



NEHMOTL "US"

December 2015

Community News | Events | Updates for the Sliammon People



Canada Secures Gold Medal in Soccer *At the 2015 World Indigenous Games In Brazil*

By Alex Sutcliffe, Editor

Sliammon's own superstars Brandy Francis and Brittany Harry lead Canada to victory after winning the Gold Medal in Soccer at the 2015 World Indigenous Games.

After competing against indigenous teams from Chile, Peru and Brazil, the team defeated opponents Xerentes, a home team from Palmas Brazil 3-0 in a shoot out in the final match.

The 2015 World Indigenous Games was the first of its kind, created by the Brazilian Inter-Tribal Council who have been staging National Indigenous Games since 1996. It is expected to continue internationally.

The Games bring together Indigenous people from all around the world to compete in various competitive sports and noncompetitive demonstrations. Some of the events include Canoeing, Spear Throwing, Archery, Tug of War and Corrida de Terra where participants race to move heavy logs. Other non-traditional sports include athletics and football (Soccer).

Brandy and Brittany both have strong soccer backgrounds and hope to encourage and inspire other young girls to get into the game. While Soccer opportunities are fairly limited in Powell River due to low numbers, both women have been offered spots on Squamish United in Division Two of the Metro Women's Soccer League.

On behalf of Sliammon we would like to congratulate our girls on their fantastic achievements!



Brandy Francis and Brittany Harry after their Gold Medal victory in Brazil.

Scouts Canada's Grand Gift to Tla'amin

By Alex Sutcliffe, Editor

Scouts Canada have recently reached out to the Tla'amin Nation with a grand gesture and offered to return 11 hectares of Land located in Lund to the Nation. The land is located about 1.5km from the Lund Hotel and Marina.

The Land was bequeathed to Scouts Canada by Oscar Orpana back in 1974 and they have recently identified the land as being surplus to their needs. They opted to return the Land to the Tla'amin Nation as they felt it was the right thing to do.

Powell River M.L.A. Nicholas Simons organized a meeting between Chief Clint Williams and Scouts Canada representatives on November 6th to discuss the return the land to Tla'amin.

This was a great gesture to our Nation and we would like to raise our hands up to Scouts Canada and honor them for their gift. We really do appreciate their gift as this Land was part of our history and part of our Tla'amin Territory.

The parcel of land connects to our Treaty Settlement Lands in the Hurtado Point area. "This was a great way to start the week, knowing that there are still some good people out there!" said Chief Clint Williams. "We would really like to honor the Scouts in a proper way so we have invited them to come to our Annual Community Xmas Dinner where we can celebrate and feast together."



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



Sliammon Presents



A Community Christmas Dinner



Friday December 18

AT THE SALISH CENTER | DOORS OPEN AT 4:30PM
DINNER | MUSIC | SANTA | PRESENTS | DOOR PRIZES

TREATY BOARD OF DIRECTORS

1994 - 2015



"Cheh cheh hah takn nah pesht!"



Welcome to Shauna and Kelsey, Indigenous Community Planning Students from UBC!



Hello! My name is Shauna Johnson. I am from Coast Salish on my mother's side and Tsimpshian on my father's side, from Metlakatla, Alaska. Although I was born in Renton, Washington, I grew up mostly in W̱SÁNEĆ, which is just 20 minutes outside of Victoria. I have a beautiful 12 year old daughter who is the sunshine in my life. I found my passion for planning while I was working for my community as the Environmental Technologist at Tsawout First nation a few years back. In my spare time, I love to spend time with my daughter, either going out for brunch, or to movies, or shopping, which are the things we like to do together. On my own, I like to go to the beach and watch the sunset, read, or my latest interest is beading some earrings.



Hey there! My name is Kelsey Taylor. I grew up in Toronto, Ontario which is on traditional Iroquois, Huron, and Haudenosaunee land. I started to get interested in community planning through volunteer work I did in my undergrad, as well as through my studies. I worked with two First Nations communities in northern Ontario during the summer of 2013, which helped lead me to think about how I could be involved with Indigenous Community Planning. When I am not in school, I enjoy travelling. I moved to BC last year. In Vancouver, you can find me riding my bike, exploring the city and nature, organizing social events for my fellow students, playing softball, and spending time with my friends.

We are both masters students studying Indigenous Community Planning (ICP) at the School of Community and Regional Planning (SCARP) at the University of British Columbia (UBC). We are in our second year of the program, and during this time we will be working in partnership with Tla'amin First Nation in an 8 month practicum, from September 2015 to April 2016. The focus of our practicum will have three areas of work, which we have developed with the planning team: a CCP Reflection, Youth Strategy, and developing some visual communication tools to help the community understand the complex aspects of self governance. We are grateful to be learning and working in your community over the next few months!

For more information about the ICP program, you can visit the website at <http://icp.scarp.ubc.ca/>

Chief Negotiators Message

One Heart, One Mind, One Nation



Roy Francis

Preparing for Change

Effective Date for the Tla'amin Final Agreement is April 5, 2016; approximately 15 weeks away. Effective Date is the date that Sliammon Indian Band will cease to exist; Sliammon will transition to become the Tla'amin Nation. The Indian Act will no longer apply to us; we will be Self-Governing. April 5, 2016 will be

historically significant for all of us. The changes we have been working for will begin to roll out. It will be a time of reflection for where we have come from; a time of accomplishment for all that we have overcome; a time of celebration; and a time for a fresh start on a new journey.

Our teams have been working very hard in our preparations for Effective Date. Our teams are moving very quickly, and we are definitely experiencing the pressures that come along with the need to complete work within a limited amount of time. It's a good challenge; one that we are meeting very well. There is no more Indian Agent to do it for us; it's up to ourselves.

Some of the highlights to report on are as follows:

Lands: The Tla'amin Land Base will increase from 1905 hectares of reserve lands to over 8,000 hectares. Tla'amin will own the land in fee simple; a welcome change from Canada owning the land on our behalf. Tla'amin will have governance authority over that entire land base. Governance involves developing Laws that apply on our land base. Work team have been established to take on the job of building those laws. Survey work is underway to build legal descriptions for land parcels that will be registered in a land title office. The registry system will establish legal certainty for land holders.

Tla'amin members will have continue to have rights to hunt, fish, and gather cultural resources throughout our traditional territory. Our fishermen, hunters and gatherers will be issued designations, or permits, to ensure and protect rights to be exercised legitimately.

Governance: The Indian Act authority to govern how Chief and Council are elected will no longer apply. The authority for electing leadership will instead flow from the Tla'amin Final Agreement and the Tla'amin Constitution. Tla'amin Citizens will be electing the first Government under our own laws within six months after Effective Date.

Finance: A new five year funding arrangement will replace the current annual funding agreement for programs and services. Capital Transfer Funds, Resource Revenue Sharing Funds, a Fish Fund, and a Culture and Heritage Fund will be activated. Our own Finance working group has developed a Financial Administration Law; and a trust fund to safeguard financial resources to a an enhanced standard.

General: We are building a new Government House to replace our administration office. We are developing a new organizational structure to carry out new administrative responsibilities. We are initiating a youth strategy to prepare for replacing an aging workforce; and to elevate our human resource capacity to look after our future needs. We are on the verge of entering into a new era; and our future is bright.

Nation Administration Matters

Notice Board



Sliammon Justice Program Overview

By Verna Francis, Justice Coordinator

Hours of Operation & Location

- Justice Program Office Hours: 8:30 - 4:30
- Located @ Sliammon RCMP Detachment
- Office Phone # - 604-483-9646 Ext. 237 Work Cell # - 604-578-8850

Court Day's: Every Wednesday's

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

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

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

Powell River Probation: 604-485-3601

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

Powell River Prosecutor/Crown: 604-485-3645

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

Family Court

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

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

Programs Available

Healthy Relationship Training

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

abuse in relationships.

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

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

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

Substance Abuse Management Program

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

- Acknowledge the impact using has had on them physically, mentally, emotionally, socially, and spiritually.
- Identify their negative thinking patterns and be able to re-frame these into positive thinking patterns.
- Identify areas of stress and develop activities that address this stress.
- Set concrete goals about their healing from alcohol and drugs.
- Utilize interventions and controls for managing cravings.
- Identify their personal boundaries with various people.
- Understand their own using patterns within the context of cognitive skills training.
- Understand their personal high-risk situations and have the skill to remove themselves from those situations.
- Develop a relapse prevention plan.

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

Offenders are selected through the Risk/Needs Assessment process to ensure that the program is applied to those



Verna Francis

offenders with medium to high-risk to re-offend due to substance abuse problems.

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

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

Alternative Measures Program

Referral to Alternative Measures Program is possible only if Crown Counsel, or another designated "agent of the crown," is satisfied that there is sufficient evidence to prosecute and that the alternative measures program provides for the protection of society, meets the needs of the alleged offender and the interests of the victim. Alternative measures may not be used if the person denies participation in the alleged offence or requests that the matter be dealt with through the formal justice system.

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

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

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

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

Safe, Healthy and Affordable On-Reserve Rental Housing A Community Wide Approach

Introduction

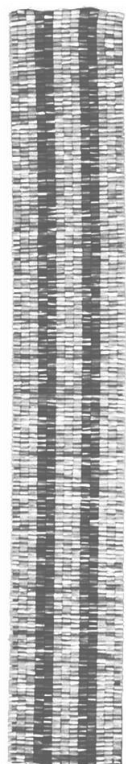
This booklet is intended to assist Chief and Councils, housing staff and community members in exploring the idea of a community wide rental housing program and how this approach can assist your First Nation to gain improved and tangible housing and community results.

What is a Successful Community Wide Rental Housing Program?

A successful community wide rental housing program empowers community members to help cover the costs of well maintained, safe, healthy and affordable rental housing for now, and for generations to come.

Why Pay Rent?

There are many First Nations communities who can be proud of their well-managed, high quality housing. However, many others across Canada struggle with overcrowding and housing that is in desperate need of repair.

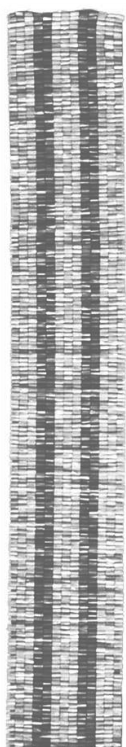


- Nearly half (45%) of First Nations people living on reserve in 2006 lived in homes that tenants identified as needing major repairs - compared to 36% in 1996. The gap between housing demand and available housing is widening.
- Over half of on reserve houses in Canada are First Nation owned rentals. When tenants do not pay rent, this cost burden can drain the financial resources of the entire community and lead to far reaching and negative impacts on the overall health, well-being and resiliency of the community.
- Funding that is redirected from other revenue sources to cover the cost of housing construction loans can seriously impact the delivery of other programs including housing maintenance, health, education and social development.
- For many First Nations, substandard housing and community services are among the chief contributors to on-reserve difficulties with health, morale, safety and the environment.
- A well-managed community wide housing rental program is a key element in creating long-term improvements to the quality, variety and lifespan of houses owned and managed by the community.

Safe, Healthy and Affordable On-Reserve Rental Housing

The Benefits of Rent

A community wide rental housing program provides a broad range of benefits.



- When tenants pay rent, more funds become available to cover the costs of renovations, major repairs, new housing construction and other community needs. This can reduce overcrowding and waitlists and for Nation members.
- When tenants pay rent, the housing department can develop more confidence and autonomy to move away from reliance on government financing and provide a larger variety of more flexible housing options for Nation members.
- When tenants cover utility bills, this provides the Nation with additional financial flexibility and reduced risk from inefficient utility use and rising utility costs.
- A successful community wide rental housing program makes communities stronger and more resilient by providing healthy, well maintained homes, which results in increased community pride and control.
- When housing is well maintained, rental homes become community assets, as opposed to liabilities that drain community resources.
- Developing a strong and resilient housing program reduces risks and opens up new horizons for First Nations to move into self-financed housing options, including for-profit rental housing and/or individually-mortgaged housing.

Message From The Chief



Chief Clint Williams

Merry Christmas to everyone! I hope that everyone will have a safe and enjoyable holiday season with your loved ones, please ensure that you get out visiting family and friends during the holiday season.

The Annual Sliammon Drug march - occurred November 19th, it was a pleasure to do the march with Councillors Dillon Johnson, John Hackett and many other Sliammon community members and supporters! I also want to acknowledge and thank the Tla'amin health employees and volunteers for carrying on this annual march, it is very important to show our community that we do support our children and family members in their opposition to drug and alcohol abuse.

December events - we will be hosting three (3) different Christmas Dinners for our membership. The first event will be held on December 11th in Victoria @ the Inn at Laurel Point, December 12th Vancouver @ the Century Plaza and in Sliammon December 18th. I hope that you are able to join us for at least one of these events to share a meal and to socialize with our leadership that will be in attendance.

Cultural Diversity Celebration - this is the 5th year that this event has been held in Powell River. I have attended this function a few times and I really enjoyed seeing just how many different ethnic groups that live in the Powell River area; or better yet within the Traditional Territory of the Sliammon people. At this year's function it was announced that there were 23 different ethnic groups represented; as a kid growing up in PR I always thought that it was just the white people and us here, not being aware of and appreciating the many different cultures that are around us.

This is a very positive event to attend and I highly recommend that if you ever get the chance to attend this event that it is very worthwhile to attend to see who your fellow community members are in the Powell River area. I would personally like to say thank you to the Sliammon Spirit singers for doing a great job of representing Sliammon at this event each year, great job! Cindy, Dawna, Jordan and Phil.

Looking ahead to 2016 - There will be many exciting things that will occur in the coming year. However there are a couple of significant events that do stand out for me, the first is the implementation of our treaty beginning April 05, 2016, this is the day that we say good bye to the Indian Act and move forward with our new Tla'amin Nation Laws and Policies. The second event I am personally excited about is completion of our new administration building; it will be amazing to witness the moving out of the old band office and in to our new Government House. We will host celebrations to welcome in these significant changes; we will provide the dates of the upcoming celebration events once they have been set.

In closing, Merry Christmas to everyone and I do wish you all the best in 2016. If you have any questions or concerns please feel free to contact me (604) 483-9696 or email clint.williams@sliammon.bc.ca

FREE TURKEY DELIVERY

Social Development is once again pleased to be able to offer a **free turkey** to each household in Sliammon this holiday season.

Expected delivery day is **Monday December 14th**. If you will not be at home or need alternate delivery plans, please call Maureen at the Band Office.

*Merry Christmas and
Happy New Year!*



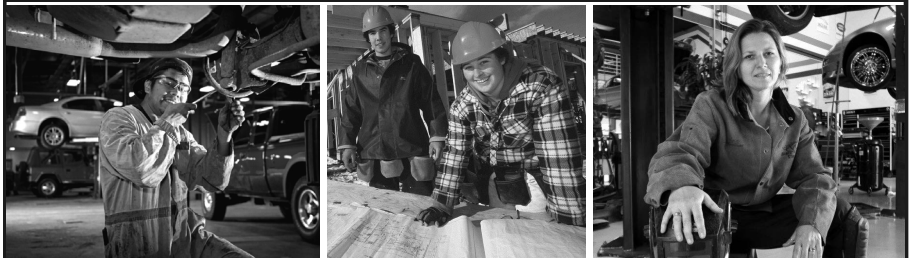
**Winter
Wonderland
Community Skate**

**Sat | December 12th | 3pm-6pm
Powell River Complex**

Everyone welcome! Skate rental provided.
Children 12 and under must be accompanied by an adult.



**12 Week Funded Program
January 11 — April 1, 2016**



Aboriginals (Men & Women) in Trades Training & Youth in Trades Training & Women in Trades Training

*Financial assistance, such as funded training and child care & transportation subsidies may be available for eligible participants

Industry Certificates:

- FoodSafe
- Flagging
- WHMIS
- Forklift Operation
- WCB Level 1 First Aid

Interested in the Trades?

VIU-Powell River and Career Link are offering a combination program—Aboriginals (Men and Women) in Trades Training, Youth in Trades Training and Women in Trades Training which runs from **January 11 to April 1, 2016** at the Powell River campus.

Eligible participants can jump start a career in trades. **Seats are limited. APPLY today** and get started on a successful, satisfying, well paid job in the trades.

Contact VIU-Powell River at 604.485.2878



Funding provided by the Government of Canada through the Canada-British Columbia Job Fund

Brooks First Nations Leadership Group

By Gerry Brach, MEd, RCC, Brooks Counsellor/ First Nation Leadership Coordinator

This is the second in a series of articles about students who are members of the Brooks First Nation Leadership Group. Youth leadership is important, as it encourages healthy teen-age growth by providing students the ability to be aware of their strengths and needs, to set personal and career goals and to gain the confidence and ability to carry out those goals.

Jade Touchie - Grade 10 Brooks Secondary School Student

Jade moved to Sliammon from Ucluelet with her aunt Gert, when she was in grade 6. It wasn't too difficult a move for Jade at the time, because she previously spent time with different relatives here during school holidays. "I met Cara Galligos right away and we become good friends, and we remain good friends today."

Jade likes attending Brooks School most of the time. "I really enjoy Cooks Training and my science courses." Jade didn't know how to cook anything before and now knows how to prepare a lot of things like: breads, cookies, soups, pizza, tacos and entrees. Cooking is not the only subject Jade excels at, science is another interest she enjoys. "I like science this year because I can understand the different topics and am good at it. Balancing equations is easy for me and I like learning about the periodic table." Jade's science teacher is Ms. Bryant and she is good at answering questions about things that Jade doesn't understand.

"My Cooks Training teacher is Mr. Austin and he basically taught me how to cook from scratch. He also has a good sense of humour. Most of my teachers are friendly and help me when I need it."

Jade hopes to become a lawyer since she likes debating and getting her point



across. She also likes helping people and is interested in First Nation's issues and culture. Jade feels people in Ucluelet are more culturally sensitive than people in Sliammon, because more people speak the traditional language in Ucluelet.

Jade likes living in Sliammon because she is close to her friends, who watch movies together and just talk a lot. In the future Jade would like to learn more about Sliammon traditional drumming and singing. Culture is important to Jade as her aunt and grandmother taught her traditional dancing and how to make shawls.

Jade participates in the Brooks First Nation Leadership Group because she heard that it was a good program. "I am looking forward to learning leadership skills like public speaking, which I can use to help other people."

Her advice to new Brooks students is to come prepared with a good attitude and to bring the right school supplies.

Supporting Your Child's Learning at Brooks

By Gerry Brach, MEd, RCC, Brooks Counsellor/ First Nation Leadership Coordinator

Now that your child has received their first report card of this school year, you may be thinking about some different ways to help them, if needed.

Communication between home and school is always a good place to begin. As educators, we want your child to succeed at Brooks. We are there to support you and your child and would like to work together with you as part of a team. The best chance for student success is when school and home work together to address student difficulties.

If your child is experiencing an academic problem such as: courses too hard, learning problems or behind in courses, it is always good to first talk or email individual teachers then book an appointment with a school counsellor. Each student is assigned a counsellor by their last name. For example Ms. Jocelyn Williams is available to see students whose last name ends in A-K, while Ms. Allison Burt works with students whose last names end with L-Z. If your child is struggling academically at school, then contact your child's school counsellor who will try and arrange some support for them.

Students experiencing emotional difficulties (anxious, sad, personal/family issues) have the option of seeing the counsellor of their choice. I am also available on Wednes-

days and Fridays to assist students with personal issues. Students fill out a referral form in the counselling office briefly describing what they need help with, and who they would like to see. Counsellors are also available for individual meetings with parents, by calling the Brooks Office (604 483-7191) to make an appointment.

I am pleased to report that there are many tutoring opportunities available for students who need extra help with their school work. Brooks School offers tutoring at lunch in room E 02 on Tuesday and Thursday afternoons. After school tutoring is also available at Brooks on Tuesday and Thursday afternoons, from 3:15-4:30pm. If those times don't work for your child, tutoring is also available at Ahms Tah Ow School on Mondays and Wednesdays from 5:00 -7:00pm.

It is very important for your child to attend school on a regular basis, set goals of what they would like to accomplish and try to be as organized as they can. As parents you are the role models that your children learn from on a daily basis. Another tip for parents is to keep a copy of your child's timetable in a common place so you are aware of what courses are happening, when.

Please contact me at gerry.brach@sd47.bc.ca or 604 414-4675(C) if I can be of any assistance with your child's education at Brooks Secondary School.



Victoria and Vancouver Christmas Dinners and Annual General Meeting Updates

Victoria	Vancouver
Friday, December 11 th	Saturday, December 12 th
Inn at Laurel Point 680 Montreal St, Victoria Merino Room	Century Plaza Hotel 1015 Burrard St, Vancouver Burrard Room
Doors at 5:30 Dinner at 6:30	Doors at 5:30 Dinner at 6:30

Please come out and join Chief & Council and your fellow band members. A buffet Christmas dinner, non-alcoholic beverages and door prizes will be provided.

Also, an update on this year's AGM will be presented. Councillors in attendance will then report on their activities during the past year, and will take questions.

Hope to see you there.

Chief and Council



COMMUNITY INFORMATION SESSIONS

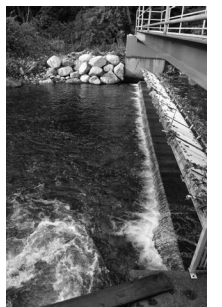
(SDC ALONG WITH KAWA ENGINEERING)

MONDAY DECEMBER 14TH

@ 5:00 PM TO 6:00 PM

(LIGHT DINNER PROVIDED)

- **SLIAMMON CREEK
INFRASTRUCTURE UPGRADES &
INDEPENDENT POWER PROJECT**
- **RESTRUCTURING ECONOMIC
DEVELOPMENT for EFFECTIVE
DATE APRIL 2016**



Garbage Pickup

over the Holidays will take place on:

Thursday Dec 24th

Thursday Dec 31st

IMPORTANT DATES

December 4th	Staff Christmas party at Lund
December 11th	Victoria community Xmas Dinner
December 12th	Winter Wonderland Skate
December 12th	Vancouver community Xmas Dinner
December 14th	Community Turkey Delivery <i>Sponsored by Social Development</i>
December 14th	SDC Community Info Session
December 18th	Sliammon Community Xmas Dinner

BAND OFFICE XMAS BREAK

CLOSES Midday, Thursday, December 24th 2015

REOPENS Monday, January 4th 2016



COMMUNITY INFORMATION SESSION

Hosted by

**SLIAMMON DEVELOPMENT
CORP.**

MONDAY DECEMBER 14TH

@ 6:00 PM TO 7:00 PM

Economic Development Law

- Community Consultation
- Restructuring Economic Development for Effective Date April 2016

TLA'AMIN HEALTH

Healthy Happenings

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



Sandra Tom

Wishing you and your families a joyful and peaceful season with family and friends!

These days they say that Christmas is just for children. So be children and enjoy!

Our office will be closed December 25th, 28th and January 1, 2016

On the spirit of health, Happy Holidays!



The costs of chronic disease

Dr Paul Martiquet, Medical Health Officer



Chronic disease afflicts thousands of British Columbians whether as cardiovascular problems, diabetes, hypertension or any of dozens of other long term health challenges. As difficult as they are for individuals, chronic diseases also put a huge burden on the economy and health care system. Reducing the incidence of these diseases would mean reducing their costs both to the individual and to the economy.

Three risk factors account for a great proportion of chronic disease, specifically, excess weight, physical inactivity and tobacco smoking. By reducing the prevalence of these avoidable risk factors we could reduce the rate of many chronic diseases which would reduce economic costs and help people to enjoy a better quality of life.

The Provincial Health Services Authority (PHSA) just published its report on this subject: "The economic benefits of risk factor reduction in British Columbia: Excess weight, physical inactivity and tobacco smoking" ([available online](#)). The report calculates the true economic cost of disease and offers a prescription that is achievable.

The identified risk factors (excess weight, physical inactivity and tobacco smoking) account for more than two dozen chronic conditions including seven out of every 10 cases of chronic lung disease and type 2 diabetes, over half of all heart disease, and one-third of all colorectal cancers. The study estimates that in 2013 across BC, the annual economic burden of these three amounts to \$5.6 billion (\$1.8 billion due to direct health care costs and \$3.8 billion from disability and premature death).

Of the three factors, the largest proportion of the economic burden can be attributed to individuals being overweight or obese. Some 40% of British Columbians had excess weight and the economic burden came to \$2.6B, of which \$772 million were direct costs and \$1.8B indirect. Physical inactivity contributes less to the economic burden at \$1.0B. In 2013, 38% of British Columbians were inactive (direct health care costs of \$350M and \$673M related to disability and premature mortality).

Rates of tobacco smoking in BC have been declining for decades so that in 2013, 13.2% of British Columbians smoked. This contributed an economic burden of \$2.0B (\$724M direct; \$1.3B indirect) annually. These figures reflect the much higher cost per individual smoker in comparison to an individual with excess weight or who is physically inactive.

The status quo is clearly not a good option. In fact, doing nothing means that by 2036 we will face an annual cost of \$7.2B (direct \$2.4B; indirect \$4.8B). The PHSA is recommending action to achieve a 1% annual reduction in the incidence of each of the three key risk factors. By pursuing this goal we will be able to avoid \$15 billion in cumulative healthcare costs and economic productivity losses by 2036.

Doing nothing means that by 2036 we will face an annual cost of \$7.2B

Real change is possible as we have learned from past health promotion initiatives. Proven tools include public education and awareness-building, increased prevention activities and an emphasis on policy change. We can carry on as we have and complain about the costs, or we can work towards meaningful change, the benefits of which accrue not only to individuals, but to our economy and community as a whole.

Youth Program Schedule

Monday's Girls Group

with Shirley & Tyler

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

Thursday Toonie Skate

Transportation will be provided only for families that require it.

Children must be accompanied by an adult.

Time: 3:30-5:00

- 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

Health Notice Board

Notice to Community Members:

There will be no Community Luncheon on the last Tuesday of the month in December.

We look forward to seeing you in January 2016!

Have a safe holiday,

Doreen Hopkins/AHIP

Home and Community Care

HCC is booking Foot Care for Dec 9 and Dec 21. Because of increasing demand on the Exam rooms Foot care can only be pre-booked.

Please call for an appointment.

604-483-3009

Thank you.

Prenatal /Postnatal

Last Pre/Postnatal Group Gathering will be on Dec. 4th, 2015 from 11:00-1:00.

The activity is button blankets.

The group will resume in January 2016.

Shelley Clements/CHN

ITHA Retinal Screening program

is coming to the Health Center. December 2nd and 3rd.

All appointments are booked by ITHA and you are contacted by them through the mail.

This examination looks for diseases of the eye (cataracts, glaucoma, cancer) and is different from an Optometry exam (glasses)

If you have any questions please contact ITHA: 1-877-777-4842 or 1-250 753 3990.



Will it be a Blue Christmas?

By Brenda Pielle, Child, Youth, and Family Advocate

Christmas is just around the corner and while it is a special time of the year, for some of us it can be a very difficult time. When family members and friends are gathering together, sometimes that is when we become even more aware of someone being missing. This can make us sad and make us wonder how we can enjoy what is supposed to be a happy celebration.

For some of us sadness comes from remembering being away from family while at residential school, or missing a loved one who has passed away. For others it is about going through a break up or ending a relationship. For some it might be having to be far from home for work, school, incarceration, or some other reason. Being sad at Christmas, or being disconnected from family might be a feeling you are going through this year for the first time, or it might be a feeling you have every year at Christmas.

Whatever your own situation might be, it can be helpful to know you are not alone. Many people have a difficult time at Christmas. It is important for all of us to know that we are not alone, and to be reminded that we do not have to be alone with our feelings. Take some time to tell someone else in your life how you are feeling. It can help to "lighten the load" and not have to carry the sadness all by yourself.

When we feel sad or depressed it is often the time that we start to keep to ourselves. We don't feel like going out anywhere or being around other people. However, when we isolate ourselves and stop spending time with other people, the sadness and depression can grow and become worse. It is really important to reach out and stay connected with a circle of support for yourself.

It is also important to tune in to our children and youth at this time of year. Often we become distracted with all the things to do to get ready for Christmas,

and we can lose track of the simple job of checking in with our young people. Is there anything in their lives that has been upsetting? Has a close friend moved away, or a romantic relationship come to an end for a teenager? Has the homework been piling up and is the young student in our life feeling anxious about school? Has there been a death in the family this year? Has there been a death in the family a few years ago and the young person doesn't know how to bring up the topic that he or she is still hurting? Our children and youth can be very quiet about these deep feelings and worries, and sometimes they do not have all the words or all of the strength to bring up certain conversations. It is up to us as the adults to check in with our young people and see if they are in need of any extra reassurance or comfort at this time.

We are fortunate in our community to have people who know the special cultural practices that can help us with grief and other heavy feelings. Such traditions can be strong medicine and very helpful at these times. Prayer, brushing off with cedar, being outdoors with the trees and the ocean are some of the ways of the ancestors of this territory.

If you are feeling blue this Christmas, or if a child or youth in your care is feeling blue this Christmas, take good care of yourselves. Come by Tla'amin Community Health Services to make an appointment with a counsellor. Try to do something extra special for yourself to make sure you appreciate how important you and your good health are now and always.

You can join with others to celebrate a special candlelight ceremony in honour of loved ones we have lost on Thursday December 10th 5pm-7:30pm. More details about this event can be found in a separate advertisement in the newsletter.

Lots of love and prayers to everyone this Christmas.

Tla'amin Health Elders Corner

Elder Activities for Dec.

Tuesday December 1st

Elders Christmas Party at The Patricia Theater. Please RSVP Darron @ Tla'amin Health for more info.

Tuesday December 8th

Elders Workshop with Christine Schreiber. Topic: Elder Abuse Prevention @Tla'amin Health. Luncheon to follow.

There will be no Elders Day Programs on December 15, 22, 29 Due to the holiday season.

Elders Recreation Center outings. Swimming, skating or aerobics, if you are interested in any of these programs, please contact Darron Cound (Elders Coordinator) to arrange a schedule that suits your needs.

Best of the Holiday Season to you!



Kinship One is Spirit Program

By Cyndi Pallen, Msw, Rsw, Kinship Coordinator

To all the kinship families,

For the next month (December)

I will be setting up programs and services to support parents, youth and families. I have been working closely with the Traditional Wellness Team, who have been assisting with the Kinship Program One in Spirit Dinner's. Thank you to all of you, and our Youth Program and Services and Practitioners.

I am looking forward to continue working in collaboration with service partners in my role as Kinship Coordinator. I will now be developing support to children and families by providing a culturally safe care plan that identifies kinship care providers as well as Powell River and Sliammon First Nations families.

Please note,

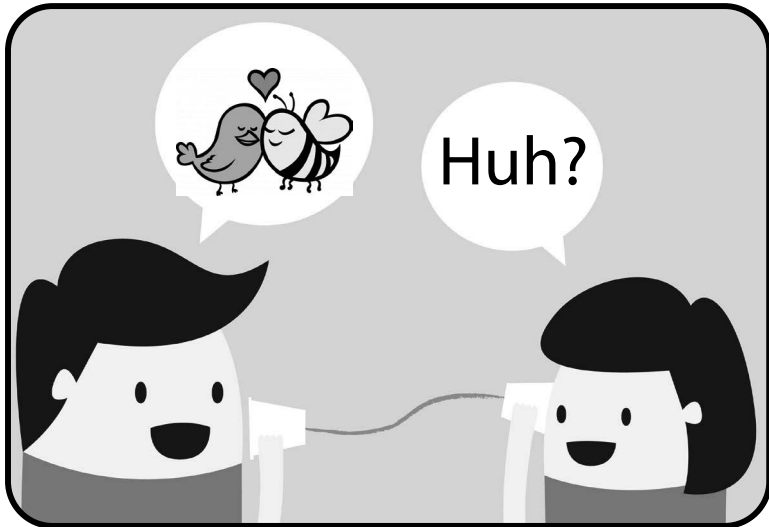
I would like to ask all families we have worked with to please call to book a time and I will set up gatherings.

Please call the number below:

Phone: 604 483 3009 Toll-Free: 1 888 271 5555

Beyond Birds and Bees

Are your kids ready for "The Talk?" Are you?



A seriously fun session for parents and caregivers on:

- Focus on ages 5-13
- Defining 'body science' and sexual health education ... and why it starts earlier than you think
- What kids need to know and when
- Tips for those tough conversations and "teachable moments"
- Honouring family values
- BC Ministry of Education health curriculum, K-12

I am a local family physician, sexual health educator, and parent. I understand how these topics are challenging for adults and kids alike. Join me for an informative session to build parent knowledge, comfort, and communication skills.
Dr. Leta Burechailo, MD, CCFP
Facilitator



"This session helped me feel more confident and informed."
(parent participant at a previous session)

Monday, December 7, 7-9 PM
Westview Elementary, multipurpose room
3900 Selkirk Avenue

Open to all Powell River Moms, Dads, & Caregivers

Please RSVP to Robyn Sawchuk, Project Manager: rsawchuk@divisionsbc.ca or 604-485-4700

Powell River
Division of Family Practice
A BCPC initiative

FREE!

Celebration of Life & Candle Light Ceremony

Thurs, December 10, 2015
Salish Center
5:00 – 7:30 pm

Community Event - Let's remember those who have left our world and gone into the next.

Bring a picture of your loved one and a candle.

If you would like your pictures to be included in the Celebration of Life DVD, please bring in your photos to Health before Dec. 4th. We will scan them while you wait.

Dinner | Drumming | Singing



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 530pm)

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



- **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

- **Tuximuy Group**
Every Tuesday to Friday 10-12pm

- **Nurse Practitioner**
- Tuesday to Friday 9-3:30pm
Book appointments

- Late appointments available Tuesday evenings-by appointment only!



- Info about Sweat Lodge phone John Louie Ext 232

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01 EDP 11-4pm @ Patricia Theatre	02 Women's Hydrotherapy 1:30-2:30pm Parent Education & Support Group 10:30-12pm Ball Hockey 4:30-6:30 @ Salish Centre	03 Toonie Skate 3:30-5pm meet @ CDRC Social Craft Group 10-2pm Good Food Box \$\$\$ Due	04 Breakfast with Santa 9-11am @ CDRC Prenatal & Infant Tot Group 11-1pm @ CDRC	05
06 Prenatal & Infant Tot Christmas Party	07 Men's Hydrotherapy 1:30-2:30pm Craft Night @ CDRC 5-7pm Primary Care Clinic Closed Girls Group 3:30-5:30 meet @ CDRC	08 Beginner's Fitness @ Salish Centre 10-12pm EDP 11-1pm	09 Women's Hydrotherapy 1:30-2:30pm Parent Education & Support Group 10:30-12pm Ball Hockey 4:30-6:30 @ Salish Centre Movie Night @ CDRC 5-7pm Foot Care Pick up Good Food Box	10 Social Craft Group 10-2pm Toonie Skate 3:30-5pm meet @ CDRC Responsible Adult Training @ CDRC	11 Responsible Adult Training @ CDRC	12 Responsible Adult Training @ CDRC
13 Family Swim 12-1pm @ Complex	14 Primary Care Clinic Closed Girls Group 3:30-5:30 meet @ CDRC	15 Beginner's Fitness @ Salish Centre 10-12pm EDP 11-1pm	16 Women's Hydrotherapy 1:30-2:30pm Parent Education & Support Group 10:30-12pm Ball Hockey 4:30-6:30 @ Salish Centre Christmas decoration/gift making @ CDRC 5-7pm	17 Social Craft Group 10-2pm Toonie Skate 3:30-5pm meet @ CDRC	18 Dental Clinic	19
20	21 Men's Hydrotherapy 1:30-2:30pm Gymnastics 1-3 @ Gymnastics Club Primary Care Clinic Closed Girls Group 3:30-5:30 meet @ CDRC Foot Care	22 Beginner's Fitness @ Salish Centre 10-12pm Bowling 1-3pm @ Westview Billards EDP 10:30-1pm	23 Women's Hydrotherapy 1:30-2:30pm Parent Education & Support Group 10:30-12pm Ball Hockey 4:30-6:30 @ Salish Centre Craft Night @ CDRC 5-7pm	24 Social Craft Group 10-2pm Foot Care 9-4pm Toonie Skate 3:30-5pm meet @ CDRC	25 Christmas Day 	26
27 Family Swim 12-1pm @ Complex	28 Men's Hydrotherapy 1:30-2:30pm Primary Care Clinic Closed Girls Group 3:30-5:30 meet @ CDRC	29	30	31 Social Craft Group 10-2pm Foot Care 9-4pm Toonie Skate 3:30-5pm meet @ CDRC	STAT HOLIDAY OFFICE CLOSED	



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.

Good Food 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 3rd for pickup Wed 9th Dec.

Tuxahmiy Wellness & Recovery Group

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

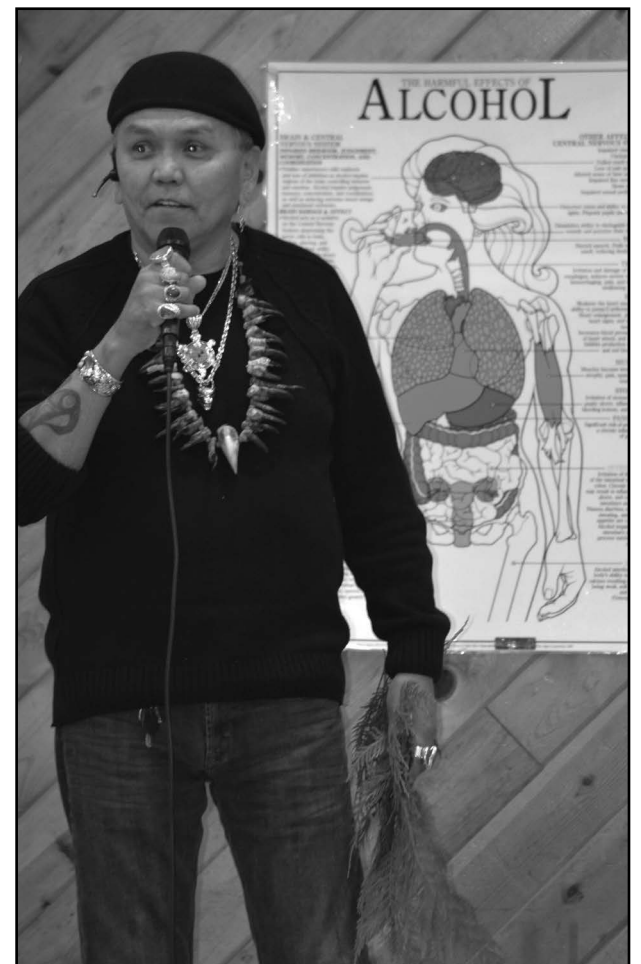


The sacred circle is a place for people to come for support, whether they are struggling with addiction or not.


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.



Randy Tait speaks, Community Day of Action.




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

SFN Chief and Council Minutes

November 5th, 2015

Town Center Boardroom

Condensed Version

(full set posted at the band office)

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

Regrets: Lori Sparrow

Administration Staff: Rod Allan and Judith King

Minutes and Agenda

Acceptance of Regular Meeting minutes of September 17, 2015.

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

Acceptance of Meeting Agenda of November 05, 2015.

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

Presentations

1) Ryan Thoms of Emergency Planning BC came to discuss the disaster assistance agreement that supports all 3 jurisdictions in case of a mutual emergency on this coast. Ryan is looking for Sliammon Council to consent to the agreement. Clint feels it is a positive step to accept the five-year agreement. Next 3C forum meeting, all parties join in a signing ceremony.

2) Catalyst – Fred Chin, Tom Murphy, Underwater Reefing Society and the SDC Board attended. This presentation is about the floating, concrete ships in the harbour at Catalyst and sinking them to create an undersea, marine habitat. The proposal is to sink four ships on the south end of the chain. Burt Waugh, Howie Robins from the society, along with a film crew (who filmed this presentation) also Mark Anderson, Kelly Rankin, Craig Galligos and Tracy Timothy attended.

Today's presentation is a consultation with Council given by the artificial reef society and Catalyst. An overview about artificial reefs began. USA, Australia and Canada use ships because they are suitable materials for underground man-made reefs. A slide show of sunken ships sunk by the Reefing Society was shown. Biodiversity fills a void within an artificial reef that increases fish habitat because metal and concrete have positive effects which are like vitamins to fish. For sunken ships the average depth is 110 feet. Permitting and strict environmental standards are observed. One benefit from the project is that divers have more creative places to explore with different styles of sunken ships. There are certain criteria for selection of an area for underwater ships and the society promotes zero interference with shore activities.

Options for retiring the ships have been considered by Catalyst. Discussion began on toxins in the atmosphere and examples of a clean-up. There was a question about other coastal communities who may want the ships. Fred believes that the ships should stay in Powell River because they will become an asset to tourism. Clint would like to do a mapping exercise on proposed areas for ship-sinking. Clint suggests forming a committee with Sliammon Development Corp.'s input to explore possible scenarios and asks Catalyst what the benefit to Sliammon is in supporting this project.

3) Mark Lammers, Superintendent of Unitech & Fereydoun Dabiri of DNA attended Council about the new Government House and other projects for Sliammon.

The purpose of the meeting is about the construction schedule falling behind on Government House. Fered also wanted to discuss two other projects besides Government House. They are the residential subdivision and wastewater treatment plant projects.

a) The Government House project is on budget. However,

the scheduling side of the project is off-track. The local contractor was not taking appropriate action to be in line with the schedule and a set of action plans were established to increase the on-site construction staff. The update is that the public area will be ready for opening day, but the office area will not be functional.

b) Wastewater Treatment Plant - DNA is trying to keep the total cost under the \$10 million because of funding authorities at AANDC. Anything over \$10 million must be approved by Ottawa and it takes longer. Fered outlined steps to completion and what is included in the project. The Klahanie hook-up will be later as Klahanie's \$1.2 Million costs are exempted from the project and SDC is aware of this. But, DNA will set up preliminary steps to complete Klahanie hook-up. Tenders close Dec. 16, 2015 with the project beginning in Jan-Mar 2016. There are no issues, except the \$10 million cost is subject to BC Regional approval and the aim is to look for efficiencies to keep the project under the cap. The plant's capacity will accept 20 years more of community growth and the operation should last 35 years.

c) Infill lots were discussed. This is a part of the proposed sub-division and it is on schedule and below budget. Council has provided the Sliammon portion and there could be some savings. Council talked about paving the health parking lot. More discussion will follow with the exact details on the placement of a parking area.

4) Paul Cummings, Kathaumixw Academy coordinator attended the meeting to talk about the upcoming Choral Concert. The idea of a newly-carved totem pole as a prize for the winning choir has generated applications from choirs around the world. Interest has increased worldwide as there are twice as many applications as there were last time. The proposal for a new pole includes constructing the 2015 pole a little taller this time. Paul explained the expenses involved in getting the pole to its winning home. Kathaumixw's hope is to raise \$14,000 for the 2016 project. Paul asked for SFN support for the 2016 event. Clint proposed a donation of \$2,000 from Sliammon Council and the donation was approved by consensus.

5) Mac Fraser, City of Powell River – Mac says that Council responses can be delivered to Ray Boogaards on the Regional Recreation Study via email to expedite the process. The city needs to receive input from Sliammon leadership.

6) The A-in-chut Business Group Business presentation included Mike Bonshor, Brent Palmer (gravel operations guy) and Roop Virk. Kelly Rankin attended on behalf of SDC.

First Rock LLP is a venture started to do business and partner with First Nations on natural gas and quarry projects. The aggregate sector provides revenue, investments, training and employment opportunities. Mike spoke about investment opportunities and how First Rock is looking for receptive communities to do 50/50 joint ventures.

Clint doesn't want to see a business plan just yet, but wishes to know if the Sliammon area has the right type of rock for First Rock's purposes. First Rock requested Sliammon to express their interest in a joint venture. Clint suggests that we conduct some inventories on Sliammon lands. Also, Clint recommended that Kelly Rankin may be instrumental in liaising with the venture companies and the First Rock representatives on this exploratory work.

New Business

Finance/ Admin/ Audit: XMAS Office Hours:

1. Staff will work on Dec. 24 and the office closes at noon. Office opens on January 4th. Office will close the week

between Boxing Day and New Year.

2. Christmas gift money to each member was discussed. Council decided to do electronic transfers to members at \$50 per person.

3. Christmas Staff Dinner is Friday, Dec. 4th at the Lund Hotel.

4. XMAS Community dinner is Friday, Dec. 18th.

5. Urban dinners were discussed. It was asked if Council should set parameters for who can attend urban events. Victoria dinner attendees who live outside Victoria will get a mileage stipend.

Social Development: Discussion began on December and January Income Assistance cheque issues. Social Development office will do the same as last year – two cheques for January. Clients can choose to pick up half a cheque before Christmas or get the full amount before January 1st.

Education:

1) BCR 2015-42 Re: Councils permission to share a copy of SFN LEA with AANDC. Discussion on how to go forward under treaty and how TFN will coordinate education and certain contracts that were signed under the name of Sliammon FN.

Motion to approve the BCR 2015-42 made by Eugene and seconded by John. Carried.

2) Education committee meeting needs to be scheduled. Louise is in charge of minor issues circulated via email. However, bigger issues need to be brought to a face-to-face committee meeting.

Housing:

Walter had a discussion with Paula about issues such as house arrears, maintenance, under and over-housing community members, etc. There were suggestions about how to engage the final non-compliant tenants who are not adhering to the rental policy. As yet, no response has been received from Paula's email requests to uncooperative tenants. Walter gave the details on the different houses under review. Rod asked for direction from Council on resolving the hard cases in an effort to move forward to full rent compliance.

Council supports the work done by the staff in the Housing Department and supports the exploration of options to improve the situation with the files that remain outside of policy. Suggestion is to have people meet individually with the Housing Committee and have a mutual discussion.

Fire Department: The fire hall is wired. It needs insulation and dry-wall before the final touches.

Forestry:

1) SDC met and Elders firewood distribution is now complete.

2) The allowable cut's lump sum volume has been approved for 2016. There will be no going back repeatedly for approval next year.

Culture:

1. The Sliammon beach totem pole still needs refurbishment with addition of its wings. Chief said there was a prior agreement to complete it and the carver did not come this week as expected. The Council will not pay beyond the amount already forwarded to the carver.

2. There is a need to find a designate to coordinate future funerals. There was discussion on developing a one-page instructional brochure. It would include the traditions that should be strengthened and supported. Council hopes to set aside one day for an information session with the EI-

SFN Chief and Council Minutes

November 5th, 2015

Town Center Boardroom

CONTINUED...

ders so that the proper protocol can be observed.

Youth: Leadership Group requests funding for the 2015-16 activities.

Motion to approve the proposal for funding \$14,400 to the School District made by consensus.

Board & Committee Liaison Reports

Lands & Taxation:

Lands 1) BCR 2015-35 is for granting replacement interests and for Council to give authority to Cathy to continue with all notices. Discussion began on examples of granting easements on private lands.

Motion to approve BCR 2015-35 made by Walter and seconded by Eugene. Carried.

Lands 2) Approval of 3 Lot Surveys – all BCRs are similar (not road building)

BCR 2015 - 38 regards a primary tenant and sole occupant for property at 5076 Highway 101, which is a Certificate of Possession holding. It was asked who is responsible to build a road to the house?

Discussion began on the existing land base, home ownership and who may build in the future. It is suggested that all 8 names listed on a CP go on a BCR instead of just one name of the person who occupies a house.

Motion to approve BCR 2015- 38 made by Gloria and seconded by Shawn. Carried.

Motion to approve BCR 2015 - 39 made by Walter and seconded by Dillon. Carried.

Motion to approve BCR 2015 - 40 made by Walter and seconded by John. Carried.

There was discussion on the land and the driveway.

Discussion on the survey of homes and whether the survey was complete or not complete before each house was built.

Lands 3) BCR 2015-41 regards the Tla'amin Store lease with the Blaneys and approval is needed by Nov. 23, 2015.

All leases have been settled except for one and that one dispute may go through the courts. SDC is responsible to deal with outstanding Klahanie leases.

Motion to approve BCR 2015-41 made by Gloria and seconded by Larry.

Lands 4) Discussion began on the GWS investigation and PQRA for the former Klahanie Gas Bar site and now a project that is being done by AANDC and Council reviewed the issue of awarding the project to Teranis. It will be Tla'amin Governing Body's responsibility to tender all projects after effective date.

Sliammon Health Board

1) Marlane's request for Council's feedback on a leadership 'Talking Circle' to focus on Transitioning Tla'amin Elders into Residential Care Off-Reserve is that Council will decide by email on a date for the focus group. SFN should include Inclusion Powell River and Clint will send an email to everyone.

2) Sandra Tom will champion the project now that Cynthia Jamieson is gone.

Sliammon Development Corp: [Rep - Brian] Kelly gave an update on the board meeting – 2016 plan for Thichum Forest Products' allowable cut. Seven lease renewals were done and three are vacant.

Lund Hotel lands updated and RBC is on board with mortgage consents for all who are on title.

Ocean Protein partnership progress report indicates 4 of



Xmas Crafts at the Kids Funday, November 2015

7 oyster leases are in production. SDC would like to conclude the partnership due to non-achievement of goals. The area is an oyster tenure owned by SFN. Geoduck tenure is there, but there is no license.

Clint mentioned cooperation agreement with China – the agreement signed by Dave Formosa. Mr. Lu proposed a relationship and has purchased the bluffs by Catalyst.

Nautsa'mawt Tribal Council: [Rep - Clint]: Nov. 16-19 – Joint Gathering 2015 (emerging issues conference through Nautsa Mawt Tribal Council) Clint will attend the Joint gathering in Vancouver. Paula wants to go to the housing portion of that meeting and Walter is interested in going.

REEC – Hatchery has sandbags from last year. Shawn says get one additional skid of sandbags, as they are free.

Chief's Report

1. PRSC jointly posted an open house session with Island Timberlands regarding the Trees. Green Heart Environmental Protection Group wants to buy some trees.

2. Hummingbird Cove tour took place and they are keen to do business with Sliammon. 8 people work out there and the business is partnering with the China aquaculture project. The CEO is looking for a Sliammon letter of support for water tenure for long-line scallops. Craig and Kelly will address this issue.

3. Lands Committee met.

4. Jay Sutton purchased Sigma water licenses and the area is being reviewed for a potential IPP venture. If there is anything there, they will partner with Sliammon.

5. Brooks Remembrance Day ceremony will be attended by Eugene.

6. Clint will attend the Dwight Hall Remembrance Day ceremony.

7. Catalyst G13 is having an Open House at the mill on Nov 25. Clint doesn't know anything about the details. The last payment has been received and 10 megawatts seem like a lot. It's thought that there should be a discussion.

Other Business

1. Land Advisory Board – LAB Directorship is vacant. Sliammon Council supports Chief Chapman in BCR 2015-36

Motion to approve BCR 2015-36 made by Eugene and seconded by John. Carried.

2. BCR 2015-37 – Specific Claims Work letter to engage for 2016-17

Motion to approve BCR 2015-37 made by Eugene and seconded by Shawn. Carried.

3. Gwa`Sala – Nak waxda` movie – Eugene talked about the movie that played at Patricia Theatre and afterward he talked to some Chiefs from Port Hardy. The Chiefs would like to have more dialogue with Sliammon. Clint thinks it is a good idea.

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

Meeting adjourned at 4:38pm.

Tla'amin Archaeology

Update on the Tla'amin-SFU Archaeology Project



Stone fish traps at Sliammon Point (V formation), photo by Georgia Combes.

By Megan Caldwell and Chris Springer, SFU Archaeology

Between 2008 and 2012, the Tla'amin-Simon Fraser University Archaeological and Heritage Resource Project undertook archaeological investigations at sites throughout Tla'amin traditional territory. The project has focused on many aspects of Tla'amin history and ancestral Tla'amin life ways.

We have studied marine resource use and management, habitation locations and patterns throughout the territory, and focused intensively on a few key sites including Kleh Kwa Num and Cochrane Bay. Two Masters theses and one PhD dissertation have now been completed as part of the project, with one more Masters and two more PhDs currently underway.

Ranging from Lang Bay in the south, to Desolation Sound in the north, with excursions to Ahgykson, Savary, Hernando, and Cortes Islands, we were able to visit and record Tla'amin history throughout the territory. Since then, we have been hard at work analyzing all of the information obtained through excavation and survey to understand it better.

One component of the project was to document marine resource management – fish traps and clam gardens – throughout Tla'amin traditional territory. To do this, Georgia Combes took photographs from helicopters during two different extreme low tides. From these photographs, combined with survey by boat and foot, we were able to identify the location of 61 traps and 39 clam beaches within the territory.

The traps are built of stone or wood, and take one of 10 forms – including those shaped like hearts, like hooks, and like “Vs”. Both the number of these features, and the fact that they can be found almost anywhere a person looks, suggests to us that ancestors built, maintained, and used these features in order to catch fish and to harvest clams.

In fact, by looking at the remains of food that the ancestral Tla'amin people ate, which we excavated from sites throughout the territory, we are able to identify that a suite of fish and shellfish were harvested that are still important resources today: herring, salmon, rockfish, lingcod, littleneck clams, butter clams, cockles, mussels, and urchins. Lots of other types of fish and shellfish were also identified.

While we do not know the age of the stone traps, because we have 3,000 years of evidence of ancestors using these resources, we suspect that the traps are quite old. The wooden traps have been radiocarbon dated and are all between 100 – 500 years old. Although these dates are recent, we suspect that the wooden traps were likely around much longer as well.

The ancestors lived and camped throughout the territory, and the evidence for this is clear in the abundant number of shell midden villages and campsites that can be identified. We have worked at many of these, sometimes just to map how large they are or to collect samples to date the age of the site, and at other times to open up large areas to understand how people lived at these villages.

What we have discovered by doing this is that people were living in the territory as early as 7,000 years ago, and likely before then. People lived close to the water and built villages that were lived in continuously for thousands of years, the remains of which are visible along the coast line today. More recently, people also sought protected places. This is likely associated with increased warfare from neighbours both to the north and south.

For example, the village located at the head of Okeover inlet is at least 3,500 years old, while a defensive location situated on an elevated terrace adjacent to the site was used within the last 400 years. Similar defensive locations have been identified throughout the territory and date within the last 500 years. These locations include the gully just south of Gibson's Beach, which has been identified by Tla'amin Elders as a place where the ancestors camped out and protected themselves against raiders.

Megan Caldwell will be presenting on some of this research, with a focus on the marine resource features, on Wednesday, December 16 at 1:00 PM in the Tla'amin Health Centre Board Room. Come out and learn more about this exciting research!

Fish Traps, Shell Middens, and Marine Management in Tla'amin Territory

by Megan Caldwell
University of Alberta

Presentation of archaeological research conducted as part of the Tla'amin-SFU Archaeological and Heritage Resource Project

Wednesday, December 16, 2015

1:00 PM

Tla'amin Health Centre Board Room



SFU-Tla'amin field school students excavate the village site at Cochrane Bay, photo by Megan Caldwell

Sliammon Annual Drug March 2015

Community Day Of Action Acknowledgement and Appreciation

By *Chegha'jemixw, Chichiya and Kevin Blaney*

We, Elizabeth and I are very impressed with the Annual Sliammon Day of Action and Drug March November 19, 2015.

Bringing light to a social issue which plagues our people regionally and nationally. We know in large part of the root cause and though this "Day of Action/Drug March" we take our power back as community to break this cycle. What was shared that evening and the attendance of our "YOUH" was another healthy step forward.

I raise my hands to my son, Gerald Blaney, who has dedicated his professional life with Tla'amin Health for over 16 years working with these issues and just recently accepted the consolidation efforts with Community Day of Action (2009) 6 years ago and the Tex'amy (Cedar Group) which are legacy programs.

Contributions and Solid support from:

- Native Justice Program: Pizza's and cake with Sliammon and RCMP Logo.
- Tla'amin Convenience Store: Blanket w Native Logo to honour Gerald Blaney
- Tla'amin Health Addictions Program: Guest Speaker – Randy Tait from Nisga.
- Tla'amin Health Staff: Shirley Louie, Curtis Smith, Candice Galligos, Judy Mitchell.
- Sliammon Band Council: Door Prizes – 2 Tablets and 1 Laptop
- Social Development: Setup/Clean up

Also in attendance was local PR RCMP in partnership and assisting in the relationship building amongst all supporting this event and processes, and completing the shared circle was a very inspirational talk by Randy Tait (good spirit) from Nisga.

It was another successful Annual Drug March/Community Day of Action.

Emote's Qui hegun!!



Tla'amin Dictionary Project Language Update

By *Betty Wilson*

We recently lost another valuable fluent speaker and dear friend with the passing of Dave Dominick. Dave had contributed a lot over the years and he will be greatly missed.

I think my last report said we had gathered about 350 words and phrases. Over this last weekend and time spent with Elsie we archived at least another 200 words and phrases. It was a difficult weekend so with a lot of noise from the construction site. Devin is working hard to edit out extra sounds. For a while there we also had no heat and no bathroom facilities!! Everything got fixed though and we seriously began to work.

Visitors: Dawna Pallen and Evie Tom. Dawna spent the whole day with us and Evie spent a couple of hours. It was great to have the ladies as every visitor gives a different perspective and it also gives one a clear picture of what we do.

Early in October Marianne, Su and I went to Klahoose to work with Herman and Eva Francis. We were treated royally with clam chowder and fresh crab and yes we did get quite a bit recorded!

We began to look at using the English phonetics to go along with the orthography that we are using. It involves hundreds of extra hours of work as we have certain ways of using the vowels. Su Urbanczyk mentioned that there is someone working with the

University of Victoria that could come up with a systematic translation to the English alphabet. Marianne will speak to the supervisor of this project, Dr. Henry Davis to see if we can access this resource and how much it would cost. It would certainly help us to continue to focus on archiving the language which we desperately need.

Alanna from Komoks, has organized two orthography workshops for community members. Su stepped in to give the workshops to community members. Kudos to the two ladies and the community for their interest.

Later I will send a written draft of what we have done to the 3 communities - Komoks, Klahoose and Homalco. We still need to go back and make sure that the spelling and the words/phrases heard are the same. There is a lot of cross checking and verifying involved.

If anyone is interested in sitting in on the sessions, please feel free. I usually book with David Louie to use the Cultural building. We are still working out the kinks but everything is coming along fine.

I really do not mind people talking to me and giving me ideas. We do not have an official paid position for the administration of this program and it requires that everyone work together. People can volunteer but it would be good to know when they are available so that we all benefit for the time that Marianne is with us.



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ANNOUNCEMENTS

Leanna Tom 1

Do i look old? Lmao

HAPPY 25TH BIRTHDAY TO OUR DAUGHTER & SISTER (DEC. 3).

Today we celebrate you. Our wish for you is a better tomorrow that is full of promise and hope. Our wish for you is happiness and to get a taste of good things. Let us dance. Life is a sweet journey. It is too short a dance. Our spirit will always follow every step of yours.

Love and Kisses, Mom, Dad, Bros and Sistas!

**May the Spirit of Christmas
Be with You**

Peace On Earth

Best wishes from Sliammon Band Office
and the Sliammon Administrative Staff

*May this Christmas end the present year on a cheerful note
And make way for a fresh and bright new year
Here's wishing you and your family a very Merry Christmas
And a Prosperous New year
Best wishes to you and your family for a happy holiday season!*

*From Staff, Management & Board of Directors
of Sliammon Development Corp.*

Sliammon Culture Programs

Culture programs will be on break from December 17, resuming January 5.

CARVING
Thursdays
6:00 to 8:00pm held
Instructor: **Charlie**

BASKET WEAV
Thursdays
3:30 to 5:30pm held
Instructor: **Dorothy L**

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.