



NEHMOTL "US"

November 2015

Community News | Events | Updates for the Sliammon People

Sharing Stories and Moving Forward

By Alex Sutcliffe, Editor

Tuesday October 20th

Local carver Ivan Rosypskye has completed work on a healing sculpture that was created to bring people together, raise awareness and help heal the divide between First Nations people and Canadians. The theme was centered around the idea of "sharing stories and moving forward". The sculpture, located in the gardens at Sycamore Commons in Townsite, was unveiled on Tuesday October 20th, in a ceremony with approximately 200 people in attendance.

The cypress tree that was carved was still upright in the ground which presented a lot of unique challenges for Ivan. Using different tools and techniques Ivan was able to work around the knots and create a beautiful work of art.

The sculpture incorporates a brick from the recently demolished St. Michael's Residential School. The residential school was an Anglican school and this sculpture is on Anglican Church grounds. It is a jarring feature that detours from the smooth lines of the sculpture. "I want people to look at the brick sitting there amongst the bear, salmon and killer whale figures and ask what it's doing there," said Rosypskye. "The sculpture tells us to remember the mistakes we made in the past." The brick represents how First Nations culture was interrupted, but not destroyed by colonization and the residential school system.

There were many people from all walks of life that came to visit Ivan and contribute by working on the pole with him. The healing pole brought together many people and marks a new beginning at the end of the long and painful process of reconciliation.

Paraphrased from Mel Edgar's article on The Peak website: <http://www.prpeak.com/articles/2015/10/07/news/doc561464df758db775444162.txt>



Healing Sculpture at Sycamore Commons, by carver and artist Ivan Rosypskye

How a People Live! Film Festival Report

By Alex Sutcliffe, Editor

We were very fortunate as a community (Sliammon and Powell River) to have representatives come over from Tsulquate reserve, members of the Gwa'sala and the 'Nakwaxda'xw First Nations, to share part of their story and their journey with us, at the Rossander World Community Film Festival on Sunday October the 18th, at the Patricia Theatre in Townsite.

Elders Eugene Louie and Phil George welcomed our guests after which Cyndi, Devin and Jordan shared some songs. 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 were present for the screening of their film "How a people Live", which told the story of their forced relocation in 1964 and the struggles they faced.

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."

The film was very moving and shared a story that has been echoed by all First Nations people throughout North, Central and South America. The title of the film was adapted from a book written about them by a government worker Alan Fry titled "How a people die". The author didn't think their people would survive through this difficult period.

It was an enormous struggle for these communities who lost part of their identity and culture for a period of time. After losing many of their family members a spark began to reignite, and little by little they began to rebuild and reclaim their culture and their identity. They have overcome great hurdles as a people and are now in the process of treaty negotiations with the federal government.

This was another important story that needed to be told to help all people through the process of healing and rec-



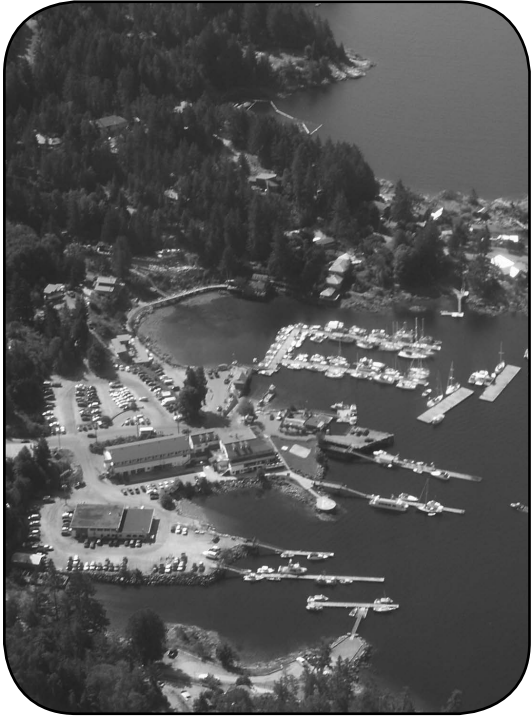
Representatives from the Tsulquate Reserve

conciliation. Through these powerful stories and experiences all people can begin to understand what happened to First Nations people and learn from our past. In order to move forward and know where we are going, we need to know where we came from. We have to come together and move forward together as one people, one united humanity.

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The Lund Hotel: Past, Present & Future



Lund was once a village site for the Tla'amin people but it was almost completely abandoned after our population was decimated by diseases that came with European settlement.

The picturesque cove is nestled on the coast about 23km north of the city of Powell River, at the

end of highway 101 that connects to Langdale near Sechelt. The route is also part of a larger network of highways that stretches all the way down the coast of North and South America into Chile.

The first European settlement of the Lund area occurred around 1889 when Swedish brothers Charles and Fred Thulin made their move to Lund, which was named after a University town in Sweden. The first thing they did was build a wharf and nets with which to catch Cod. They began to produce cod liver oil which they would then sell and trade.

In 1892 the union steamship SS Comox began to

transport people and mail to the Lund area. The entrepreneurial brothers knew there was a shortage of housing and immediately began work on building the first "Lund Hotel" in 1894. A second hotel called the "Malaspina" was built in 1905. This hotel is still standing today and was renamed to the Lund Hotel after the original one was destroyed by a forest fire in 1918. The area continued to grow and today there is close to 400 people that live in the Lund area.

The hotel was acquired by the Tla'amin Nation working in partnership with Dave Formosa in 1999 and has since undergone extensive renovations. It was always hoped that one day, the land around Lund would be returned to the Tla'amin people. This was the dream of former Treaty Negotiator Norm Gallagher who fought hard to make this happen, to include Lund as part of the Treaty Settlement. Before his passing he made it clear "Don't give up on Lund", "We need to fight for Lund...".

That vision is now becoming a reality thanks to the efforts of a number of people. Parcels of land around the Lund Hotel were included in the Final Agreement and SDC and Treaty have almost finalized the process of securing taxation authority of those lands. A large piece of that puzzle required our partner Dave Formosa's consent and we would like to raise our hands to Dave in appreciation as he has since agreed and signed off on that.



Nation Administration Matters

Notice Board



Permitting Process for Land Use Designations

By Steve Gallagher, BCCI Coordinator

Earlier this year we updated the Land and Resource section of the Comprehensive Community Plan which had not been updated since 2007. This was accomplished with the support of Dillon Consulting who also worked on our Land Use Plan for our Treaty Settlement Lands.

The objective of the Land Use Plan for our Treaty Settlement Lands was to describe the manner in which development and land use activities may be best carried out to contribute to the culture, economy, and future of Tla'amin lands.

In order to breathe life into our land use plan and arrive at our objectives, we also need to provide certainty for future land development in a way that protects and preserves our culture.

So in keeping these principles in mind we held several workshops with Department Managers reviewing not only our existing tools that allowed us to meet some of our goals but also identify new tools or resources that may be required.

When we're talking about existing tools or resources we're talking about existing policies, documents, funding sources, capacity building and having knowledgeable staff.

When the update was completed there were several goals related to developing a skilled work force combined with inter-departmental collaboration. But there were a couple of goals specifically that drives why we are doing this project;

One of the over arching goals was to:

Develop Tla'amin Lands respectfully while managing and protecting resources for future generations.

The identified requirements to do achieve this goal are to:

- Implement and enforce the land use plan for the TSL
- Enforce a Tla'amin Development Permitting Process
- Administer Development Permits appropriately
- Integrate and utilize our Ta'ow while protecting culture and heritage sites as well as the environment.

The second goal that supports this project is to provide for a data management system;

- This will integrate the new land registry/GIS system with any inter-departmental data management system
- In addition there will be a component to capture the referrals department to ensure



Sliammon AGM Oct. 2015

that Tla'amin title and rights are acknowledged, respected and accommodated throughout our territory as this department serves as a point of contact for development

The last goal I wanted to mention that requires the development of a Tla'amin Permitting Process is to;

- Successfully implement the Land Use Plan for the TSL

This will take into consideration the policies within the land use plan, ensuring conformity with the land use designations within the plan and some of the laws that have been developed from the Land and Resources Working Group (In particular the Tla'amin land use and development law.)

This whole development permitting process is intended to create certainty for developers, companies, Tla'amin citizens and non-citizens in a way that is able for Tla'amin to keep track of the development activities on the land over time.

So with treaty fast approaching within six months we are getting ready by creating a system for tracking the land use activities and inventory of our natural resources within the territory responsibly.



Blaney/Galligos Potlatch Naming Ceremony, Oct. 24th 2015



Canada Wins Gold Medal in Women's Soccer at the 2015 World Indigenous Games in Brazil, Congratulations to Brittany Harry & Brandi Francis!!

Brooks First Nations Leadership Group

By Gerry Brach, Coordinator

This is the first in a series of articles about Brooks students who are members of the Brooks First Nation Leadership Group. The purpose of this leadership group is to provide students with an opportunity to learn new skills that will help them to become more self-reliant and confident in their life, and to make a meaningful contribution to Sliammon First Nation now and in the future.

Brooke Peters

This intelligent, and thoughtful 15 year old student, recently returned to Sliammon First Nation after living the last five years in Victoria. "I miss Victoria, but I enjoy being here with family now."

She found a big difference between going to school in Victoria and in Powell River. "The teachers in Powell River seem to care more about how the students are doing with their school work and seem to have better teaching methods. Powell River teachers are also funnier as they are always telling lots of jokes."

English 10 is her favourite subject so far this year, as she really likes Ms. Bakker. "She seems to get along well with all the students and she explains things really well," said Brooke.

When Brooke graduates in two more years, she would like to study at Camosun College or University of Victoria to become a Pediatric Nurse. She is undecided at this time about where she would like to practice her nursing career.

Brooke's hobbies include watching comedy and horror movies at the local theatre and helping out in her community. "Last Christmas I was an elf at a community event and helped serve the elders."

Being a new student to Brooks, it was helpful for Brooke to make new friends quickly so she could get to know some different people. Brooke joined the leadership group as she thought it would develop qualities that will help her become a good nurse.



Brooke Peters with her favourite teacher, Ms. Natasha Bakker.

Support for your Child at Brooks

This year I am pleased to continue my counselling and leadership work with First Nation students at Brooks Secondary School. First Nation students and parents are welcome to contact me on Wednesdays and Fridays regarding:

- Course planning
- Personal issues or concerns
- Information on graduation and university/college entrance requirements
- Career exploration
- Information about Grad and Scholarships
- Information about and referral to community resources
- Student leadership opportunities

I appreciate your support in making your child's time at Brooks Secondary School as successful as possible and I look forward to working with you and your child.

Gerry.Brach@sd47.bc.ca
Brooks: 604 483-3171
(Cell) : 604 414-4675

Message From The Chief



Chief Clint Williams

I was very pleased to attend an event at Brooks school that was hosted by the organizers of the Kathaumixw Choral Festival. They recently released a video of the 2014 Kathaumixw event that has been called "From Cedar to Song" and can easily be found on YouTube. The video is made up of highlights leading up to the 2014 event; it also documents the trip to deliver the first place totem pole prize to the people of Slovenia. The video is very well done and is a very good starting point for the next event that will be held

in 2016 which I am sure that we will participate in as partners.

China trip – Signing of Cooperation agreement – Mayor Formosa and myself along with a small delegation from Powell River recently travelled to the China to visit with the two cities, Dahlian and Zhuanage to discuss potential business opportunities in the areas of; Education, Forestry, Aquaculture and Tourism. The discussions went very well and the cities were excited to explore the opportunities that we may create by working together. The visit went so well that we ended up drafting a cooperation agreement between three parties; this was Zhuanage, Powell River and Sliammon prior to us travelling back to Canada. I hope that the spirit of this agreement will carry on well into the future and begin to develop and also help us to expand existing businesses. But more importantly create new opportunities for our Tla'amin people.

PRSC Land Sales, it is important to understand that these lands are not a part of our Treaty Settlement lands, these lands were surplus lands from Catalyst (the mill) that the City of PR and SFN purchased as partners to sell together in an effort to try to stimulate economic development in our region. At this time we now have offers on all of the parcels of land. I hope that these deals will finalize soon so that we can receive our profits and also see some new economic growth within our traditional territory.

Social Assistance compliance review, we have just recently gone through another AANDC Compliance Review and were found to be at a 95 - 99.9% compliant. This is a huge positive step in the right direction as this program is now being operated in a proper fashion and operating within the policies and procedures that the program is intended to follow. We will carry on continuously working on improving our administration to ensure that we can provide stable and reliable services to our people. I acknowledge the Social Development staff and Management as they have done a great job in improving the operation of this program over the last few years.

Lund lands – Our partner in the Lund Hotel has signed the required consent form that will allow the Lund hotel lands to be converted to TSL, this was required because we did not own this 100% - we own 51% and Dave owns 49%. So I want to acknowledge our partner Dave Formosa for signing the consent forms as there was some confusion regarding the land holdings originally. This has now been cleared up and these lands are now secured and will become part of Tla'amin Lands on effective date of the treaty.

Effective date for our treaty is a little over 8 months away April 05, 2016, the work continues to be carried out by our Community Working Groups. The CWG's are developing laws and Policies that will replace the Indian Act, we have also begun to host community consultation sessions on some of the laws that we feel are near completion. However we would very much appreciate hearing your opinions on the laws prior to us stating that they are complete. The three areas that laws are being developed in are Lands and Natural Resources, Governance and Admin, Finance Programs and services.

It is important to remember why we are doing this work, it is all about improving the lives of our people by getting away from the Indian act and being responsible for our own affairs.

On another note regarding the effective date approaching, there are two important pieces of business that we need to address before that date arrives: 1) we will need to dissolve the treaty society and board, as the office will no longer be required. 2) We will also be dissolving the Health board as well; this is being done in order to clear up the reporting structure of the Executive Director who will now receive direction from the Tla'amin Nation administration. This will not affect the level of services currently being provided to the community.

These are exciting times, I look forward to the challenges and positive changes that we will witness in the next year.

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



Basic First Aid Course

Sponsored by Ahms Tah Ow School



Are you looking to get your Basic First Aid Certification or need to renew your certification?

Stop by the school house, leave a message on the Ahms Tah Ow Facebook page, or call to reserve your spot. Names will be taken on a first come first serve basis.

We have space for a maximum of 12 students; minimum age 16.

When: Wednesday, November 25 to Thursday, November 26; 9am-4pm (Bring a snack and a packed lunch, coffee will be provided)

- **Wednesday, November 25th – Occupational First Aid Level 1**
- **Thursday, November 26th – Transport Endorsement**

Place: Ahms Tah Ow School

Please contact Jason at 483-9646 local 232 to reserve your spot by **Wednesday, November 18th, 2015.**

TLA'AMIN HEALTH

Healthy Happenings

*An update by Sandra Tom
Interim Executive Director of Tla'amin Health*



Sandra Tom

Awjeswoot!

I would like to take this opportunity to let community members know I will be acting as interim Executive Director until the position is filled.

Any questions, concerns or ideas please do not hesitate to call me or drop by.

I am looking forward to seeing you and your families attend our upcoming community events: community burning/

candle light, comedy and dinner night, the annual drug awareness march and our community luncheon.

"Happy Movember" to all you men (tun)

An idea for Movember is to challenge yourself and move everyday of November - 30 moves in 30 days. No move is too big or small

Emote.

The Annual Drug Awareness March

November 17, 2015

3:30pm start meet at Band Office



There will be two guest speakers on addiction from Vancouver Downtown Recovery House @ Gym 5:00 pm
Pizza will be served @ 5:30 pm
Look forward to seeing everyone there.

Drug Awareness Week - November 15 to 21, 2015

Sliammon Aboriginal Supported Child Development

Hello, my name is Kaila Shepherd. I have just started in the Aboriginal Supported Child Development position in the Sliammon Child Development and Resource Centre. I am a licensed Infant Toddler and Special Needs Early Childhood Educator. I have been working in the field for 5 years and in Sliammon for the last year. I have two children of my own under 6 and live in Lund. I am looking forward to watching the ASCD program grow in this community.



What exactly is Aboriginal Supported Child Development?

Aboriginal Supported Child Development is a community-based program that assists families with children who require extra supports and services. The program is intended to serve children up to 12 years of age, with some services for youth ages 13 – 19 years. Participation is voluntary. Our program goal is to increase the family's knowledge of child development and awareness of supports in their community. If you have questions or concerns about your child's development feel free to contact me or stop by the CDRC Mon-Thurs or give me a call at 604-483-3449 ext 6.

Paha Kwagen Kinship Program

"Paha Kwagen" (One in spirit) Kinship Program has been extremely busy since this program started...very and happy to say, "we have connected to all children and families in Sliammon and in Powell River".

To date, we have had 3 separate Kinship "One Spirit" dinners with all children and families. The next phase we will implement a cultural care plan for foster parents, grandparents raising grandchildren and young families.

It has been an exciting time. Thank You to all who attended Kinship Program!! We have got a lot of positive feed-back, and all families expressed "they are they are happy with support".

Kinship Program 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.

Program objective,

- Increase cultural connections for children and families
- Facilitate kinship/family connections
- Serves as advisor in developing plans for permanency
- Provide sessions to prepare for respite care



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

Tuesday's Girls Group with Shirley & Tyler

Starts Tuesday October 6, 2015

Time: 3:30 – 5:30

Location: C.D.R.C.

Ages: 7 to 14

Snacks Provided

Contact Tla'amin Health Services
(604)483-3009 extension 227

Pre-registration required

Wednesday Night Ball Hockey with Shirley n Jen

Time: 4:30 – 6:30

Location: Salish Center (Gym)

Ages: 7 -14

Contact: Tla'amin Health Services

(604)483-3009



Personal Credits

The Indian Residential Schools Settlement Agreement stipulated that once all Common Experience Payments (CEP) have been made, if more than \$40 million remains in the Trust Fund, the funds are to be made available to CEP Recipients, upon application, in the form of non-cash Personal Credits of up to \$3,000 each for educational purposes.

Several residential school survivors from Sliammon and were successful in their application for Personal Credits, which was a long tedious process.

- CEP Recipients were able to choose to transfer their Personal Credits to certain Family Members as defined in the Indian Residential Schools Settlement Agreement and the Terms and Conditions;
- Once the Personal Credits have been distributed, any amount remaining in the Trust Fund on June 1, 2015 is to be paid to the National Indian Brotherhood Trust Fund and the Inuvialuit Education Foundation to be used for educational programs.

Successful applicants,

Some of the many applicants in Sliammon were Mary Harry, Albert Hackett, Mark Paul, Virginia Jones, Patricia Luaifo, Theresa August, Leslie Ann Louie, Roseann Louie, Margaret Timothy, Randy Timothy, Cyndi Pallen, Barbara Galligos, Joey Galligos, Corrine Mitchell and Carmen Mitchell.

Personal credits were utilized by survivors themselves or passed down to children or grandchildren.

It was nice to help with the application process, however due to time constraints, there were many members missing the deadline, as it was a complex process.

Cyndi Pallen



Comedy and Dinner Family Event

Monday, November 16, 2015

at the Salish Centre

5:00pm Dinner

6:30pm Show time!

Native comedians Brian Majore (Haida) and Dustin Hollings (Chapleau Cree FN) are making a stop in Sliammon for one night only!

Brian Majore has performed all across Canada at conferences, corporate events and comedy clubs. His comedy has been described as intelligent, racially-charged, and edgy. As poet Janet Marie Rogers says, Brian "delivers the truth without apology".

He has also worked with Sliammon member Cliff Paul, they were known as the Rez Jesters and toured Vancouver Island in 2011.

Dustin Hollings describes his style as 'half breed humour' because as a half-Aboriginal, full Status Indian, he gets to see the funny from both sides. He has written for 'Derek Miller's Guilt-Free Zone' on APTN, and recently performed at the Aboriginal Pavilion at the Pan-Am Games in Toronto 2015.

MEND Family Program

A program where families get fit and healthy together.

For children 7 – 13 years of age and their families.

'Mend' helps families change lifestyle habit, be physical active, eat healthy food and take action!

Families will learn how to choose healthier foods and spend more time being physically active.

Families will learn about healthy foods, label reading and portion sizes.

It's free and fun!

Tla'amin Health may be able to run the program in Sliammon in the new year, if there is enough interest so please call Sally if you would like to participate in the MEND programs.

Ages and Stages Screening

WHAT IS AN AGES AND STAGES SCREENING?

If you have a child over 18 months of age it is likely that you have been a part of an Ages and Stages Questionnaire (ASQ) as most children receive this screening at their 18 month vaccination. This screening is also done before children enter the Chi Chuy preschool. Here is a description of what the ASQ entails as well as the benefits that follow this screening.



The Ages and Stages Questionnaire is a brief questionnaire designed to help parents check their child's development. This is similar in theory to a health screen, such as a quick hearing or vision screen. The ASQ is a series of questionnaires for children 2 months to 5 years of age and is a parent completed questionnaire. The parent will assist the child in completing the tasks on the ASQ or if the child is very young the parent will be able to answer the questions.

The 5 domains of the ASQ are:

1. Communication
2. Gross Motor
3. Fine Motor
4. Problem Solving
5. Personal-social

Ages and stages is a very helpful tool for daycare providers, preschool teachers, and parents who would like to celebrate their child's strengths and build on their weaknesses. This type of screening can:

- Provide a useful child profile
- Help with program planning
- Identify targeted goals and objectives
- Be used to evaluate child progress over time

The ASQ can identify problem areas and assist a child in receiving support that he/she may need. Having supports in place at an early age will help a child to become more confident and successful at daycare, preschool, and at home.

If you would like to do an ASQ with your child feel free to contact me and we can set up a time and place that is convenient for the both of you. You can reach me at 604-483-3449 ext.4 or at dana.g@tlaaminhealth.com.

RESPONSIBLE ADULT TRAINING

The Tla'Amin Child Development Resource Center is looking at offering the Responsible Adult training course which is a 2 day certified training course. **This course will qualify you to work**

- In an Occasional Licensed Child Care
- In a School Age Licensed Group Child Care
- As a replacement (substitute) for ECE Assistants (for less than 30 days) in a licensed group childcare centre or preschool.

The projected training date will be in early December. If you are interested please contact Rose Adams at 604-483-3449 ext. 1 or rose.a@tlaaminhealth.com.



What if you fell?

Dr Paul Martiquet, Medical Health Officer



Was Humpty Dumpty a senior? Chances are he was because they could not put him back together again. In fact, a fall is the main reason that an older adult loses his or her independence. The implications of a fall can vary from a little inconvenient to devastating with reduced mobility, lower quality of life, and even death.

Across Canada, between 20 and 30 percent of seniors fall each year. In British Columbia, falls are the leading cause of injury-related hospitalizations for seniors; about 40 percent of these were for hip fractures. Between 2003 and 2010, self-reported injuries from falls increased 43 percent, and deaths by 65 percent. Clearly, a fall is a significant health risk for an older adult.

Falling can precipitate both mental and physical outcomes. Negative mental outcomes include developing a fear of falling, increased confusion and depression. Physical outcomes can mean a loss of mobility and chronic pain. There are also significant costs associated with falls, some for the individual, and others for the healthcare system.

There are factors that make a fall more likely including age-related changes in eyesight, hearing or a poor sense of touch. Mobility problems like slower reflexes, muscle weakness and impaired balance can also contribute. Environmental factors can also account for falls: slippery floors, loose throw rugs, cluttered floors, doors with raised sills, missing handrails, uneven sidewalks and poorly lit areas, both indoors and outdoors can mean danger.

A person's choices can also lead to a higher risk of falling. For example, wearing loose-fitting clothing, worn-out shoes or shoes with thick soles can make it harder to get around, and then make it more difficult to regain lost balance. For whatever reason, perhaps related to denial, some people choose to not use assistive

devices like canes or walkers, maybe thinking: "I'm safe here in the house," but half of all falls that lead to hospitalization occur in the home.

Once a person has had a fall, they may become fearful of having another. This can then lead to being less active which can mean muscle weakness and reduced physical fitness, which can in turn mean less ability to avoid a fall....

There are things you can do to avoid falling and becoming yet another statistic. Start by improving mobility and balance—physical activity is a great way to do this. Local recreation groups have many courses designed specifically for seniors including exercises, yoga and aquacise. Get regular vision checkups and have problems corrected. A review of your medications with a doctor or pharmacist can highlight potential problems for mobility and balance. Around the home, look for and remove tripping and slipping hazards—does that extension cord really need to be there? Or the throw rug?

There are ample resources for anyone looking to improve their odds against falling. A good place to start is the *Staying Independent* brochure from SeniorsBC.ca which offers a handy checklist to help you decide if you are at risk of falling. It provides ideas that you can discuss with your family or healthcare provider. Another online resource is BC Injury Research. And of course, talk to your doctor or physical therapist. Don't let a fall become a catalyst for losing your independence.

There are things you can do to avoid falling and becoming yet another statistic.

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.



Don't be spreadin' germs –Wash your hands!

Dr Paul Martiquet, Medical Health Officer



Have you ever noticed that at any health facility and many public buildings, there are hand sanitizer stations right at the door "in your way?" There is a reason for this and it has everything to do with protecting others from you, and with keeping you healthy.

Minimizing the chances of spreading germs is especially important at health and long-term care facilities where an infection can be life-threatening to vulnerable patients. For that reason, there are stations available for you to use both when coming in, and when coming out. These help reduce the likelihood that a communicable disease such as the flu, cold, measles, mumps and others will be spread. It also helps guard against the spread of so-called 'superbugs'.

'Superbugs' are a collection of different germs such as *Methicillin-resistant Staphylococcus aureus* (MRSA) and *Clostridium difficile* (C-difficile) that are very resistant to antibiotics and can make people very sick if they become infected with them. Canadian data suggest that one in 10 patients admitted to hospital will get one; superbugs can also be picked up in the community, outside hospitals. Healthcare-associated infections can also be very serious: each year they cause about 12,000 deaths in Canada.

One of the most effective, to say nothing of simplest, ways to reduce the spread of infection is by practicing good hand hygiene. That means washing effectively using soap and water, or using an alcohol-based hand sanitizer. Get into the habit of washing your hands regularly throughout the day: before eating and preparing food, after using the bathroom, after coughing, sneezing or using a tissue.

In many situations, using an alcohol-based hand rub is actually better for cleaning your hands. If using a sanitizer, make sure to rub your hands for about 15-30 seconds until the alcohol is dry and that you cover all surfaces of your hands and between your fingers.

One of the reasons we have superbugs is that some germs become resistant to the antibiotics we use to control them. Fortunately, unlike other antiseptics and antibiotics, there is no reported or likely resistance to alcohol-based hand rubs. Indeed, the more it is appropriately used, the less antibiotic-resistant bacteria are able to spread.

As a visitor to a healthcare or long-term care facility, preventing the spread of germs coming in, or going out is simply a good idea. But what about when interacting with healthcare providers? Patients and people close to them can also play a role in preventing infections: it is completely acceptable to ask the doctor, nurse or lab technician whether they have washed or sanitized their hands before treating you.

Are you starting to think this is a whole lot of trouble? EVERY time you walk in or out? Really?! Balance those few seconds as you walk through the lobby or back out to the car with the 'trouble' from getting the flu, or yes, the guilt of giving it to someone else. Or maybe just think of it as being polite.

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.

Children Benefit When Parents Have Safe, Stable, Nurturing Relationships

What are safe, stable, nurturing relationships?

Safety: The extent to which an individual is free from fear and secure from physical or psychological harm within their social, physical, and work environments.

Stability: The degree of predictability and consistency in one's relationships as well as the social, emotional, and physical environments.

Nurturing: The extent to which parents and children have access to individuals who are able to sensitively and consistently respond to and meet their needs.

Safe, Stable, Nurturing Relationships for parents are good for children too. They may help interrupt the cycle of violence and reduce children's exposure to abuse and neglect.

Child maltreatment is a preventable public health problem affecting millions of families.

Child maltreatment includes all types of abuse and neglect of a child under the age of 18 by a parent, caregiver, or another person in a custodial role (e.g., clergy, coach, or teacher). Child maltreatment is a serious problem that can have lasting harmful effects. The few cases of abuse or neglect seen in the news are only a small part of the problem, as many cases are not reported to police or social services. What we do know is that:

- In 2013, an estimated 679,000 children were victims of maltreatment.
- In 2013, more than 1,400 children ages 0 to 17 died from child abuse and neglect—about 74% of deaths occurred among children younger than age 3.
- The total lifetime economic burden resulting from new cases of fatal and nonfatal child maltreatment in the United States is approximately \$124 billion.

Child maltreatment is a complex problem rooted in unhealthy relationships and environments. The goal for child maltreatment prevention is clear: to stop child abuse and neglect from happening in the first place.



New research suggests that safe, stable, nurturing relationships between parents and other adults, in addition to those positive relationships between parents and their children, may help prevent child maltreatment from one generation to the next.

Safe, stable, nurturing relationships and environments are essential to preventing child maltreatment and to assuring that all children can reach their full potential.¹ We know that healthy relationships between parents and their children are important, but a recent special issue in the *Journal of Adolescent Health* has shed light on the importance of safe, stable, nurturing relationships between parents and other adults in preventing child maltreatment.² The role of safe, stable, nurturing relationships between adults might be especially beneficial for parents who experienced abuse during their own childhood years.

Nurturing relationships can protect against factors that might increase the risk for perpetuating abuse (e.g., stress) and they provide models for positive interactions and social support.

National Center for Injury Prevention and Control
Division of Violence Prevention



Children Benefit When Parents Have Safe, Stable, Nurturing Relationships

Child maltreatment in one generation is associated with child maltreatment in the next, but the cycle can be interrupted. It is important to know that past child maltreatment does not define a person.

What You Can Do...

Here are some steps you can take to incorporate findings from this research into your work:

- Enhance safe, stable, nurturing relationships in your prevention efforts—not only between parents and children, but also between parents and other adults (including romantic partners, friends, neighbors, and relatives).
- Work on skills building and training to enhance parents' ability to access and maintain healthy relationships, recognizing that parents who experienced maltreatment during childhood may need extra support in this area.
- Add a module to existing multicomponent programs (e.g., nurse-family partnerships) to enhance and promote supportive and nurturing adult relationships for parents.
- Establish partnerships with social services and other prevention organizations to coordinate efforts. Given that child maltreatment is associated with longer term behavioral and health problems (e.g., substance abuse)³, it is necessary to have a comprehensive response.

If safe, stable, nurturing relationships for parents are promoted and enhanced, children will benefit.

Resources:

For information on child maltreatment prevention:

<http://www.cdc.gov/violenceprevention/childmaltreatment/prevention.html>

CDC Special Supplement: Interrupting Child Maltreatment across Generations through Safe, Stable, Nurturing Relationships:

<http://www.cdc.gov/violenceprevention/childmaltreatment/interrupting-child-maltreatment.html>


CDC Essentials for Childhood Initiative:

<http://www.cdc.gov/violenceprevention/childmaltreatment/essentials/index.html>


References:

1. <http://www.cdc.gov/violenceprevention/pdf/efc-01-03-2013-a.pdf>
2. Schofield, T., Lee, R., and Merrick, M. (2013). Safe, stable, nurturing relationships as a moderator of intergenerational continuity of child maltreatment: A meta-analysis. *Journal of Adolescent Health*, 53, S32-S38.
3. Felitti, V., Anda, R., Nordenberg, D., Williamson, D., Spitz, A., Edwards, V., Koss, M., and Marks, J. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventive Medicine*, 14, 245-258.

1-800-CDC-INFO (232-4636) • www.cdc.gov/violenceprevention



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

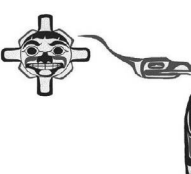

*Deadline for submissions November 20th, 2015 at 12:00 pm (Noon)


*The winner of the recipe contest will receive a \$50.00 grocery store gift card

Community Luncheon

Date: November 24th, 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.




Doreen Hopkins Phone: 604-483-3009

Date: Last Tuesday of every month
Time: 12:00 to 2:00 p.m.

Healthy Community Luncheons

The success of the community luncheons for 2015 can be attributed to the community members who took the time to submit their recipes and the community members who stopped by for a light hearted meal enjoying time with family and friends.



Tla'Amin Community Health
4895 Salish Drive
Powell River, B.C.

See you in 2016



Candle Light Ceremony & Community Burning

November 3, 2015
Tla'amin Health
10:30 – 2:00 pm
Lunch provided
Bring a picture of your loved one along with a candle

PROGRAMS & SERVICES

Healthy Promotion Activities for November 2015

Mondays Boot Camp/Aerobics at Salish Centre 5 - 6 pm (Terri Cramb)
Nov. 2, 9th, 23rd and 30th

Tuesdays Beginner's Fitness at Salish Centre 10:00 - 12
November 10 - 24th Medical Exercise Specialist
Jessica Philip facilitating

Complex Swims Daytime from 8am - 3pm
Evenings from 6:30 - 8:30 pm

Aquacise 9:15 - 10 am

Wednesdays Walking Group meet at Tla'Amin Health at 6 - 7 pm

Thursdays Social Craft Group 10 - 2pm (Lunch Provided)

Nov. 5th Button Blankets - Sosan

Nov. 12th Knitted Slippers - Laurina Mayenburg

Nov. 19th Button Blankets - Sosan

Nov. 26th Making Healthy Snacks - Kitty Clemens

Please note: There is no good food box this month as November 11th is a holiday

Weight Room Orientation Certificate Training For Youth 13-15 Yrs Old

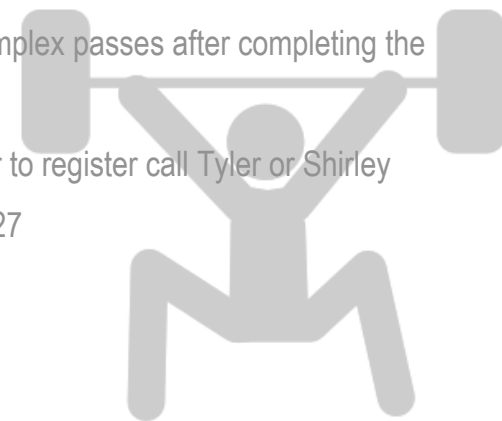
Location: Powell River Recreation Complex

Tla'Amin Health will be hosting Weight Room Orientation Certificate training in November For youth between the ages of 13-15.

With this 1 hour training youth will:

- Have their course fee paid by Tla'Amin Health
- Be able to access the weight room at the Complex (with adult accompaniment)
- Learn to use weight room equipment appropriately and safely to get into shape
- Receive 5 free complex passes after completing the training

For more information or to register call Tyler or Shirley at 604-483-3009 ext. 227



Complex Swims & Fitness Activities

Now available during the day

Tuesdays from 8am - 3pm

(There will be a sign in form at reception)

Tuesday Evenings Swims 6:30 - 8:30

Access to Weight Room ~ Fitness Classes ~ Skating

(Sign in forms at reception until 5:30pm)

Any questions or concerns please call Sally 604.483-3009



Every Thursday Time: 3:30-5:30pm

Location: PR Recreation Complex

Family Toonie Skate



Bring your family out and enjoy this great opportunity to spend some quality time together.

*Snacks will be provided





*Transportation can be provided for families that require it.

*Children are expected to be accompanied by an adult

To Register or inquire contact Shirley or Tyler at 604-483-3009 ext.227



- 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
- Vision Clinic
-Tuesday November 17th
-Wednesday November 18th
-Thursday November 19th
Phone Margaret Rossi Ext 225
- 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

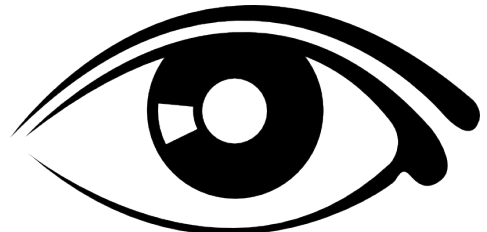
Sun	Mon	Tue	Wed	Thu	Fri	Sat
01 Family Swim 12-1pm @ Complex	02 Primary Care Clinic Closed Boot Camp/Aerobics @ Salish Centre 5-6pm	03 EDP 10-1pm	04 Women's Hydrotherapy 1:30-2:30pm Parent Education & Support Group 10:30-12pm Walking Groups 6-7pm Meet @ Health Ball Hockey 4:30-6:30 @ Salish Centre	05 Prenatal & Infant Tot Group 11-1pm @ CDRC Toonie Skate 3:30-5pm meet @ CDRC Social Craft Group 10-2pm	06	07
08	09 Men's Hydrotherapy 1:30-2:30pm Craft Night @ CDRC 5-7pm Primary Care Clinic Closed Boot Camp/Aerobics @ Salish Centre 5-6pm	10 Beginner's Fitness @ Salish Centre 10-12pm EDP 11-1pm Girls Group 3:30-5:30 meet @ CDRC Orca Bus 9:30-11:30am @ CDRC	11  REMEMBRANCE DAY STAT HOLIDAY OFFICE CLOSED	12 Prenatal & Infant Tot Group 11-1pm @ CDRC Social Craft Group 10-2pm Toonie Skate 3:30-5pm meet @ CDRC	13	14
15 Family Swim 12-1pm @ Complex	16 Primary Care Clinic Closed	17 Beginner's Fitness @ Salish Centre 10-12pm Girls Group 3:30-5:30 meet @ CDRC EDP 11-1pm	18 Women's Hydrotherapy 1:30-2:30pm Parent Education & Support Group 10:30-12pm Walking Groups 6-7pm Meet @ Health Ball Hockey 4:30-6:30 @ Salish Centre Movie Night @ CDRC 5-7pm	19 Social Craft Group 10-2pm Prenatal & Infant Tot Group 11- 1pm @ CDRC Toonie Skate 3:30-5pm meet @ CDRC	20 National Child's Day light breakfast @ CDRC 8:30-10:30am	21
22	23 Men's Hydrotherapy 1:30-2:30pm Primary Care Clinic Closed Boot Camp/Aerobics @ Salish Centre 5-6pm	24 Beginner's Fitness @ Salish Centre 10-12pm EDP 10:30-1pm Girls Group 3:30-5:30 meet @ CDRC Community Luncheon 12-2pm	25 Women's Hydrotherapy 1:30-2:30pm Parent Education & Support Group 10:30-12pm Walking Groups 6-7pm Meet @ Health Ball Hockey 4:30-6:30 @ Salish Centre Craft Night @ CDRC 5-7pm	26 Prenatal & Infant Tot Group 11- 1pm @ CDRC Social Craft Group 10-2pm Foot Care 9-4pm Toonie Skate 3:30-5pm meet @ CDRC	27 Dental Clinic	28
29 Family Swim 12-1pm @ Complex	30 Men's Hydrotherapy 1:30-2:30pm Primary Care Clinic Closed Boot Camp/Aerobics @ Salish Centre 5-6pm					

Good Food Box
THERE WILL BE NO GOOD FOOD BOXES FOR THE MONTH OF NOVEMBER DUE TO THE PUBLIC HOLIDAY FALLING ON THE 2ND WEDNESDAY.
WE THANK YOU FOR YOUR UNDERSTANDING.

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.

DENTAL CLINIC
At Tla'amin Health Building
Friday, November 27th
Contact Cathy Paul for more information.



SFN Chief and Council Minutes

September 3rd, 2015
TCHS Boardroom

Condensed Version
(full set posted at the band office)

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

Staff: Rod Allan and Judith King

Review of Minutes and Agenda

Acceptance of Regular of August 6th, 2015

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

Acceptance of Regular Minutes of August 20, 2015

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

Acceptance of Special Meeting Minutes of July 15, 2015

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

Acceptance of Special Meeting Minutes of July 28, 2015

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

Acceptance of Agenda of September 03, 2015

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

Presentations

There was a presentation by a Sliammon income assistance client who needed Council's help with a Social Development file and a non-compliant situation. The matter regarded non-payment of a monthly allowance through the Sliammon Social Development Program. Discussion began about reasons for withholding of the September cheque for this client. Council made suggestions to the community member about what can be done to fix the matter. Council verifies that the decision to not fund this applicant applies to AANDC social policy. Council cannot make ad hoc decisions outside of the Social Policy directive. The final outcome is that missing information in a case file is required before payment can be made.

Steven Gallagher attended the meeting and spoke about implementation plans. In recent land use planning sessions, capacity initiative goals were identified and one goal was to establish a permitting process. Steven provided a schedule indicating goal and accomplishments by effective date. Steven recommends a law-making development (service) plan and enhanced land use plan. Afterward, building permits will be established. The permit process creates efficiencies and identifies what plans are necessary for implementation by Sliammon. It is expected that the Lands Working Group with Steve Gallagher and Andrea Nockelby's input will have procedures and the proposed information management system will have a positive effect on the permitting process. It was suggested that a new permitting process, if put in place, will blend well with new geographic information system (GIS) programming project.

New Business

Finance: 1) 2015 AGM date will be set when Sliammon gets KPMG's management letter. 2) 2015-16 AANDC Amendment No. 04 was approved by consensus.

Social: It is the understanding of Council that all housing tenancy agreements need signing and householders need to establish rental payment plans.

Education: Topic was introduced for inviting Gregory Cran, Principal at Vancouver Island University (VIU) to the October C&C meeting.

Housing: A Housing Purchase Application letter was received July 20th. Council cannot act on a verbal request to purchase a house. The process was discussed on how Sliammon will allow houses to be purchased. First action is to establish a fair-market value for each house.

Cathy developed a bidding process that should be reviewed and approved. In meeting any guidelines for selling houses to members, an assessment should be required and a posting to all community members to request submission of a sealed bid. Housing will lead the issue with Council recommendations. A discussion began on re-allocating living space to residents based on their requirements. For example, a person who lives in a duplex with stairs would need assistance with basic living due to an illness, such as surgery recovery. It was suggested that a single person would need special living requirements that allowed them easy access to facilities in their home.

Lands and Tax:

Council reviewed a BCR from 2008. Discussion began about the names on the BCR and whether the BCR is valid in 2015. Council is not willing to acknowledge the 2008 BCR and allocate ownership to the names on the list. Clint suggests that 2015 home ownership criteria, for example through an eligibility review, must be met. Although a 2008 motion was made, the consensus is that the old BCR is not legitimate as there are only two signatures on the BCR. It was proposed that individuals must be reviewed separately in the present and new BCRs should be done for each person.

Public Works: Road repairs and big pot holes were discussed. Also, the need for speed bumps to curb the ATV and dirt bikes. Council feels that the motor vehicle act should be strongly enforced by the RCMP. It is time that fines were handed out to offenders. A fire hydrant is leaking a bit by Walter Paul's house and it needs work. Ditches and culverts need attention due to heavy rains and recent flooding of carports. The FNIP report submission may include the upgrade of damaged and faulty culverts. It was suggested that a review of this infrastructure issue should begin. The gravel pit needs clean-up because of a build-up of yard and plant waste which may need removal or flattening.

Fire Department: Discussion began on a furnace for the fire hall building. Installing a forced air unit or heat pump was discussed. Wiring needs finishing and we are waiting for the electricians to follow up.

Forestry: Guiding Territory Certificate letter was discussed. It concerns a Sean Lingl application. Council indicates that the matter be deferred to Comox Nation.

Cultural: Clint met with Betty, Budd and Keith Carlson about place names display. The only story is the Texada story. They are looking for a SHIRK grant and on Sept. 18 there is a meeting about the display names.

Membership: There is no word about non-SCIS card availability from AANDC.

Treaty and Transition: The outstanding treaty schedules are submitted to AANDC and acceptance of the audited financial statements for 2014-15 is complete

Board & Committee Liaison Reports

Lands & Taxation

1. Regarding Klahanie Leaseholders engagement agreement, a lawyer is asking for an agreement between leaseholders association and Sliammon.

2. Follow up with Cathy on implementing a proposed Klahanie sewer system hook-up. Action: Rod

Sliammon Health Board: Board meeting takes place Sep. 14th and elections on Sep 29th for Board members.

Sliammon Development Corp.: Tourism BC Eugene gave a business card to Dillon regarding the re-invigoration of the Lund Hotel.

Nautsa'mawt Tribal Council: Clint Williams said that tribal council changed the dates and he is unable to attend the next meeting.

Regional Emergency Executive Committee: Shawn Louie informed that they met on Monday and the ambulance service is under pressure. There are issues with their budget which may cause restraints.

FN Education Steering Committee (FNESC): Sliammon needs to contact FNESC and learn what services Sliammon is eligible for after treaty.

Chief's Report

1. Local fire smart signs need improvement. First Nations signage is advised on the trails.

2. Truck Logger representatives will liaise with Vancouver Island University about a new program.

3. The new mid-size excavator is coming to Sliammon next week.

4. The Washington State trip to oversee the agricultural association was a good one. The operation sources oysters, manila clams and geoducks. Clint went to visit the plant and they are doing good things. He visited other successful sites and operations. Triple A covered the expenses.

5. There may be another trip to China. There is talk about a sister city relationship with Powell River.

Other Business

1. Elk draw is September 4th and 24 people have their name entered. Early access to elk was proposed so that the elk are not spooked. There is a requirement to call and report the meat sample. There is an inspection fee to pay for the inspector and hunters do not wish to pay for the inspector. Plans are in the works to make a premise that if you win a draw one year, then you cannot enter the draw for next year.

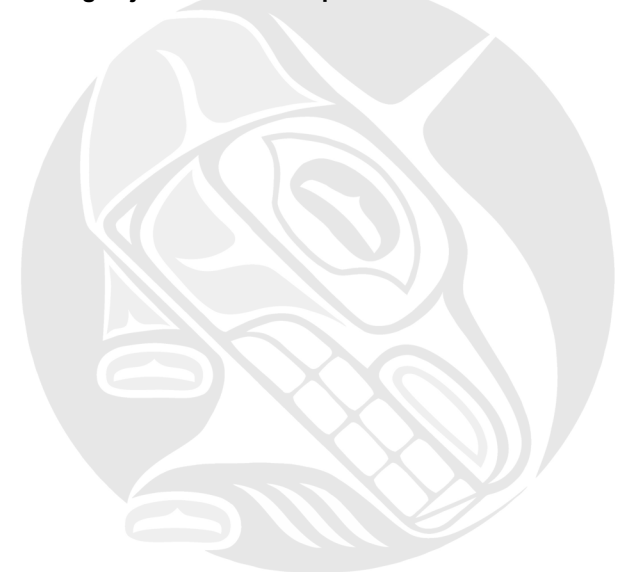
2. Larry asked that Council acknowledge Elsie for her contribution to Sliammon with her book. Acknowledge Elsie at the next AGM for her contribution. Provide a list of Elsie's accomplishments.

3. Discussion about the person who wants to do some Harwood Island camping for 7 days and hunt the wildlife too. The camp trip is coming soon.

4. For NVIATS, the annual operation plan should be reviewed and Sliammon needs to be a part of developing the plan. Treaty-based assets were mentioned and a discussion about whether Sliammon should be included with Sechelt on unique training needs, as needs differ between Sliammon and Sechelt. Sherry Simms may need to come and talk with Sliammon as it is six months into the year. Discussion began about future needs for Sliammon and what happens after the agreement with NVIATS ends.

Motion to adjourn meeting made by Eugene and seconded by Shawn. Carried.

Meeting adjourned at 12:49 pm.



PROGRAMS & SERVICES





Cultural Sharing Day, Oct 2015

Bridge River Tragedy Exposes Major Flaws In the System

The attack on Bridge River Band, Xwisten, highlights serious issues faced by all first nation communities. On Oct 14th a young man from the community attacked band staff with a hammer leaving multiple people in critical condition before losing his own life.

First Nation communities have been placed under a lot of pressure under increasingly strict Harper Government controls forcing them to essentially become administrators or enforcers of poverty.

Combined with the legacy of the residential school system and complex intergenerational trauma that persists, this creates a recipe for disaster as was experienced recently.

Band staff administering social services don't have the resources or training to adequately respond to the needs of individuals with complex social and health needs. It is hoped that the new government will work with First Nations in a meaningful way to find solutions to the unique problems we face.

Full Article:

<http://www.hashilthsa.com/news/2015-10-16/update-bridge-river-indian-band-tragedy>.



Cultural Sharing Day, Oct 2015

Tofino Tragedy: Ahousaht First Responders Save 21 People

Paraphrased from Debora Steel article published October 27 on www.hashilthsa.com.

Nuu-chah-nulth Tribal Council is calling on the federal and provincial governments to boost the search and rescue capacity of Nuu-chah-nulth coastal communities in the wake of the recent incident off the coast of Tofino when a whale watching tour boat capsized killing at least 5 people.

Ahousaht first responder Clarence Smith was first on the scene with his fishing buddy Kenny Brown. After repeated failed attempts to alert the Coast Guard they switched the radio to an Ahousaht channel and called for help.

By the time federal search and rescue had arrived on scene, Ahousaht boats had everyone out of the water and en-route to waiting emergency medical services.

Local fisherman Tony Cook said Canada should be putting more money towards local first nation coastal communities as they are typically the first to arrive on scene as was the case when the Queen of the North sank.

Full Article:

<http://www.hashilthsa.com/news/2015-10-27/frustrated-fishermen-relay-rescuer%E2%80%99s-message-coast-guard>



Sliammon Sacred Heart Church Update

By Betty Wilson

Nov. 15 mass - all of our deceased relatives from Homalco

Nov. 22 mass - all of our deceased relatives from Klahoose

Nov. 29 mass - all of our deceased relatives from Sliammon

Sliammon Health usually has a candlelight vigil in November for all of our deceased relatives. To coincide with the community health program we have requested that a mass be said on the above dates.

We are also now working towards our goal for a new floor for Sliammon Sacred Heart. We hope to raise enough money to be able to do this by late spring. When the floor is being worked on, the pews will have to come out and be re-finished.

November 8 we will be having a fund-raiser lunch. We will be serving bbq salmon! There is no set fee but a donation container will be available for those who would like to contribute towards the meal.

Come and bring your family, the meal will be after the 12:00 pm mass at Sliammon Sacred Heart. If you would like to contribute towards a door prize, I will gladly accept.

Thank you.

Tla'amin Dictionary Project Update

By Betty Wilson, Marianne Huijsmans and Alex Sutcliffe

The Tla'amin Dictionary project continues to make steady progress. For those unfamiliar with the project, community members from the Tla'amin, Homalco, Klahoose and Komoks Nation are working with a group of talented linguists from various universities to continue the process of documenting and cataloguing the language with the goal of producing a database or dictionary of words. The whole point is to document and preserve our language, and revitalize it by creating teaching and learning aids like this dictionary.

This dictionary would be both electronic and printed. An electronic dictionary has a few advantages, namely the ability to be accessible online from anywhere on any device, the ability to add recorded audio and other visual media, along with having advanced search features. Imagine having an App on your phone where you could access the dictionary to find words and hear the audio pronunciation to help learn the language. But that part of the project will come later. The first step for us is the process of documenting and recording our language.

The linguists that are working with us include University linguistics professor Dr. Suzanne Urbanczyk from the University of Victoria, and Dr. Henry Davis from the University of British Columbia who is the lead on this project and was instrumental in writing the grant proposal. We also have a very talented and passionate UBC Linguistics PhD Candidate Marianne Huijsmans working with us in our communities. At the moment we have secured funding for five years so the intention is to document and record as much as we can over this time.

The project is just beginning and so far we have had Devin Pielle, Sosan Blaney, and Randy Timothy faithfully showing up to do recording and editing, etc. We've also had participation from Dawna Pallen and Gail Blaney and we are hoping to further develop capacity within the other communities. At present we have also done some work with Elsie Paul and Dave Dominick and will also be seeking input from fluent elder speakers in Homalco and Klahoose.



Everyone dancing at the Blaney/Galligos Potlatch Naming Ceremony, Sat Oct 24th.

Latest Report

By Betty Wilson

Marianne arrived on Thursday the 22nd of October and we immediately continued work. Thursday morning we were reviewing what had already been archived and what needed sentences. Devin and Marianne also began work on a prompter sheet that we could all use as a guide when working with our elders. In the afternoon we spent time with Elsie Paul going over the sensitive topic of "burning for our loved ones who are gone." This was very informative for Marianne to help her understand not only the concept of burning but the meaning behind the words used.

On Friday we continued working on the topic of "burning". We had help from Dave Dominick in the afternoon providing sentences for words that were not complete. For lunch we had fish egg soup and I even included a fish head for Marianne to try. Carrie ate the head, probably to Marianne's relief!!

On Saturday Devin and Marianne continued working on creating a system for the words and phrases that had been gathered so far. In the afternoon we attended a gath-

ering at the Salish Center which was a potlatch style memorial recognition and naming ceremony for some of our children. Marianne also got to show her dancing talents as everyone was invited to dance!

On Sunday Devin and Marianne continued to work in the morning before Marianne went to join the Blaney family for their burning. On Monday Marianne and I were picked up by the Klahoose Band boat and were in Klahoose territory by 10am! There Marianne was introduced to the band staff members. Our resource people included Herman and Eva Francis. Su took the lead with some words that she had been working on. After that we looked at how foods were traditionally preserved and we gathered more phrases. Jessie Louie also came and joined us. We were given clam chowder and fresh crab for lunch, we thought we had died and gone to heaven!

We have lots of words and phrases to review. This will be our next focus. Su and Marianne have been great resources so far. They are instrumental with the organization and cataloguing of the language so it all makes sense as we go along. I will endeavor to keep you informed, I hope this gives people an idea of what we are doing. Anyone is welcome to come and join us, just get in touch with me for information.



Marianne Huijsmans, Graduate student in linguistics at UBC



The Global People's March November 29th, 1pm Meeting at Willingdon Beach

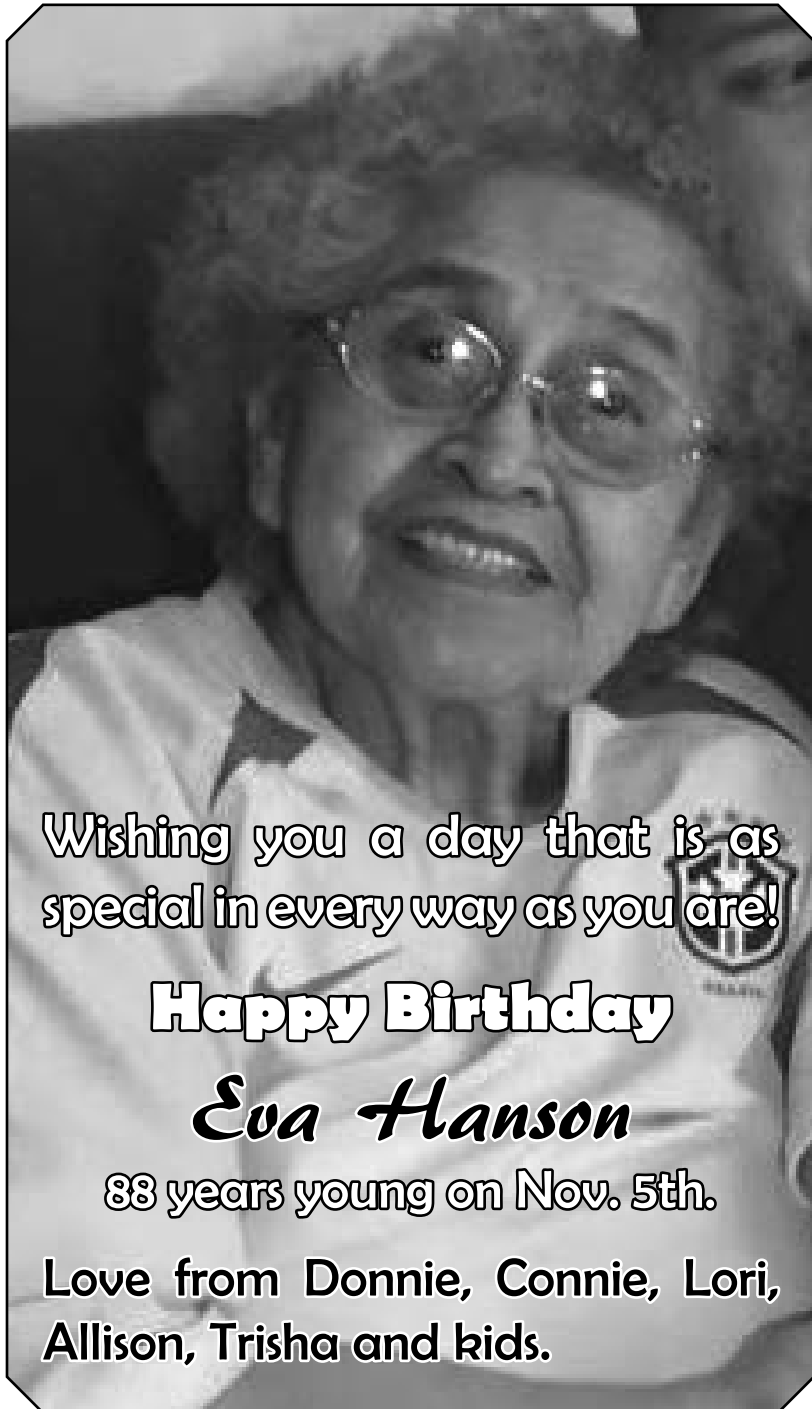
The gathering at Willingdon Beach is to show support and solidarity with thousands of similar events around the world ahead of the Conference of Parties meeting which will take place in Paris throughout December. The culmination of this event will be a declaration to replace the Kyoto protocol. Delegations from every major government in the world will try to come to an agreement to save our planet from the ravages of climate change.

This event is part of a global push for positive action on climate change and the protection and preservation of our environment.



Cultural Sharing Day
Oct. 2015

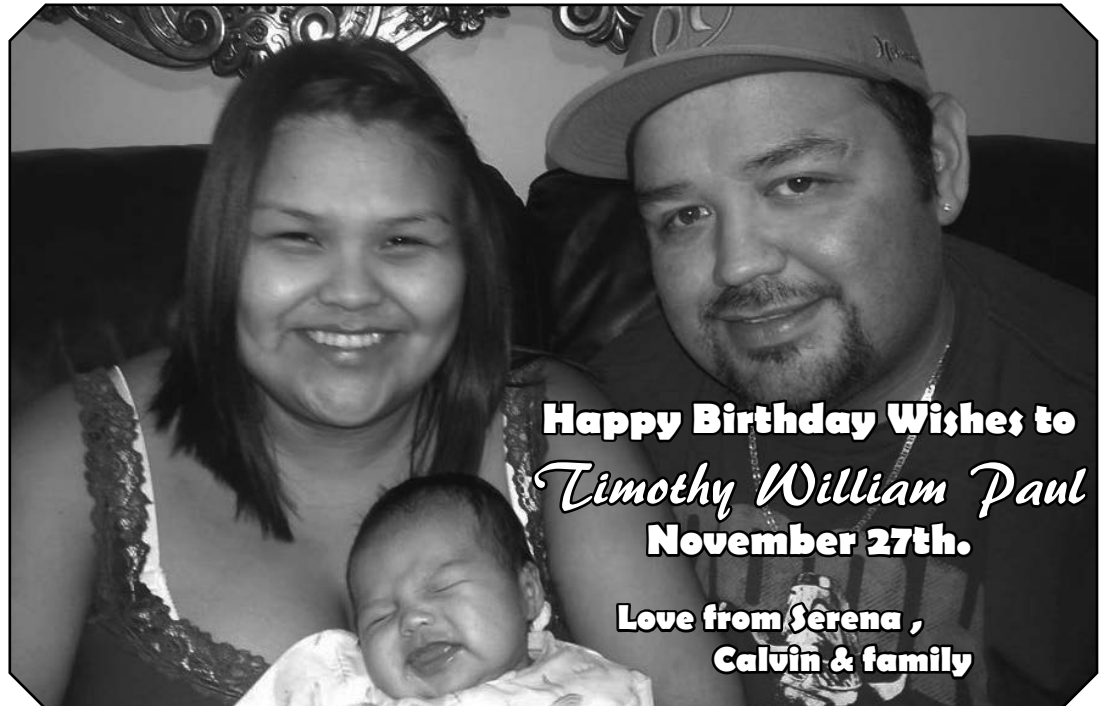
ANNOUNCEMENTS



Wishing you a day that is as special in every way as you are!

Happy Birthday
Eva Hanson
 88 years young on Nov. 5th.

Love from Donnie, Connie, Lori, Allison, Trisha and kids.



Happy Birthday Wishes to
Timothy William Paul
November 27th.

Love from Serena ,
 Calvin & family



Happy Birthday 7th Birthday to my Sweetie Grand-daughter Mackenzie Luaifoa on Nov 7, 2015
 Luv you Chi Che

Happy Birthday to my Sweetie Daughter-In-Law Hayley Luaifoa on November 3, 2015
 From your Wonderful Mother-In-Law

Happy Birthday to Patsy Cline Nov 28, 2015
 A Mother, Chi Che, Sister & Auntie

Sliammon Culture Programs

Culture programs are back! Open to everyone, for more information contact the Culture Department.

CARVING
 Thursdays
 6:00 to 8:00pm held at the Salish Center
 Instructor: **Charlie Bob**

BASKET WEAVING
 Thursdays
 3:30 to 5:30pm held at the Culture Lodge
 Instructor: **Dorothy Louie**

LANGUAGE CLASSES
 Thursdays
 3:30pm to 5:30pm
 5156 Beach Rd., Sliammon
 Instructor: **Margaret Vivier**



Student Tutoring Schedule

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

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



Open Door Healing Rooms

Come Experience Healing

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



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

Experience Freedom

These events are open to the community and are great support for those individuals and families who are in need and feeling alone or hopeless. We offer healing prayer and support to 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.