we eat can help the brain with concentration.

Thinking about the surroundings: Children or youth with ADHD often are very sensitive to their surroundings. For example, noise that may be in the background such as the hum or buzz from lights or a machine can be very distract-

ing to a person with ADHD. It can be helpful sometimes to make changes to a person's room or to a classroom to help reduce the distractions being experienced by the child or youth with ADHD.

Learning to manage one's ADHD can come from accepting that some brains work differently than others. The more we learn about how our brain works, the more we can do to help those areas of our brain that may be letting us down. This can be a way of talking with our children and youth about ADHD. We can explain that some brains work differently and some brains need different things to help them work their best.

Most of all, we want our children and youth to have available to them any or all supports that they may need to help them feel good about themselves and be able to participate in their home, school, and life in general.

Please give me a call if you would like to discuss this topic further.

Sechelt Residential School Memorial Unveiled


By Darron Cound, Elders Coordinator



On September 19, 2015, The Shishalh Nation invited the Community to witness the unveiling of the Residential School Monument Memorial on the grounds of the old residential school in Sechelt, BC.

The monument was carved from red granite quarried from Texada Island and was sculpted in the form of a Grandmother holding her Grandchild.

This monument can be view on the grounds of the old residential school under the cedar kiosk in front of the Band Health Office.





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 October 23rd, 2015 at 12:00 pm (Noon)
- *The winner of the recipe contest will receive a \$50.00 grocery store gift card

Community Luncheon

Date: October 27th, 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.



Road construction underway connecting Tla'amin Health carpark to New Admin Building.

Residential School Gathering By Judy Mitchell, Family Support Worker



Above: Judy Mitchell, Group IAP Facilitator & Gerry Oldman, Consultant & Residential School Survivor at the Residential School Gathering at Tla'amin Health, Sept. 29th.

"Healing the Impacts of Residential School on Me, My Family & My Community - Once And For All!" was the topic for the day and was attended by survivors, family members & staff. It was a great day of sharing and learning that there is help for survivors & second generation survivors if they want to reach out.

There will be another Residential School Gathering planned in the next couple of months. There was a request to ask each participant to bring at least one family member or youth with them to the next gathering, as it is important that our children/youth know our history.

So stay tuned for the next scheduled date!

"Paha Kwagen" (One in spirit) Kinship Coordinator will work to provide a culturally based support services to children and families from Sliammon (Tla'amin) First Nation, along with other First Nation families in the Powell River Community.



KINSHIP COORDINATOR ROLE

(a) Work with Ministry of Children and Family Development, social workers, Tla'amin Traditional Wellness Team, community service providers and community family/members.

(b) Coordinate a cultural based plan of care for children and families.

(c) Case management and follow up for all Sliammon children and youth in care as well as children and youth at imminent risk of coming into care.

(d) Communicate and engage kinship care providers in a manner that is strength-based, from a family centered culturally safe approach.

Program objective,

- Increase cultural connections
- Facilitate kinship/family connections
- Serves as advisor in developing plans for permanency

Kinship Coordinator will work to enhance collaborative care and services to children, youth and families with high needs that may fall into the cracks of services.

As a service provider, a short and long term plan will be developed to improve and or expedite a holistic strength-based plan that is culturally safe for children in care or at risk of being in care.

Setting and tracking goals of continuous improvements in our practice circle of care among First Nations and mainstream professionals.

Working in collaboration with Ministry of Children and Family Development/Social Workers, team leaders', community service providers and community/family members to identify and contact potential kinship care providers in the Sliammon and Powell River Community.

Better planning and supports for Sliammon Children and youth in care, or at risk of coming into care.

Enhance continuity of care for Sliammon families will result in better supports to them.

Implement a holistic, community-based and culturally safe planning with all service providers working with families.

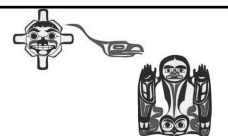
Should you require any more information, please contact

Cyndi Pallen, MSW, RSW
Kinship Coordinator
4895 Salish Drive
Powell River BC
V8A-0B6
Phone: 604-483-3009 Ext 230
Toll free: 1-888-271-5555

Office Hours
8:30 - 4:30
Monday - Friday



Tla'amin Health
Traditional
Wellness
Kinship
Coordinator



EMPLOYMENT OPPORTUNITY
Permanent Full time Early Childhood Educator Position 09222015

Job Title: Senior Early Childhood Educator

Job Summary: The Senior Early Childhood Educator will provide leadership and guidance for staff, volunteers and students in planning and implementing developmentally appropriate activities for children under six, to stimulate their intellectual, physical and emotional growth.

Reports to: Child care Manager or designate

Key Duties & Responsibilities:

1. In collaboration with the Child Care Manager, ensures the CDRC meets all licensing requirements
2. In collaboration with Child Care Manager and co-workers, plans and implements developmentally appropriate activities, experiences and schedules for the children
3. Keeps accurate records
4. Encourages open communication with parents, staff, volunteers
5. Performs other related duties as required

Job Skills & Abilities:

- Excellent teaching skills
- Excellent oral and written communication skills
- Excellent organization, time and general management skills
- Knowledge of group process and facilitation techniques

Qualifications:

- Completion of Early Childhood Education program + Special Needs or Infant Toddler Under Three certificate
- BC License to Practice
- Successful Criminal Record Check
- Successful Medical Check and Vaccination records
- Recent TB Test
- Driver's License & successful driver's abstract
- First Aid & CPR certification – or willingness to obtain
- Food Safe certificate

Starting rate of pay: \$17.31/hr

This is a union position open to both men and women and the successful applicant will be required to work in accordance with a Collective Agreement with BCGEU in addition to all relevant Tla'amin policies and procedures. If you are interested, please submit a cover letter and resume to the Child & Youth Manager, Rose Adams by October 13, 2015
We will maintain an eligibility list for future vacancies

Email: rose.a@tlaaminhealth.com or Fax: 604-483-3410

PROGRAMS & SERVICES


OCTOBER
26

PAP PARTY

KEEP CALM AND Eat Chocolate

DUE FOR YOUR PAP? WHAT COULD MAKE A PAP BETTER? MUSIC, CHOCOLATE, FRIENDS COME TO THE PAP PARTY!!!!

TLA' AMIN HEALTH
REGULAR PAP SMEARS = LESS CERVICAL CANCER.
TRY TO HAVE THEM 3 YEARS AFTER FIRST SEXUAL CONTACT UNTILL YOU ARE 69 YEARS OLD.
EVERYONE WITH A CERVIX WELCOME!
DROP IN ONLY, PARTY WHILE YOU WAIT
TENMOONSPOWELLRIVER.COM



Healthy Promotion Activities for October 2015

- Mondays** Yoga 6:30pm – 7:30pm @ Salish Centre
- Tuesdays** Beginner Fitness/Walking Group 10am – 12pm Salish Centre
October 6th & 20th – Jessica Philip Medical Exercise Specialist
SWIM at Complex every Tuesday
- Wednesdays** Walking Group 5pm – 6pm Meet at Health Building
- Thursdays** Social & Crafts Group 10am – 2pm at Tla'Amin Health (lunch provided) Craft of the month is Prayer Shawls
Oct.22nd Kitty Clemens – Healthy Weight Loss info
- Fridays** Aquacises 1 – 3 pm Complex (transportation available)

For more information call Sally at 604 483 3009

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GET THE FACTS – not the flu

Get a flu shot, if you can

Wash your hands often



Cough and sneeze into your arm, not your hand

Clean objects that many people touch

If you get sick, stay home

PROTECT YOURSELF, YOUR FAMILY AND YOUR COMMUNITY

Talk to your health care provider or visit:
www.healthycanadians.gc.ca/flu

Youth Activities October

TUESDAY'S GIRLS GROUP WITH SHIRLEY & TYLER

Starts Tuesday October 6, 2015
Time: 3:30 – 5:30
Location: CDRC
Ages: 7 to 14
Snacks Provided
Contact Tla'amin Health Services (604)483-3009 extension 227
Pre-registration required

If you are in need of assistance with transportation please phone Shirley or Tyler at (604) 483-3009 ext.227 to make arrangements

MOVIE NIGHT WITH DANA & SHIRLEY

Monday October 19, 2015
Time 5:00 – 7:00
Location: CDRC
Sandwiched & refreshments & popcorn provided
Movie to be announced

WEDNESDAY NIGHT BALL HOCKEY SHIRLEY N JEN

Time: 4:30 – 6:30
Location: Salish Center (Gym)
Ages: 7 -14
Contact: Tla'amin Health Services (604)483-3009

Contact: Shirley @ Tla'amin Health Services (604)483-3009 extension: 227 or Dana @ CDRC (604)483-3449 extension: 4

THURSDAY TOONIE SKATE

*** Transportation will be provided only for families that require it. Children are expected to be accompanied by an adult.
Time: 3:30-5:00

HALLOWEEN FESTIVITIES

Date: October 30th, 2015 (Friday)
Time: 5-8 pm
Location: Ahms Tah Ow from 5-7 pm and then to the beach for fireworks from 7-8 pm

Details:

- This is a wonderful opportunity for families to spend some quality time together
- Snacks provided
- It is mandatory that all participants wear helmets while on the ice

- Face painting, tattoos, Halloween safety tips and much more
- Hotdogs, chips, and drinks
- Fireworks

Contact: Shirley @ Tla'amin Health Services (604)483-3009 extension: 227 or Dana @ CDRC (604)483-3449 extension: 4






October



- **Nurse Practitioner**
- Monday to Friday 9-3:30pm
Book appointments
-Late appointments available Tuesday evenings-by appointment only!
- **Info about Sweat Lodge**
phone John Louie Ext 232

- **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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01 Prenatal & Infant Tot Group 11-1pm @ CDRC Toonie Skate 3:30-5pm meet @ CDRC	02 Aquacises 1-3pm @ complex	03
04 Family Swim 12-1pm @ Complex	05 Men's Hydrotherapy 1:30-2:30pm Yoga 6:30-7:30 @ Salish Centre	06 Beginner's Fitness/Walking Group Meet @ Salish Centre 10-12pm EDP 10-2pm Girls Group 3:30-5:30 meet @ CDRC	07 GFB Pick up Women's Hydrotherapy 1:30-2:30pm Parent Education & Support Group 10:30-12pm Walking Groups 5-6pm Meet @ Health Ball Hockey 4:30-6:30 @ Salish Centre	08 Prenatal & Infant Tot Group 11-1pm @ CDRC Social Support Group 10-2pm Toonie Skate 3:30-5pm meet @ CDRC Deadline to Order Good Food Box	09 Aquacises 1-3pm @ complex	10
11	12  STAT HOLIDAY OFFICE CLOSED	13 Beginner's Fitness/Walking Group Meet @ Salish Centre 10-12pm Girls Group 3:30-5:30 meet @ CDRC	14 Women's Hydrotherapy 1:30-2:30pm Parent Education & Support Group 10:30-12 meet @ gym walk together Walking Groups 5-6pm Meet @ Health Craft Night @ CDRC 5-7pm Ball Hockey 4:30-6:30 @ Salish Centre Pick Up Good Food Box	15 Social Support Group 10-2pm Prenatal & Infant Tot Group 11-1pm @ CDRC Toonie Skate 3:30-5pm meet @ CDRC	16 Aquacises 1-3pm @ complex Dental Clinic	17
18 Family Swim 12-1pm @ Complex	19 Men's Hydrotherapy 1:30-2:30pm Yoga 6:30-7:30 @ Salish Centre Movie Night @ CDRC 5-7pm	20 Beginner's Fitness/Walking Group Meet @ Salish Centre 10-12pm EDP 11-1pm Girls Group 3:30-5:30 meet @ CDRC	21 Fall Safety Fair for Children, Youth & Families 4:30-6:30pm @ Salish Centre Women's Hydrotherapy 1:30-2:30pm Walking Groups 5-6pm Meet @ Health Flu Clinics 1-7pm @ TCH Ball Hockey 4:30-6:30 @ Salish Centre	22 Prenatal & Infant Tot Group 11-1pm @ CDRC Social Support Group 10-2pm Flu Clinics 1-7pm @ TCH Foot Care 9-4pm Toonie Skate 3:30-5pm meet @ CDRC	23 Aquacises 1-3pm @ complex	24
25	26 Men's Hydrotherapy 1:30-2:30pm Primary Care Clinic Closed Yoga 6:30-7:30 @ Salish Centre Pumpkin Carving @ CDRC 5-7pm	27 Beginner's Fitness/Walking Group 10-12pm Meet @ Salish Centre EDP 11-1pm Community Luncheon 12-2pm Girls Group 3:30-5:30 meet @ CDRC	28 Parent Education & Support Group 10:30-12pm Women's Hydrotherapy 1:30-2:30pm Walking Groups 5-6pm Meet @ Health Ball Hockey 4:30-6:30 @ Salish Centre	29 Prenatal & Infant Tot Group 11-1pm @ CDRC Toonie Skate 3:30-5pm meet @ CDRC	30 Aquacises 1-3pm @ complex Halloween Family Night @ Ahms Tahow 5-8pm Fireworks on Beachfront @ 7-8pm	31 

Good Food Box

GET \$20 of fruit & veg **FOR ONLY \$12!**

Place your order with exact payment in cash to Reception. You can order more than one.

GF Boxes are delivered to TCHS on Wednesdays. All GFB must be picked up by Thursday or they will be gone.

NEXT ROUND

Payment by Thurs 8th for pickup Wed 14th Oct.

FLU CLINICS

Sliammon Health

Wed Oct 21, 1:00-7:00 pm

Thur Oct 22, 1:00-7:00 pm

Drop-in Everyone

Welcome!



Tuxahmiy Wellness & Recovery Group

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

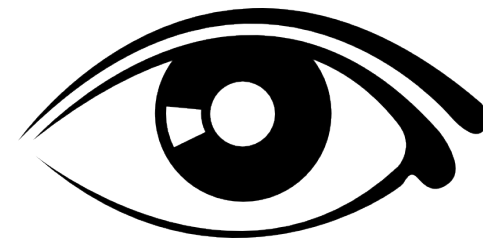


The sacred circle is a place for people to come for support, whether they are struggling with addiction or not.

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.



New Westminster Vision Clinic

Sliammon Health

November 17-18-19, 2015

Come to Sliammon health to register. Open to members/non-members, as well as non natives wishing to get the eye exam and/or prescription glasses.

Non-Band members are charged an amount of \$46.00 for the exam, plus the cost of any glasses if required.

SFN Chief and Council Minutes

August 6th, 2015
TCHS Boardroom

Condensed Version
(full set posted at the band office)

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

Administration Staff: Rod Allan and Judith King

Minutes and Agenda

Acceptance of Regular Meeting Minutes of July 23, 2015

Motion to approve July minutes made by Dillon and Seconded by John. Carried.

Acceptance of Agenda of August 06, 2015

Motion to approve the August 6th agenda made by Walter and Seconded by Shawn. Carried.

Presentations

Kelly Rankin and Cathy Galligos attended the meeting to discuss the expired leases at Southview and the head-leases that are in the process of being renewed. Kelly read the Band Council Resolution. BCR 2015-30 replaces BCR 2015-08.

Motion to approve BCR 2015-30 made by Eugene and seconded by Walter. Carried.

New Business

Finance - AANDC Amendment # 03 concerns Capital Funding for wastewater project and the infrastructure project regarding lot infill service. Motion to approve Amendment # 003 made by John and seconded by Walter. Carried.

Funding for a new sub-division discussion raised the question of new home construction using the AANDC New Approach. Sliammon will be committing to paying \$1.3 Million and no other subsidies would be available for 3 years. Will Council commit to the \$1.3 million of own source revenue? Also, is this New Approach available to SFN on the post-Treaty effective date?

Capital Projects were discussed and Council asked for a summary of existing and proposed projects currently with Sliammon. A one-page summary is required for the next meeting.

Proposed Healthy Living Dividends (HLD) deductions were discussed. It was proposed that deductions are necessary for non-payments of the mini-excavator rental, unused travel advances and mortgage payment arrears that are due to the Band office.

Motion to deduct funds from the Healthy Living Dividend for persons who default on their travel advance, mortgage payment and/or fee for service (mini-excavator) payments made by Lori and seconded by Dillon. 1 Abstained. Carried.

Education – School Supplies and Allowances are ready to be applied for by students and their families.

Housing - Regarding the Sliammon Home Ownership initiative, a meeting is planned for September 2nd. The new initiative will be reviewed at an all-day meeting and held at the Town Centre with a 10:00 am start.

Lands and Tax - BCR-2015-31 which pertains to the road encroachment agreement on Lot 9, Block 4, CLSR 51177. Walter and Dillon called conflict and stepped out of the meeting. Motion to approve BCR 2015-31 made by Lori and seconded by John. Carried. Dillon and Walter returned.

Council had a discussion on the new sewer system for Klahanie and about particulars with funding a sewer system through leased lands. It was questioned who would pay for the new system. It was proposed that the project could be taxed back to the lessees. Discussion began about a sewer main installation at Klahanie Drive and changes that would offer benefits from installing a new system. Such a system is already defined in the environmental plan. Memo and briefing note were distributed by Cathy. Council is expected



Tla'amin Trust Workshop, September 15th 2015

to consider the info. A meeting may take place with stakeholders on tax commission standards.

Cultural - The logs for the new admin building are in Powell River. The sap will be spun off and then brought over to the construction site. There will be drawings to show Council soon, but the heights and characters still need to be determined.

Membership – There are blank Indian Registry cards being sent to SFN. Rod will follow up with Mia.

Treaty and transition - There is a session on August 7 at Salish Centre. Celebration is planned to discuss upcoming changes with treaty. Tuwhusht are invited to come home.

Chiefs Report

1. A letter is being sent about the Memorandum of Understanding between Sliammon and the BC Government concerning implementation funding and First Nations Finance Authority. FNFA access to borrowing and property tax law are the main topics. First Nations will have access to all Ministers at the Sheraton Wall Centre on Sep. 8-10, 2015 and only 2 members can attend from each First Nation.

Other Business

Sunshine Coast Tourism requests a Letter of Support from Sliammon regarding a 2% Tax. A discussion began on the tax implications to Sliammon.

Motion to support the initiative of a 2% tax made by Walter and seconded by Dillon. Carried.

A discussion on re-marketing the Lund Hotel complex was begun. One strategy suggested was using the Treaty-Related Measures (TRM) funding and bring traditional influence to tourism by show-casing Sliammon culture. Suggestions included promoting off-season scuba diving ventures. First Nations marketing of native culture will be an SDC agenda

item.

Third Crossing – Support for rebuilding the bridge that has washed out along the proposed third crossing way. It was proposed that Sliammon will support the project in principle and will not provide support funding. Agreed to by Consensus.

The Three Communities Forum Meeting previously identified for Sept. 1st is in question. Council decided that the meeting can be postponed until December. Rod will advise and provide a summary at the next CAO meeting.

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

Meeting adjourned at 11:12 am.



SFN Chief and Council Minutes

August 20th, 2015
TCHS Boardroom

Condensed Version
(full set posted at the band office)

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

Administration Staff: Rod Allan and Judith King

Acceptance of Agenda of Aug. 20, 2015.

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

New Business

Council had a discussion on dividend deductions for members who default on payments or advances. Discussion continued about members and withholding their Healthy Living Dividend because they are not in good standing.

Finance/ Admin/ Audit: 2014-2015 Audit is accepted by the funding agency. Sliammon is waiting for the treaty schedules to be completed. Dillon posed a question about posting Sliammon audited financial statements on the Sliammon website. Council considered it a good step toward accountability.

Education: Chief Williams said there was a short meeting with Jay Yule to discuss the new school year. Sliammon will schedule three meetings with the Sliammon Support workers. Meetings will be tentatively scheduled for September, January and June. CYC job descriptions will be reviewed. Eugene met with Gregory Cran, Principal VIU and invited him to come and meet with C&C in late September. VIU liaison job had four candidates for the new position.

Housing: A meeting date that was decided for 9:15 am on September 2, 2015. There is a meeting at 10:30 am for home ownership at Town Centre. Discussion began on infestations in community homes. Solutions were proposed. Aaron Vending ionizer may be used to fix the situation. Consensus is that Sliammon will use land allocations according to the Lands Process and all community member requests will be assessed under the Lands Process.

Infrastructure 1: Rod provided a list of existing and proposed projects. Some of the projects have started and there is a dollar figure for at least nine projects. Other projects are on the wish list and are included in the summary. DNA to be contacted about the drainage issues (includes storm sewers and sidewalks). Discussion started on the merits of different projects. ACRS funding may be sourced to do some projects. Council may give input on the summary of projects and suggestions can be sent to Rod. Suggestion was made to fix the waterline under the main bridge while the creek is low in order to be ready for the rainy season. Also, culverts should be included in the capital project list. The water plant gate needs a sign to alert people using the road that the gate is closed at night. It is recommended to put a post and street light at the gate entrance.

Infrastructure 2: Infill lots were discussed. There is a commitment of \$280,000 from SFN and a matching amount from AANDC. The budget and funds for this project are available. The project would start at the Health parking lot through to Klahanie Road. Lot design, water and sewer systems are components of the project.

Motion to advance \$280,000 from the Infrastructure Capital fund to connect road access and water access to the new building, plus construction of eleven serviced lots made by Dillon and seconded by Walter. Carried.

Infrastructure 3: The Dinner Rock Park authority was discussed. The master closing plan and the Lands Working Group indicate that the park will become Treaty Settlement Lands (TSL) at effective date. Discussion began on what should be done with this area. The current caretakers wish to continue the upkeep and the relationship. It was suggested that SDC do a feasibility study on what options apply to the site and liability should be established for the site. One suggestion was to make a business case and highlight the



Sliammon Creek

recommendations. After a review, Council can decide what course to take.

Lands and Tax: BCR 2015-33 was read by Rod. Discussion began on particulars of the lots and how the lots would be aligned.

Motion to approve BCR 2015-33 made by Walter and seconded by John. Carried.

Sliammon Dev. Corp.: Thichum is buying a mid-size excavator. The purchase was approved by the SDC Board. There is a BC Aboriginal Funding Conference and Kelly Rankin and Eric Blaney will attend.

There is an opportunity to be part of the geoduck harvest. The principal of VIU is interested in training people in scuba diving associated with geoduck harvesting and we will follow-up with VIU.

The Lund Hotel agreement was discussed. There are investors from outside the community who are interested in assisting with Lund enterprises. They are a First Nation from Port Hardy. It was suggested to change the theme of the hotel to a more traditional, aboriginal venture.

Forestry: Cut Block 11 project will go forward. It involves harvest of Harwood Island alder trees. Craig will be involved in this opportunity. College of the Rockies has a wild fire course that can be transferred to the community training sessions. The course will offer credentials and a certificate. Some projects may be funded through NVIATS. It was mentioned that a crew cab truck is needed. The insurance is very costly to form a fire crew and purchase the truck.

Environment: An exposed pipe on Sliammon Creek needs addressing while the water is low.

Fishery: The fishing season is still closed. All funds for food fish will be held for a future similar purpose. In regards to the fleet of vessels Sliammon holds, all vessels will be sold. Nah Mit Raider has the prawn license and the Wannock are listed in the treaty-related measures assets.

Health: The TCHBS audit is completed and all is favourable. There is a surplus this year.

Cultural: Canoe Journey discussed. It was proposed that a summary of events from the mini-canoe journey group is required and the summary sent to Council. Action: Rod

Membership: Rod says Mia is still waiting for paper IRS cards. Note: The cards arrived on September 17th.

Treaty & Transition: BCR – 2105-32 for the Appointment of Guardian was tabled. Rod and Dillon will work on the wording the resolution.

Boards & Portfolios

Naut'sa Mawt TC – Board meeting on November 2, 2015.

The change is that the whole Council is eligible to attend and each Councilor must give proxy.

Chiefs Report

1. Healthy Living Dividend project is 80% complete.
2. New Geographic Information System position is in the process of being posted.
3. August 7th event was a success. The community celebration was liked by all who attended.
4. Food fishery is closed. There are daily conference calls attended by Kevin Timothy.
5. It was discussed whether Sliammon Lakes power project should go ahead. Drinking water, fish and hydro project generation are priorities for Sliammon and SFN should promote the plans to the Minister.
6. BC First Nation Leaders Gathering at Wall Centre involves a speed meeting with all Provincial Ministers. There are two seats for Sliammon which Clint and Dillon will fill. A Memorandum of Understanding with all treaty nations is desired.
7. PRSC – The City of Powell River wants to purchase another piece of the mill pond lands. Clint requested that Sliammon then be offered a similar-sized piece of waterfront in the same general area, and the City officials were agreeable. More to follow.

Other Business

1. Regarding BC Hydro duty to consult, there is a Sliammon herring spawn area within SFN traditional territory and because the coastline is sensitive the matter should be passed to Crown Referrals.
2. Elk draw recommendations is for seven elk with one for the community freezer and 6 for the draw and the draw is Sept. 4th at noon. An additional electronic notice will go out as some people missed the first notice.
3. Bears on along Harwood and Homalco are a nuisance. Discussion began on what to do to keep community children safe. Council discussed what they can do to improve on the wildlife dangers. Shooting the bear and trap setting were discussed. Cougar dangers were also discussed by Council.
4. One of our members stopped a non-Sliammon person from dumping an old couch by the mailboxes. The RCMP has been given his picture and license plate. Thanks go out to her.

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

Meeting adjourned at 11:52 am.



presents

DR GABOR MATÉ

**“THE BIOLOGY OF LOSS:
What happens when
attachments are impaired
and how to foster resilience”**



www.drgabormate.com

This lecture format workshop outlines the mental health implications of early childhood emotional loss, whether due to abuse in the family or simply of stress on the parents, on the subsequent loss of attunement with the child.

**Historic Dwight Hall
6274 Walnut Street, Powell River, BC, V8A 4K5**

**9:30 am to 4:30 pm
Friday, November 6, 2015**

Early Bird (to July 1) \$135.00
Regular (July 2 to Oct 14) \$165.00
Late (from Oct 15) \$200.00

Pre-registration required
Registration includes hot lunch: Handouts on USB
Online registration/enquiries www.4children.ca
or contact@4children.ca



LIKE US on Facebook for updates and other events

Free Giveaway

4children.ca are giving one lucky Neh Motl reader one free registration to attend Dr. Gabor Maté's workshop on Friday Nov. 6th at Dwight Hall (see the flyer above).

To register for the draw simply e-mail **nehmotl@sliammontreaty.com** subject: Competition and provide your full name and preferred method of contact (phone or e-mail).

Competition closes **October 15th.**

The winner will be notified and announced on Sliammon's Facebook page.

Tla'amin Dictionary Project Update

By Betty Wilson

September 18-21.

We have officially started work on the Tla'amin Dictionary Project. Marianne arrived on Friday Sept. 18th at noon and after a quick lunch was hard at it, evaluating what we have in terms of equipment. Then we did some language immersion for a couple of hours. At 6:30pm the group arrived to plan how we would work with elders and what they were specifically interested in. We reviewed words that we already knew and what we needed more clarification on.

On Saturday Dave D. showed up a half hour early, he was so anxious to get started. The rest of the group showed up at 9 am to begin work. The focus was on saying the word for the territory we presently reside on (except for komoks because we had no representation from there). Before Xmas we hope to travel to klahoose and homalco. It was decided by the group we would start with archiving "canoe puller" words. Devin had a list she had prepared i.e. paddles up, back up, let us go now, big waves, etc.

On Sunday the techies were busy setting up and formatting the mini hard drive which will be the central system for gathering all the words. It will be backed up by Marianne (UBC) and Su (UVIC). I would like to put the words and phrases on a memory stick and download whatever work we complete in all 3 admin places (communities). They were also busy editing words and phrases gathered from Dave D.

Gail, Su and I worked at putting the words/phrases also into phonics. The English letters have so many sounds so we decided that we need to test pilot what we have done so far. Just putting it into phonics added 4 hours extra to our archiving session. Altogether in the two days, we archived/recorded approximately 200 words and phrases.

We still have lots of work to do. Strategies from all members in each community would be welcomed.

We are presently working with our oldest and most fluent speakers and we are also trying to elicit words and phrases that often our younger elders would get stuck on. Personally, I think we are under time pressures and we need to record, record, record as much as possible. Our elders are so important. They want to contribute and what a great legacy to leave the Nation.

Stay tuned for more updates and in the next issue of the Neh Motl we will go into more detail about the project!

UPDATE ON FERNANDO'S HOCKEY

FERNANDO MENENDEZ, SON OF LORRAINE PETERS, GRANDSON OF LATE STANLEY & NELLIE PETERS, started playing in the Pups league when he was five years old. He loved hockey so much he decided to drop soccer. This will be his fifth year as Rep. Player in his hockey season.



At the end of the Bantam season, Fernando had the opportunity to attend the KINGS Camp in Kamloops. Fernando had an experience with other players all with the same goal, to improve their skills, to learn, and to play hard to be recognized. It was a great opportunity to play in Kamloops at the Kings Camp with sixteen and seventeen year olds who were six feet two. Fernando was one of the youngest. Fernando was playing with older, taller, faster hockey players from all over BC and the US.

Fernando had a setback in June; he broke his collarbone and was off hockey for ten weeks, missing two hockey camps, one in Port Alberni in July and with the Kings here in Powell River in August. After ten long weeks with no sport activity for Fernando, the Specialist Doctor gave Fernando the green light to attend the Midget Rep. hockey team tryouts in August.

I will be fund-raising this year. I would like to do a raffle and accept an offer I had earlier in the year and 50/50's, beer/pop bottle drive, any donations for bottles you can drop off under the car port @ 6629 Harwood Drive. I can be reached at 604-414-0936., e-mail address, lorraine.peters1@hotmail.com. I would also like to thank my family, friends, and Sliammon community for your support over the past years. The last winner from the Hockey Squares a few months ago was DOLLY GALLIGOS. Thank you for your support.

Lorraine & Fernando.

Congratulations to you my son Fernando Menendez for making the Powell River Midget Rep. team this year!!!

Festival Cultural Highlight - How A People Live

Sunday Afternoon, Oct. 18th, Patricia Theatre

Elected Chief Paddy Walkus and Hereditary Chief's Willie Walkus and Chief Tom Henderson and their partners Linda and Charlotte and Chief Treaty Negotiator Colleen Hemphill will be attending this event representing their people (Gwa'sala and the 'Nakwaxda'xw First Nations).

The Gwa'sala and the 'Nakwaxda'xw First Nations people lived as two distinct groups along BC's northwest coast. In 1964, for ease of administration, the Canadian Government forcibly relocated them from their traditional territories along Queen Charlotte Strait--Smith Inlet, Seymour Inlet and Blunden Harbour--to the Tsulquate reserve near Port Hardy on Vancouver Island. Crowded into only a few houses with no potable water, they couldn't even retrieve their possessions. When they returned to their villages to do so, they found their homes had been burned to the ground.

Candid and moving interviews, striking archival footage--including their early contact with Franz Boas and Edward Curtis--and a visit to their stunning homelands portray a journey of healing. How A People Live brings to life the story of a people known for their theatrical dances, strong connection to the land, and the strength that enabled them to overcome incredible hardships--disease, Indian Residential schools and the destruction of their villages. This is a powerful story about a people's reconnection with their land and culture and a journey of healing and rejuvenation of their community.

Attendance for this film is by Donation or you can purchase a Festival Pass for \$18 that covers the whole film festival - please refer to the flyer below for more information..

Rossander World Community Film Festival Schedule -2015

FRIDAY EVENING PROGRAM - CRANBERRY SENIOR'S CENTRE			
7:00	Introductions and Announcements		
7:15	Coastal Tarsands: Journey to Deleted Islands	78 min. 2014	Director: Richard Boyce
<p>Join Richard Boyce on a cinematic kayak journey to BC's north coast where the Enbridge Corporation is determined to bring Alberta tarsands bitumen by a pipeline 1,170 km long across the Rocky and Coast Mountain Ranges to Kitimat. The filmmaker takes us to the maze of islands and narrow passages that were deleted on the \$350 million Enbridge advertising campaign video. This is precisely where hundreds of supertankers loaded with millions of barrels of diluted bitumen will have to navigate through treacherous waters to reach Asian markets if the project proceeds. Coastal Tarsands takes a look at the coast, its natural features, weather, currents, wildlife and the people who live there.</p> <p>Sponsor: Mike & Hayley Lualaba</p>			
8:35	Intermission		
9:00	Becoming Bulletproof	82 min. 2014	Director: Michael Barnett
<p>Joy and persistence triumph over adversity in this award-winning documentary about a diverse group of people from across North America who come together in a camp every year to make a movie. On this occasion, it will be a Western called Bulletproof and the entire point is that it should be fun regardless of the challenges each person faces.</p> <p>Barnett's documentary brings us face to face with our prejudices and misunderstandings. This is not the story of someone else who may have a disability; it is our story of who we are or may become. <i>Becoming Bulletproof</i> is a film about striving to live fully through artistic endeavor and raises important questions about the exclusion and marginalization of people with different abilities. This life-affirming film has much to teach us about embracing the great diversity of humanity.</p> <p>Best Documentary, Hollywood Film Festival / Audience Choice Award, Heartland Film Festival</p> <p>Sponsor: Lesley Thorsell</p>			

SATURDAY OCTOBER 17 -- MORNING PROGRAM			
Time	CRANBERRY SENIOR'S CENTRE	CRANBERRY HALL	
10:00	Koch Brothers Exposed 60 min. 2014 Director: Robert Greenwald The film tells stories about the political machinations of billionaire brothers Charles and David Koch who have spent hundreds of millions of dollars to influence US politicians to pass laws in line with their extreme Libertarian ideology, often with heartbreaking consequences for others. Sponsor: Paul Molyneux	The Man Who Stopped the Desert 64 min. 2010 Director: Mark Dodd As early as the 1970s, desertification began to creep southwards in the land between the Sahara Desert and the forests of tropical Africa. By the 1980s the region suffered from regular droughts and starvation. Yacoubu Sawadogo, a farmer living in northern Burkina Faso, began to grow crops successfully on previously abandoned land. Over time, his successes became legendary. Sponsor: Basecamp Cafe	
11:15	Bringing it Home 53 min. 2013 Directors: Linda Booker & Blaire Johnson A father's search to find the healthiest building materials leads him to the completion of the first hemp house in the US. Bringing it Home tells the story of hemp, past, present and future, and a global industry that includes textiles, building materials, food products, bio-plastics, auto parts and more. Sponsor: Ecosentials	Defensora 40 min. 2013 Director: Rachel Schmidt Defensora is a documentary about Mayan Q'eqchi' resistance against mining in Guatemala. The film takes audiences into the lives of defenders in the resistance who struggle to reclaim their ancestral lands and seek justice in Canadian courts for alleged human rights violations. "Defensora is a deeply moving testimony to incredible courage in the face of wanton brutality and a shining tribute to the human search for justice." Maude Barlow Silver Screen Award, Nevada Film Festival Sponsor: Lyne Deschênes / Cocina Mexicana	
12:15	LUNCH BREAK		

SATURDAY OCTOBER 17 -- AFTERNOON PROGRAM			
Time	CRANBERRY SENIOR'S CENTRE	CRANBERRY HALL	
1:00	The Malagasy Way 84 min. 2014 Director: Lova Nantenaina "The Chinese make everything and the Malagasy fix everything." The people of Madagascar pride themselves on producing things out of nothing: tires transformed into shoes, oil lamps made out of light bulbs, wheelbarrows fashioned from scrap metal. You see ingenuity, not underdevelopment, in their practices. A return to a conservative lifestyle that involves recycling, craftspeople and self-reliance makes perfect sense. Will the world pay attention? Filmmaker Nantenaina Lova venerates the family business, the clever artisan, the resourceful craftspeople and those who possess the ability to create using everyday objects. The Malagasy Way is a poetic, music-filled and proverb-packed lesson in creativity and resilience. Sponsor: Great Balls of Wool	Above All Else 95 min. 2014 Director: John Fiege Above All Else is an intimate portrait of a group of landowners and activists in East Texas who take peaceful direct action to stop construction of the Keystone XL pipeline, a multi-billion dollar project slated to carry tar sands oil from Canada to refineries in Texas. What begins as a stand against corporate bullying becomes a rallying cry for climate protesters nationwide. Risking financial ruin, their personal safety and the security of their families, these unforgettable people and their stories become an exploration of the human spirit and a window into how social change happens. As Canadians begin to start in the way of massive pipeline developments, this film is inspiring, dramatic, and very timely. Best North American Documentary, Global Visions Film Festival; Special Jury Prize, Dallas International Film Festival Sponsor: Ivan Rosypsky	
3:00	The Secret Trial 5 84 min. 2014 Director: Amar Wala Imagine spending years in prison without being charged with a crime or knowing exactly what you're accused of. The Secret Trial 5 is a sobering examination of the Canadian government's use of security certificates, a Kafkasque tool that allows for indefinite detention without charges, based on evidence not revealed to the accused or their lawyers. Over the last decade, this rare and highly controversial device has been used to detain five men for nearly 30 years combined. To date, none has been charged with a crime or seen the evidence against them. Through the experiences of the detainees and their families, this timely film raises pertinent questions about the impact of the "War on Terror" and the balance between security and liberty. Best Documentary, Mosaic International South Asian Film Festival / Top 10 Audience Award, Hot Docs Sponsor: The MagicalDome.com	Marmato 88 min. 2014 Director: Mark Gieco If Colombia is the focal point of the new global gold rush, then Marmato, a mining town with over 500 years of mining history, is the new frontier. Gold, estimated to be worth 20 billion dollars, is being mined in traditional ways by the local population daily in return for modest salaries from local businessmen. When the Colombian government opens the mining industry to foreign investment in 2006, hopes are high for more lucrative employment. It doesn't take long for disillusionment to set in as a Canadian company, Medoro, promptly buys up 88% of the mines in the area and initiates an allegedly "eco-friendly" open-pit mining scheme that entails mass relocation of homes and, eventually, extensive layoffs. Filmed over six years, Marmato is a beautifully shot portrait of the lives of some of the miners who confront and defy Medoro. Sponsor: Rare Earth Pottery / Ron Robb - Jan Lovewell	
4:45	Reaching Blue: Finding Hope Beneath the Surface 22 min. 2014 Ffilmakers: Ian Hinkle and Andy Robertson An oyster farmer, a writer and an ocean scientist share their thoughts about a coastal way of life under threat, where stories from our past give the inspiration to face the challenges of the future. Twenty-two cinematographers contribute beautiful imagery from deep-sea submarines, advanced ocean research vessels and drone cameras, to expose the changes our coastal waters face. Do we have the wisdom and resilience required to understand ocean change before time runs out? Sponsor: Stephen Morgenstern / Victor Page	The Voice of the Seeds 31 min. 2011 Director: Rodrigo Otero Herraiz Andean farmers eloquently express their feelings towards their seeds which have been nurturing for several thousand years. They also share what they think of GMOs. As one campesino says, "Seeds have perennial, eternal life, we sow them for food year after year but we retain some to keep life going on endlessly. GMOs seem to be like geriatrics..." Sponsor: The Blue Lotus Wholistic Healing	

SATURDAY EVENING PROGRAM - CRANBERRY SENIOR'S CENTRE			
7:00	Tribal Canoe Journey	5 min. 2015	Filmaker: Ed Carswell
<p>This film captures a rare event that happened in 2014 on a warm July evening in the K'omoks Estuary, BC. As part of the annual Tribal Canoe Journey, massive dug-out canoes arrived in the estuary and were invited ashore by Chief Rob Everson and the K'omoks First Nation. Over the last 150 years, First Nation societies suffered many hardships and some of their traditions were outlawed. The canoe journey tradition was revived in 1986 and now sends a strong message to preserve culture, language, and our coastal waters. Sponsor: April White / Windspirit Gallery</p>			
7:15	The Revolutionary Optimists	54 min. 2013	Director: Nicole Newham & Maren Grainger-Monsen
<p>The Revolutionary Optimists draws us into the world of two 11-year olds with no access to clean drinking water, a girl forced to labour in a brick-making operation, and a teenage dancer on the precipice of accepting early marriage to escape from her abusive family. Lawyer turned change-agent, Amlan Ganguly, does more than simply rescue children living in Calcutta's slums. He empowers them to transform their own neighbourhoods and lives as they organize to get clean water, go to school, reduce malaria infections and learn to dance. Sponsor: Little Hut Curry</p>			
8:10	Intermission		
8:30	DamNation	88 min. 2014	Directors: Travis Rummel & Ben Knight
<p>This powerful film odyssey across the US explores the sea change in attitude from pride in big dams as engineering wonders to the growing awareness that our own future is bound to the life and health of our rivers. Dam removal has gained acceptability. Where obsolete dams come down, rivers bound back to life, giving salmon and other wild fish the right of return to primal spawning grounds after decades without access. Diverse interests are coming together to find more cost-effective options to meet power, shipping, irrigation and other needs. Restoring rivers helps to preserve local customs, recover fish stocks, revitalize waterfronts, improve recreational opportunities and render watersheds more resilient to climate change. DamNation's majestic cinematography and unexpected discoveries move through rivers and landscapes altered by dams, but also through a metamorphosis in values, from conquest of the natural world to knowing ourselves as part of nature. Audience Choice, South by Southwest Festival; Audience Award, Mountain Films in Telluride Sponsor: Powell River Healthworks</p>			

SUNDAY AFTERNOON, OCT 18 - PATRICIA THEATRE			
1:30	Welcome from Phil George, TlaAmin Elder		
1:40	A Canoe Journey - a trailer	1.5 min. 2015	Director: Claudia Medina
<p>In the summer of 2015, the TlaAmin Nation hosted a regional version of the annual Canoe Journey. Six canoes from various groups and First Nations on the coast journeyed through ancestral highways on the Salish Sea. Many of the journey participants were youth from various First Nations in BC. Others were non First Nations people who were welcomed to take part in the challenging and transformative journey. The time spent together on the sea, and in the land of the welcoming communities forged deep friendships, deepened learning and understanding and pride in the culture and traditions of the hosting nations. This film tells the story of the Canoe Journey through the experiences of the participants, whose friendships and shared learning hold valuable lessons about the true history and cultural profundity of the land and waters around us, and the future that we must all create together with mutual respect and understanding. Sponsor: Powell River Diversity Initiative</p>			
1:45	Thichum/The Edge of the Mutual	14 min. 2014	Director: Claudia Medina
<p>In 2014 SD 47 and DIGS (Discover, Grow, Imagine, Scooby!) commissioned three artists in residence to create a carving and ecomural for James Thomson Elementary, Powell River. This film documents that experience. The students of the school not only observed the artists at work, but had the chance to paint and carve alongside them. Sponsor: DIGS</p>			
2:00	Introduction - Community members from Gwa'sala and the 'Nakwaxda'xw First Nations		
2:10	How a People Live	59 min. 2013	Director: Lisa Jackson
<p>The Gwa'sala and the 'Nakwaxda'xw First Nations people lived as two distinct groups along BC's northwest coast. In 1964, for ease of administration, the Canadian Government forcibly relocated them from their traditional territories along Queen Charlotte Strait--Smith Inlet, Seymour Inlet and Blunden Harbour--to the Tsulquate reserve near Port Hardy on Vancouver Island. Crowded into only a few houses with no potable water, they couldn't even retrieve their possessions. When they returned to their villages to do so, they found their homes had been burned to the ground. Candid and moving interviews, striking archival footage--including their early contact with Franz Boas and Edward Curtis--and a visit to their stunning homelands portray a journey of healing. How A People Live brings to life the story of a people known for their theatrical dances, strong connection to the land, and the strength that enabled them to overcome incredible hardships--disease, Indian Residential schools and the destruction of their villages. This is a powerful story about a people's reconnection with their land and culture and a journey of healing and rejuvenation of their community. Sponsor: Powell River Diversity Initiative</p>			
<p>This afternoon program is presented with the assistance of the TlaAmin Cultural Department</p>			

2nd annual ROSSANDER WORLD COMMUNITY FILM FESTIVAL powell river

Cranberry Senior's Centre
Oct 16 7pm -10pm
Oct 17 10am -5.30pm / 7pm -10pm

Cranberry Hall
Oct 17 10am - 6pm

Patricia Theatre
Oct 18 1.30pm - 3.30pm

Eighteen Inspiring Documentaries for only \$18!

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Fri/Sat Evenings - \$10 (-18/60+ \$6) *
(*Individual films may also be accessed by donation)

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Powell River Council for Arts, Culture and Heritage

Co-sponsored by the World Community Development Education Society and featuring films from the Travelling World Community Film festival.

For full film descriptions and schedule see: www.rossanderfilmfestival.org

For further information call: 604-483-4924

ANNOUNCEMENTS

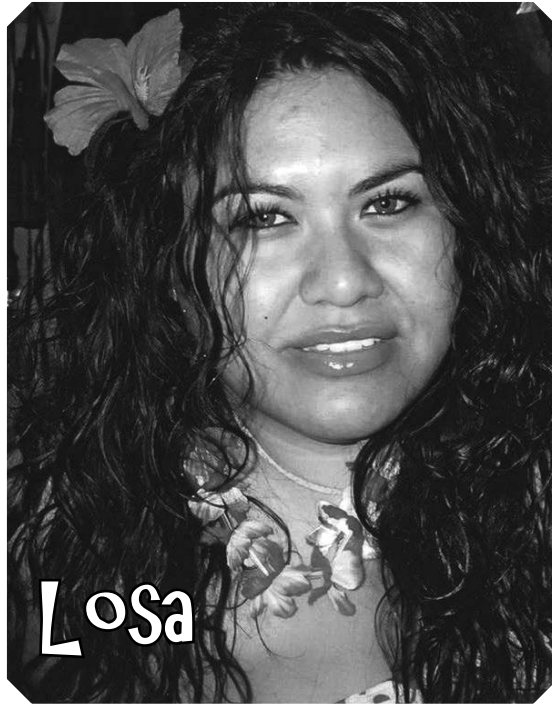


Seni

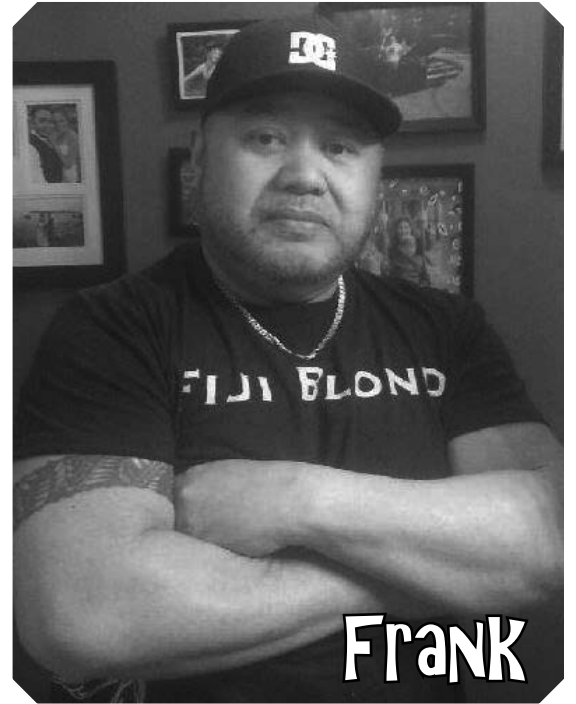
I want to wish Levy and Seni
Very Happy Birthdays - Chichi loves them!!
Levy Sept. 11th
Seni Sept. 23rd

Happy Birthday Frank Paopao
Love from Pea ♥
Sept. 18th

Losa Happy birthday beautiful girl love your
Mommy natum
Sept. 24th



Losa



Frank



Levy

Student Tutoring Schedule

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

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



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.
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You are invited! Join us for free coffee and refreshments every
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Come and meet the folks from
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who will be regular guests
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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.