



NEHEMOTL ^{“US”}

March 2016

Community News | Events | Updates for the Sliammon People

Celebrating the Effective Date of our Treaty

You are hereby formally invited to join us as we celebrate the transition of the Tla'amin Nation into self-governance.

Saturday, April 9th, 2016

Pole Raising

9:30 am

*Tla'amin Government House
4779 Klahanie Road
Powell River*

Main Celebration

11:30 am

*Evergreen Theatre (Complex)
Powell River
Appetizers following event*



Please RSVP with Sliammon Treaty Society
(604) 483-4427 or toll free 1-877 483-4427 by Friday March 25th.

Chief Negotiators Message

Closing in on Effective Date



Roy Francis

Effective Date is now a short five weeks away. The preparation work to reach Effective Date is moving along very efficiently. Our community working groups have completed a set of 15 laws for review at a special session of Chief and Council held February 8 to 10, 2016. Each of the laws was presented; and very thorough discussions took place over the three day sitting. In the end; and all of the laws were approved in principle. The laws are now poised to be brought into effect on April 5, 2016.

The new laws will replace the Indian Act. Our laws will become the legislative basis for governing our nation, managing our lands, and ensuring stability and accountability for our finances. Our laws were built based on our own Constitution, and the authorities set out in the Tla'amin Final Agreement. Our laws are our own; built by Sliammon people for Tla'min people. Our Nation is on the verge of becoming self-governing.

On February 11, 2016 our administration staff participated in a "change management" workshop hosted by the local chapter of the Vancouver Island University. The workshop was very well attended, and received good reviews. The workshop introduced Tla'amin staff to the dynamics of change. Our staff will be experiencing very significant changes in the near future. Our Nation is in the process of building a new Government House, our staff will be moving out of a very old building; and into a welcome new facility. Our organizations are going through a re-structuring process, and new changes are underway. Changes can be stressful and difficult; but our goal is to work through those changes as smoothly as possible.

On April 9, 2016 Tla'amin will be hosting an Effective Date celebration. The celebration will be organized in two parts. The first part of the day will be in Sliammon; and will take place at our new Government House. We will be launching a ceremonial opening for our new facility. We want to invite and encourage our membership to attend to witness the exciting and historic event.

The celebration will then move to the Powell River Recreation Complex. The Complex will accommodate a much larger number of attendees than we can seat at our own Salish Center. The event will be attended by representatives from Canada, British Columbia, BC Treaty Commission, First Nations Summit, the City of Powell River, the Regional District, and our neighboring First Nation members. We are expected large number of guests to help us celebrate a very exciting event. We want to emphasize that the celebration is about Sliammon; and are encouraging a strong presence from our membership. Seating will be limited, and our organizing is well underway. Tickets are being prepared; and people wishing to attend will be asked to have a ticket.

Our community members can expect to get details on how to get a ticket in the very near future. Please stay tuned, or feel free to contact our office at 604 483-4427.

We have some very exciting times in front of us; and we are looking forward to seeing you all at our truly historic celebration.



Chief Clint Williams and Legal Counsel Murray Brown



Lands Community Working Group discuss permitting processes



Council members undergo law development review

5 WEEKS TO GO!

Final countdown to Self Governance



March is Nutrition Month Across Canada!

Marking small changes on meal at a time: 100 meal journey is this year's theme. We all know that healthier eating has many benefits which include feeling good about yourself, more energy and better health. But making changes and sticking to it can be very challenging; the secret to making lasting change is keeping goals small and achievable. We at Tla'Amin Community Health would like to encourage you to participate in the five week journey of change.

Week 1: Get ready

Pledge to make a small, nourishing change and stick with it, one meal at a time. Examples of change could be filling more of your plate with vegetables or drinking water in a place of sugary beverages, like pop. Once you have chosen what change you'd like to make, get your kitchen ready for action by making sure you remove unhealthy foods and stock up on good-for-you foods. As well, think about changing your eating environment by putting a bowl of fruit on the kitchen counter or placing cut up veggies in your fridge at eye level.

Week 2: Quality counts

When it comes to food choices, quality counts. Take small steps this week to bump up the quality of your meals and snacks. Jump-start your day by eating a good breakfast, pack leftovers that have been reinvented for lunch, flavor your dinner with fresh herbs and spices rather than using processed sauces and additives.

Week 3: Prioritize portion size

When it comes to healthy eating, how much you eat can be just as important as what you eat. Use smaller, lunch sized plates and bowls for meals to prevent overeating and if still hungry have second portions of veggies. Put large glass of water on the table during meal times to encourage drinking more fluids. Keep nourishing snacks on an eye-level shelf in the fridge or cupboards so something healthy is the first thing you see. Put high-fat, high-sugar treats into the back of the fridge or cupboard. Out of sight, out of mind!

Week 4: Try something new

Avoid fast food and eating out at restaurants and try making something new. Get your family involved and have a family taco night or salad bar.

Toss silvers of raw purple beets onto a salad dressed with homemade lemony vinaigrette sauce. Don't know what to prepare, we can help with ideas!

Week 5: Make it stick

We all have challenge that can sidetrack our health eating plans. Some strategies to help your small changes stick include making sure you have healthy snacks ready to go in the fridge, making a big batch of stew or chili on the weekends or so you can bring leftovers for lunches or have as dinner during your busy week, instead of nibbling on snacks take a brisk walk.

To register for the five week challenge, please connect with Kim in person or via phone at 604 483-3009 ext. 283 or Sandra in person or via phone at 604-483-3009 ext. 224 prior March 8, 2016. We will help you identify a small manageable change that you want to work on and work with you over the five weeks to help you stick with it.

In addition to the five week challenge, we will be providing the following healthier eating events at the Tla'Amin Community Health building during March.

March 8th 11:00-12:00: Elders Group: How to make healthier choices (lunch to follow presentation)

March 10th Ahjeeyit Chi Chuy Prenatal/Postnatal Program: baby food making lesson

March 10th 11:00-12:00 Tuximuy Group: Nutrition Basics (lunch to follow presentation)

March 15th 5:00-7:00 Healthier eating for youth and families. This event will include dinner and door prizes!! Both children and their parent/s must attend to participate. Please confirm your attendance with Shirley or Tyler at 604-483-3009 ext. 227 or with Kim at ext. 283

As spring approaches, it is time to consider making small changes in how we care for ourselves and others; learning how to prepare and eat healthy foods is an important piece of this. Nutrition month is about both decreasing food quantity and increasing the quality of what we eat. One small step at a time....Hope to see you at this month's events

Kim Markel, RN

Chronic Disease Care Coordinator

Jeh Jehm Circle of Care

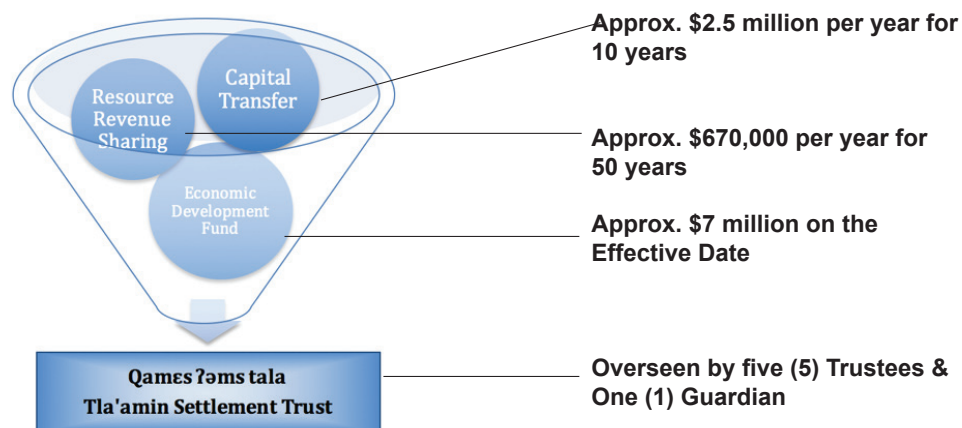


Phillip and Randy Timothy with Alvin Wilson

Update on the qamεs ʔams tala Tla'amin Settlement Trust

As we have reported a number of times to the Tla'amin community, Section 87 of the Tla'amin Constitution requires the Tla'amin Government to establish one or more settlement trusts to preserve and protect the Capital Transfer and the Resource Revenue Sharing amounts within the Tla'amin Final Agreement. As a result, the Finance & Programs Community Working Group (CWG) worked with lawyers throughout 2014-2015 to prepare a trust deed the qamεs ʔams tala (our money is put away safely) Tla'amin Settlement Trust.

The figure below illustrates the monies that will go into the qamεs ʔams tala Tla'amin Settlement Trust. The Economic Development Fund (approx. \$7 million) will be paid in full on the Effective Date, the Capital Transfer will be paid into the trust over 10 years, and the Resource Revenue Sharing will be paid into the trust over 50 years. While the estimated net present value of the monies to be paid into the trust is about \$54 million, the trust will only receive about \$10 million on the Effective Date.



Decisions for how the trust is managed will be made by trustees. For example, the trustees will decide where and with whom investments are made, and when and where disbursements (i.e. withdrawals) are made. However, trustees are legally obligated to abide by the rules of the trust deed, and the trust deed spells out the criteria (e.g. qualifications) for trustees and how they are appointed.

The trust deed requires the appointment of a Guardian of the trust. The Guardian operates at arms-length from the trustees and has a legal duty to act in the best interests of the beneficiaries. The Guardian has powers described in the trust deed and is responsible for appointing and removing the trustees.

The trust deed establishes reporting requirements that require the trustees to regularly report on the management of the treaty funds within the trust and the performance of the investments. There will also be an annual meeting called the Tla'amin Trust Community Meeting where the trustees would report to the beneficiaries (i.e. Tla'amin Citizens), table new business, answer questions, and address comments and concerns.

Chief and Council will appoint the initial Guardian for a 6-year term and the initial Trustees to staggered terms for a maximum of 4 years. After their first term, the Guardian will be appointed by Tla'amin Citizens at a Tla'amin Trust Community Meeting, and the Guardian will appoint the Trustees.

The Finance & Programs CWG understands there may be some confusion about the trust, so we have put together a number of questions and answers that we hope will help the community understand what the trust is about.

1. Will Tla'amin Citizens be receiving a dividend from the trust?

No. Trustees will not be permitted to make per capita payments (i.e. dividends) to Tla'amin Citizens from the trust. This would go against the core purpose of setting up the trust to preserve and protect money for current and future generations. A per capita payment would reduce the amount of the trust funds in the trust. Other First Nation communities have made per capita payments to their citizens from their trusts and, in some cases there has been pressure to continue those payments to citizens. Also, there are examples from other First Nations where large per capita payments have made social and health problems worse for some members of those communities.

2 Will Tla'amin Elders be receiving money from the trust on Effective Date?

No. The Tla'amin Constitution requires the money goes into the trust, and the Trustees will decide how and when money is disbursed from the trust. However, it is permitted under the trust deed for funding to be disbursed to a class of beneficiaries (e.g. Tla'amin Elders that are Citizens).

3 Is there a limit on how much of the trust capital that can be spent?

Yes. Preserving and protecting the capital balance (the amount of cash originally put into the trust) of the trust funds is one of the main reasons for establishing the trust, and it is one of the requirements of the Tla'amin Constitution. The trust deed has a rule that limits the amount that can be disbursed (spent) from the trust capital.

4 How do Citizens access money from the trust?

Over the next several months the Trustees will be developing policies and procedures with help from legal and financial advisors for how they will receive and review applications from Tla'amin Citizens. The Trustees will communicate to the Tla'amin community how Citizens will be able to access funding from the trust.

Development Corporation

Message from the President



Erik Blaney

This article is written to update you on the activity of your development corporation. I hope to provide regular updates in this format. At the Sliammon Chief and Council Law Review, held February 8 to 10, 2016, Chief and Council approved in principle the Economic Development Law. Corporate restructuring has begun to minimize taxation,

own source revenue offsets, and liability of the Tla'amin Nation. Changes were also proposed for the governance structure, including the transition from community elected directors to directors appointed by the Tla'amin Government. The proposed changes include an economic development structure that is similar to what some Maa-nulth First Nations have implemented. If you are interested in discussing the new law and Economic Development Agreement contact the Economic Development Manager at 604-483-7777 or kelly.rankin@sliammondevcorp.com.

Over the next month leading up to Effective Date the Sliammon Development Corporation (SDC) will have new positions to be filled in the fields of property management and corporate accounting. The Lund Hotel will begin hiring soon for the 2016 season. Please watch for job postings and drop off resumes at the SDC office (located in the Salish Centre). Kelly Rankin, Economic Development Manager of SDC, has been with us since February 2015 in the position. Call or drop by the SDC offices if you would like to meet him or discuss any business ideas. We have kept him very busy in the past year with the Sliammon Creek hydro electric project (featured in the February edition of Neh Motl), co-managing the lands held in the PRSC partnership, renewing residential leases, reviewing the Nation's aquaculture operations, and preparing business plans for new ventures, amongst other tasks. He has also been helping prepare for Effective Date by collecting consents to add the Lund Hotel lands to Tla'amin Lands to allow the Nation to receive the property taxes paid by the hotel and replacing the pre-paid residential leases. We will next have him working hard to lead the revitalization of the Lund Hotel. This past month SDC and SFN's Tax and Land department has conducted archaeological impact assessments. The assessments were conducted on four residential lots located on Klahanie Drive that will be developed soon. Three of these lots have been sold with one remaining for sale by SDC. There are three registered archaeological sites registered in the vicinity. Results of these assessments are pending at the deadline for submission of this update. The residential lots will be transitioning from federal jurisdiction to Tla'amin Nation and provincial jurisdiction on Effective Date. The lands surrendered for leasing will be transferred from the Nation to SDC and subject to Tla'amin laws and regulations. The British Columbia building code will also apply. The Tla'amin Lands Office will be issuing development and building permits and determining property line setback requirements similar to any municipality.

Youth Services Workshop

Gerry Brach, M Ed., Registered Clinical Counsellor
Brooks Counsellor/ First Nation Leadership Coordinator

Navigating through various community services and career opportunities is not easy. Tla'amin Health Youth Wellness Coordinator, Tyler Peters is well aware of this fact so he decided to make things easier for First Nation Brooks Secondary School students, by organizing a Youth Services Workshop for them at Brooks.



Fernando Menendez and Sgt. Karmali with the Canadian Armed Forces

Over 45 students had the opportunity to hear nine presentations from different organizations. To make things more interesting at each presentation, each student had their passport stamped so it could be entered into a draw. Grade eight student, Dakota Gustafson thought the two hours spent at this event was well worth it. "I liked this event because it was educational and it helped to prepare me for my future. I am not sure what I want to do when I graduate, but this event gave me lots of ideas to think about."

Tla'amin Elder, John Louie spoke to the group encouraging them to take advantage of the various supports available to them; whether they are in a negative or positive situation. "The main idea I was trying to get across is don't be afraid to ask for help. Don't be shy or afraid to ask for help as there are a lot of groups and individuals willing to assist you."

Students who participated in this event had the opportunity to create an Idea Tree, by indicating what future services they would like to see in our community. They were also able to provide feedback on the various presentations that they attended.

Paul Curtis, an advisor with North Vancouver Island Aboriginal Training Society was happy to travel from Campbell River to be at this event. "Brooks is a beautiful School and I appreciated the opportunity to provide information to First Nation students and to answer any questions that they had about the services we offer." Paul went on to add that his organization works in a partnership with Sliammon and they are available to assist with further training opportunities once students graduate from high school.

Sgt. Karmali with the Canadian Armed Forces loves coming to our community and talking with Sliammon youth. "The Sliammon community has always been very welcoming and supportive of our military programs such as Bold Eagle, Black Bear, Raven, Aboriginal Leadership Opportunities and the Canadian Forces Aboriginal Entry Program."

Principal Jamie Burt likes to see events like this hosted at Brooks Secondary School. "Workshops like this provide a great deal of meaningful information to our students and they help me to stay informed about First Nations supports and services."

Event organizer, Tyler Peters was very pleased with how the morning workshops turned out. "It was great to see all the different organizations who provide services to our youth come out and explain what supports are available. I would like to thank Brooks Principal, Jamie Burt for his cooperation with this event, Brooks First Nation Leadership Group, Devin Pielle and Trisha Hollingsworth." This event was made possible through a generous grant from VIU – Powell River Campus.

The nine participating agencies were: VIU-Powell River, Sliammon First Nation, Career Link, Canadian Armed Forces, North Vancouver Island Aboriginal Training Services, Vancouver Coastal Health Youth Clinic, Powell River Child Youth and Family Services Society, Powell River Education Services Society, School District 47 (Brooks Dual Credit Program).

UBC students from the School of Community and Regional Planning: Youth Workshops Aimed at Developing Leadership Skills

A message from Kelsey and Shauna,

We are over halfway through our practicum. The three areas we have been working on are:

Reflecting on the Comprehensive Community Plan

Youth Strategy

Communication Tools for Self Governance

So far, we have met with most departments to talk about Tla'amin's Comprehensive Community Plan, and reflect on where the community is at. Everyone in the community is welcome to attend the CCP Open House in March. Here, we will reflect on the planning process that was completed in 2007, and celebrate what the community has accomplished.

We have run three workshops with youth in the community, and are planning on holding one more during March Break. Stay tuned in March for more information about this workshop!

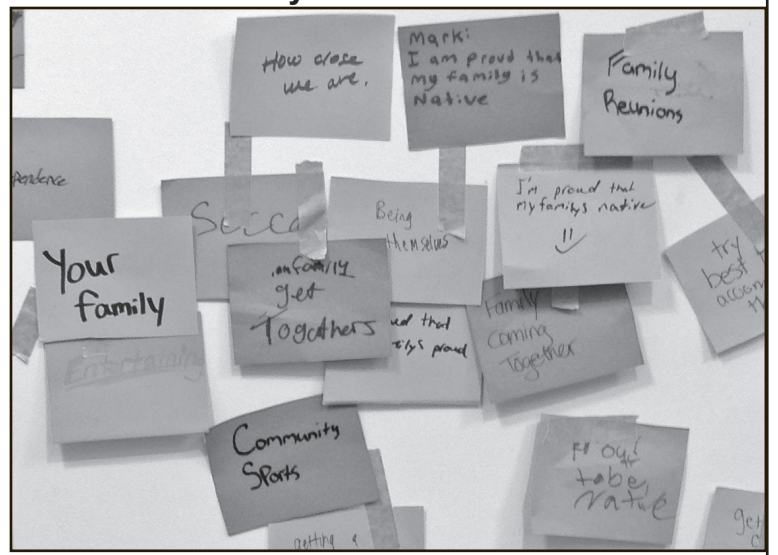
These workshops are aimed at leadership skills, as well as working with youth to develop a plan for how they want to be involved and heard in the community. It has been great hearing from the youth about their vision for the future.

Finally, we are creating some pictures and graphics that will help communicate some of the changes that will be coming after Effective Date - for example, how do you become a Tla'amin citizen?

We have really appreciated our time here so far, and thank everyone for welcoming us into your community! We are looking forward to the next couple of months.



Team building exercises like Jacobs Ladder are fun for the youth



Let's Be Safe

Community Awareness and Be Safe Workshop Salish Centre

Wednesday, March 23, 2016

There will be presentations on Emergency Preparedness, Bikes, Community and Pet Safety

Come out and learn how get your family ready for 2016.

Speakers start at 10:00am with a light lunch at noon.

WIN Bikes, gift cards and certificates.

Everybody Welcome

TLA'AMIN HEALTH

Healthy Happenings

*A regular update By Sandra Tom
Interim Executive Director of Tla'amin Health*



Sandra Tom

March is Nutrition Month

Looking forward to Spring – brighter days and longer days for more outside time to be more active. We will continue to put focus and awareness on healthy eating habits and the importance of physical activity. This is taken from “My health my community” Powell River Community Health report. I thought it was good awareness for us to strive to put into our daily routine.

Healthy Behaviours contribute to maintaining physical and mental health, and reducing the risk of chronic conditions such as heart diseases, diabetes and stroke. Recommended lifestyle behaviours include (but not limited to) consumption of 5 or more servings of fruits and vegetables per day, limiting harmful alcohol consumption, avoiding smoking, exercising moderately to vigorously for 150 or more minutes per week and reducing screen time and other sedentary activities .

march national nutrition month



“Eat well and be active”

Sandra Tom/Acting Executive Director

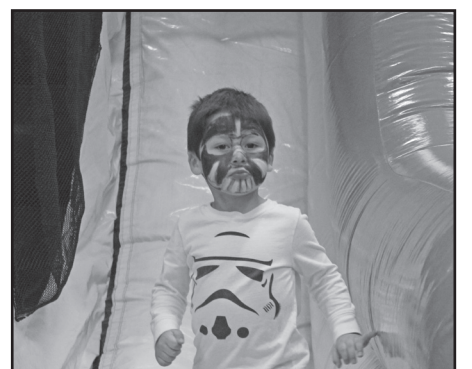


Pictured: Judy Mitchell, Randy Tait, Nina Peers

Valentines Day Dance

Randy Tait is a gifted artist & motivational speaker. He came to Sliammon to speak at The Valentine's Day Dinner. His topic was “Honouring Yourself”, life beyond addictions & suicide ideation; how to help loved ones who are struggling. He presented Tla'amin Community Health with a whale carving. It has been placed in the glass cabinet at Health.

Family Day with the Kids



Elders Corner

Activities for the Elder Day Program for the month of March.

Tuesday, March 1st: No EDP

Tuesday, March 8th: EDP Presentation from Shauna Johnson regarding Self Governance

Tuesday March 15: EDP presentation from Jean Jamieson from the Cranberry Seniors Center

Wednesday March 16: Language Circle at Cranberry Seniors Center

Tuesday March 22: Community Luncheon, everyone invited!

Wednesday March 23: Language Circle at Tla'amin Community Health

Friday March 23: Good Friday, Center is closed

Monday March 28th: Easter Monday, Center is closed

Darron Cound/Elder's Coordinator

PROGRAMS & SERVICES



- **Complex Activities**
 - Tuesday Daytime Swim/exercise 8am-3pm
 - Thursday evening Swim/exercise 6:30-8:30pm
- Info about Sweat Lodge phone John Louie Ext 232

- **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!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01 -Self Care @ Complex 10-12pm Swim/Exercise/Workout	02 -Women's Hydrotherapy 1:30-2:30pm -Parent Education & Support Group 10:30-12pm -Ball Hockey 6:00-7:30 @ Salish Centre -Grandparents Support Group 5:30-7:30pm -Button Blanket 5-7 @ CDRC	03 -Cultural Vests&Shawls Register with Sally. L -Toonie Skate 3:30-5pm meet @ CDRC -Prenatal & Infant Tot Group 11-1pm @ CDRC -Social Craft Group 10-2pm -GFB \$\$\$ Due	04 -Cultural Vests&Shawls-Register with Sally. L -Aquacise Class 1:15-12pm -Walking Group 11-12 @ Salish Center (Gym)	05
06	07 -Men's Hydrotherapy 1:30-2:30pm -Primary Care Clinic Closed -Girls Group 3:30-5:30 meet @ CDRC -Complex Weight Room All Day	08 -EDP 11-1pm -Self Care @ Complex 10-12pm Swim/Exercise/Workout	09 -Women's Hydrotherapy 1:30-2:30pm -Parent Education & Support Group 10:30-12pm -Ball Hockey 6:00-7:30 @ Salish Centre -Movie Night 5-7 @ CDRC -Grandparents Support Group 5:30-7:30pm -Good Food Box Pick up	10 -Social Craft Group 10-2pm -Toonie Skate 3:30-5pm meet @ CDRC -Prenatal & Infant Tot Group 11-1pm @ CDRC	11 -Aquacise Class 1:15-12pm -Walking Group 11-12 @ Salish Center (Gym)	12
13	14 -Men's Hydrotherapy 1:30-2:30pm -Primary Care Clinic Closed -Girls Group 3:30-5:30 meet @ CDRC -Complex Weight Room All Day -Gymnastics 1-3 @ Gymnastics Club	15 -EDP 11-1pm -Self Care @ Complex 10-12pm Swim/Exercise/Workout -Orca Bus 10-11:30am @ CDRC -Clay work @ Sijlight studies 1-3pm	16 -Women's Hydrotherapy 1:30-2:30pm -Ball Hockey 6:00-7:30 @ Salish Centre -Grandparents Support Group 5:30-7:30pm -Bowling @ Westview Bowling & Billiards 1-3pm -Language Circle @ Cranberry Senior Centre	17 -Social Craft Group 10-2pm -Toonie Skate 3:30-5pm meet @ CDRC -Prenatal & Infant Tot Group 11-1pm @ CDRC	18 -Aquacise Class 1:15-12pm -Walking Group 11-12 @ Salish Center (Gym) -Dental Clinic	19 -Cultural Day 4pm @ Salish Center
20	21 -Men's Hydrotherapy 1:30-2:30pm -Primary Care Clinic Closed -Girls Group 3:30-5:30 meet @ CDRC -Complex Weight Room All Day	22 -EDP 11-1pm -Self Care @ Complex 10-12pm Swim/Exercise/Workout	23 -Women's Hydrotherapy 1:30-2:30pm -Ball Hockey 6:00-7:30 @ Salish Centre -Grandparents Support Group 5:30-7:30pm	24 -Social Craft Group 10-2pm -Toonie Skate 3:30-5pm meet @ CDRC -Prenatal & Infant Tot Group 11-1pm @ CDRC	25  GOOD FRIDAY STAT HOLIDAY OFFICE CLOSED	26
27	28  EASTER MONDAY STAT HOLIDAY OFFICE CLOSED	29 -EDP 11-1pm -Community Luncheon 12-2pm -Self Care @ Complex 10-12pm Swim/Exercise/Workout	30 -Women's Hydrotherapy 1:30-2:30pm -Parent Education & Support Group 10:30-12pm -Ball Hockey 6:00-7:30 @ Salish Centre -Grandparents Support Group 5:30-7:30 pm -Gymnastics @ Gymnastics Club 9:15-10:15 -Button Blanket 5-7 @ CDRC -Language circle @ TCH	31 -Social Craft Group 10-2pm -Toonie Skate 3:30-5pm meet @ CDRC -Prenatal & Infant Tot Group 11-1pm @ CDRC		

Good Food Box



You can place your order for GFB up to Thursday, March 3, 2016

Cost: \$12.00

Pick Up: March 9, 2016 – Wednesday

Where: Tla'amin Health

Approximately \$20 cost of fruit & vegetables

Orders can be placed with Receptionist or

Dawna

Contact Dawna Pallen,
Health Promotions @ 604.483.3009

Complex Swims & Fitness Activities

Tla'amin Swim Schedule

Thursday Evening swims: 6:30—8:30pm

(Children under 7 must be accompanied by an adult and swim within arm's reach.)

- Tuesday daytime access for swim/exercise from 8:00am—3:00pm
- Please no early birds, this time is flexible for our community.
- Parents talk to your child/ren re: playing/running in the change room, floor is very slippery.
- We encourage you to SIGN IN as family if you are bringing your child/ren, grandchildren, this helps lower the cost for us, we hope to continue the swim program, if funds permit.
- Sign in sheets with designated person or Reception

Any questions or concerns call Dawna Pallen, Health Promotions @ 483.3009

PROGRAMS & SERVICES

Cultural Day

titwšəmšt kwums tawə

(tee-teau-shum-sht kwooms tah-wa)

“Learning Where We Are From”

Date: March 19th

Time: 4:00 pm

Location: Sliammon Salish Center

Traditional Dinner Provided

Door Prizes

All Drummers, Singers, & Dancers are invited to participate in this event. If interested, please contact Cyndi Pallen @ Tla'Amin Health @ 604-483-3009 ext. 230

Youth & Family Services Programs

March 3rd and 4th

Cultural vests & shawls for children with Rita Pimlott from 9-4:30.
Please call Sally to register.

Tuesday

Self Care @ Complex 10-12 Swim/exercise/workout.
Transportation provided

Wednesday

Grandparent's Support Group 5:30 - 7:30.
Light dinner provided

Thursday

Social Support & Crafts Group 10-2pm.
Lunch provided

Upcoming Course for Parents & Youth (Dates to be announced once registration is complete)

1. Basic First Aid and Safety for Parents
2. Basic First Aid and Safety for Youth (ages 8 and up)
3. Food Safe for Parents & Youth
4. Health & Prevention for Families
5. Cyber Safety for Parents & Youth

Please sign up with Sally Louie @604.483-3009

Last Day of School is March 11th

Spring Break

March 14 - 28

School Re-opens March 29

Easter Weekend

Good Friday March 25

Easter Monday March 28

St. Patricks Day March 17

Child Youth and Family Advocate

Parent support group meets Wednesdays
10:30-noon

Cancelled during spring break: Wednesday
March 16th and 23rd.

Brenda Pielle

Child Youth and Family Advocate

Culture Programs

So come out and enjoy and learn at your own pace, and make the most of our programs before they break for the Summer in mid June.

CARVING

Every Tuesday

6:00 to 9:00pm held at the Salish Center

Instructor: **Charlie Bob**

BASKET WEAVING

Every Thursday

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

Instructor: **Dorothy Louie**

LANGUAGE CLASSES

Every Saturday

12:00 to 3:00pm

5156 Beach Rd., Sliammon

Instructor: **Margaret Vivier**

Tuxahmiy Wellness & Recovery Group

Tues to Fri 10:00 AM to Noon

Complimented by Lunch



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

Tuxahmiy is the place to be, what we can't do alone, we can do together. We have an open door policy, with no judgment. Confidentiality is a priority. We look forward to seeing you.

Prenatal

March 3rd from 11-1pm at the CDRC
button blankets

March 10th from 11-1pm at the CDRC
Nutritionist

March 17th from 11-1pm at the CDRC
button blankets

March 24th from 11-1pm at the CDRC
language

March 31st from 11-1pm at the CDRC
dental hygienist

March 2nd from 5-7pm at the CDRC
button blankets

March 9th from 5-7pm at the CDRC
movie night (movie to be determined)

Spring break activities:

March 14th 1-3pm Gymnastics Club

March 15th from 10-11:30am Orca bus
(parked at the CDRC)

March 15th from 1-3pm clay work at Skylight
studios on Marine

March 16th from 1-3pm bowling at Westview
Bowling and Billiards

March 30th from 9:15-10:15 gymnastics
Gymnastics Club

March 30th from 5-7pm at the CDRC button
blanket evening session

Sliammon Scholarship List March 2016

1. Sliammon First Nation (Health Care Field)

- Graduating Grade 12 student with First Nations ancestry pursuing a career in the Health Care field.
- Involved in community/volunteering activities
- Marks will be considered
- Regular school attendance of 90% or better
- Successful completion of a minimum of two semesters of Tla'amin language during high school years.
- Funds will be released upon proof of acceptance from a post secondary institution within one year of graduation.

2. Sliammon First Nation (Leadership/Citizenship)

- Graduating Grade 12 student with First Nations ancestry who lives on reserve and has displayed outstanding leadership qualities, good citizenship and good academic achievement.
- Involved in community/volunteering activities
- Regular school attendance of 90% or better
- Successful completion of a minimum of two semesters of Tla'amin language during high school years.
- Funds will be released upon proof of acceptance from a post secondary institution within one year of graduation.

3. Sliammon First Nation (Math and Science)

- Graduating Grade 12 student with First Nations ancestry who has displayed a C+ average or better in grade 11 and 12 academic math and science courses.
- Regular school attendance of 90% or better
- Successful completion of a minimum of two semesters of Tla'amin language during high school years.
- Funds will be released upon proof of acceptance in a post secondary institution within one year of graduation.

4. Sliammon First Nation (General Post-Secondary)

- Graduating Grade 12 student with First Nations ancestry who lives on reserve and is pursuing a post-secondary education.
- Financial need will be considered
- Regular school attendance of 90% or better with excellent work habits
- Participates in extra-curricular activities (sports, music, etc.)
- Successful completion of a minimum of two semesters of Tla'amin language during high school years.
- Funds will be released upon proof of acceptance in a post secondary institution within one year of graduation.

Achieving Academic Success Starts with Attendance

Dear parent/guardian;

I am writing to express my concern about attendance this year. In this school year, we have had more missed days of instructional time and late arrivals for many students. This makes it very difficult for students to be successful, and will no doubt be reflected on their report cards. Often teachers have the same routine scheduled each day; that may be that math is 9:00-9:45 every day, for example. If your child is arriving late, they may be missing their math instruction each time.

Attendance is definitely linked to academic achievement. I strongly urge that you ensure that your child attend as many days as possible during the rest of the school year.

If there is any way we can assist you in getting your child to school, please let us know.

If you would like to speak with me, feel free to drop by the school or give me a call at 604-483-3191.

Sincerely,
Mrs. Jasmin Marshman Principal



Mentor-Apprentice Program (MAP) 2016-2017 Application Information

Application Deadline:
Friday, March 4, 2016 at 4:00pm
Please submit completed applications to:
aliana@fpcc.ca or Fax: 250-652-5953

Application Checklist:

- ✓ All sections of the application form completed
- ✓ Letters of intent submitted by mentor and apprentice (1 each)
- ✓ Biography or resume for mentor and apprentice (1 each)
- ✓ Letters of support from community, dated and signed (1 for mentor, 1 for apprentice)

Eligibility:

Priority will be given to apprentices with a demonstrated commitment to share the language with others upon completion of the program. This includes teachers, childcare workers, parents, or those actively engaged in language programming in their community.

Program Outline:

Stage 1: Application Submissions, **Deadline: March 4, 2016**

Stage 2: Application Review by FPCC, April 2016

Stage 3: Training Workshop, **May 13-14, 2016**

- Attendance is mandatory for all Mentor-Apprentice teams.
 - An additional travel grant will be provided to cover travel and accommodation costs for the training.
- Stage 4:** Mentor-Apprentice Program implementation, June 2016 – March 2017
- Mentor and apprentice begin their language immersion sessions.
 - Funding is distributed as reimbursement of work completed, upon submission of required reporting by mentor-apprentice team. Payments will be based on approved budget expenses only.
 - Program must be completed by March 2017.

Outline of Budget:

The following is the available budget for each project:

Mentor stipends (300 hours at \$25 / hr)	\$ 7,500
Apprentice stipends (300 hours at \$20 / hr)	\$ 6,000
Evaluation panel honoraria (3 panel members x \$100 per evaluation)	\$ 900
Materials, supplies and expenses (e.g. recording equipment, books, bank fees, other supplies)	\$ 200
TOTAL	\$14,600

Before you apply for funding, we recommend that you learn more about the program by reading the *Master-Apprentice Handbook* and other resources on our website at: <http://www.fpcc.ca/language/Programs/Master-Apprentice.aspx>





Dippers and Saucers

Over the past centuries our people did not have the tools in the kitchen to accurately measure ingredients as we know of today, and had to improvise their creative culinary skills with “Dippers and Saucers”, a strong tradition that is still practised and going strong to this very day.

This column is dedicated to all the Kaymixw Iron chefs in our community that go beyond the call of duty in the kitchen and demonstrating extreme dedication to providing good old fashioned comfort food for their large families and friends.

Italian Baked Chicken and Pastina

Ingredients

1 cup pastina pasta (or any small pasta)
 2 tablespoons olive oil
 1/2 cup cubed chicken breast (1-inch cubes)
 1/2 cup diced onion (about 1/2 a small onion)
 1 clove garlic, minced
 1 (14.5-ounce) can diced tomatoes with juice
 1 cup shredded mozzarella
 1/4 cup chopped fresh flat-leaf parsley
 1/4 teaspoon kosher salt
 1/4 teaspoon freshly ground black pepper
 1/4 cup bread crumbs
 1/4 cup grated Parmesan
 1 tablespoon butter, plus more for buttering the baking dish



Directions

1. Preheat the oven to 400 degrees F.
2. Bring a medium pot of salted water to a boil over high heat. Add the pasta and cook until just tender, stirring occasionally, about 5 minutes. Drain pasta into a large mixing bowl.
3. Meanwhile, put the olive oil in a medium saute pan over medium heat. Add the chicken and cook for 3 minutes. Add the onions and garlic, stirring to combine, and cook until the onions are soft and the chicken is cooked through, about 5 minutes more. Put the chicken mixture into the bowl with the cooked pasta. Add the canned tomatoes, mozzarella cheese, parsley, salt, and pepper. Stir to combine. Place the mixture in a buttered 8 by 8 by 2-inch baking dish. In a small bowl mix together the bread crumbs and the Parmesan cheese. Sprinkle over the top of the pasta mixture. Dot the top with small bits of butter. Bake until the top is golden brown, about 30 minutes.

Raspberry Lemon Parfaits

Ingredient

2 pints fresh raspberries
 1 cup orange juice
 1 cup 35% whipping cream
 1/2 cup sugar
 2 tablespoons cornstarch
 Zest and juice of 4 lemons



Directions

1. Divide the raspberries into the bottom of 4 parfait or martini glasses, or small bowls.
2. Pour orange juice, cream, sugar, cornstarch and lemon zest and juice into a small saucepan.
3. Bring to a simmer over a medium heat whisking well. Continue to whisk as it begins to thicken.
4. Pour over the raspberries and cool until firm.

Hetl Ums Too Wah

(Connection to Where We Come From)

Soteech (Winter)

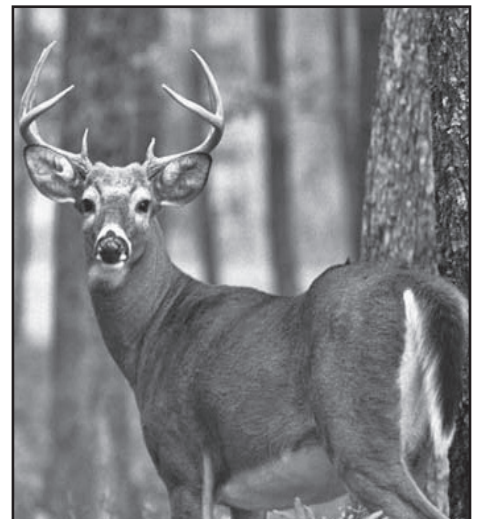
Kehgith (black tail deer) is a common year round resident in Tla’amin territory. Every toomish (man) was expected to be a good deer hunter and followed many special rituals. Boys started training early in life, their first kill was treated in a special way to ensure that the deer would give itself in the future. The mujuth (meat) was distributed among the people to teach the youngster not to be greedy. Right into the 1950’s, hunters used specially trained hunting chehno (dogs) to herd the deer to the shore, into stretched nets or deep pits and large snares placed on deer trails.

Kleechohs (Spring)

Our ancestors knew when the fiddlehead ferns begin to sprout, spotted malkw (fawns) were being born. Each doe has 1-3 fawns that have no scent to help protect them from predators. Their average lifespan is 10 – 14 years in the wild. Tahpoxwus (bucks) are fat in early spring and range in size from 120 -220 pounds. They can have up to five points on their antlers depending on their age. They drop these each spring and start to re-grow new ones each summer.

Klohkohyeh (Summer)

In the story of kehgith and the transformer, deer plotted to chop off the transformers head with his mussel shell knife. The transformer disguised himself as a man, took the knife and stuck it in deer’s head for ears, then as he ran away, threw the powder from the sharpened shells at his behind and turned it white! Deer was then sent to live in the woods to be hunted and eaten by people.



Xeycheech (Autumn)

Fall marks the beginning of the rutting and mating season where larger bucks will defend their small group of Gageethigen (does) from other challengers. The does are smaller and only average 90 – 140 pounds. Kegiths main predators are bear, cougar and wolf but are also occasionally taken down by the smaller bobcats, coyotes, and wolverines. They are excellent swimmers and move freely between our coastal islands. They eat a wide variety of foliage that changes through the seasons. Diet mostly consists of Douglas fir, red cedar, maple, willow, huckleberry, salal, ferns, lichens, grasses, trailing blackberry, salmon berry, fireweed, and they are known garden pests.

Qwahnetus (Stewardship)

Encourage others to practice responsible and respectful eh mush hunting. Traditionally, Hehgoos owned large hunting areas and you had to ask permission to hunt there so that places were not over harvested. Almost every part of the animal was used out of respect for it giving its life. It was considered a great shame to be wasteful. Deer bones and antlers were carved, ground, cut and polished for many tools including awls, fish hooks, arrows, harpoons, spears, scrapers, wedges and herring rake teeth. Hides were used for a wide variety of drums, clothing, covers and hooves were used for new dancers sticks.



A Special Thank You



From the Dingwall Family to Sliammon Community – “Thank you” for walking with our family in laying to rest my father, Lawrence Dingwall Sr. He was not only my father, but also a, grandfather, brother, uncle, and to many a friend. My father was laid to rest on February 1st, 2016. Many hands lightened the load for his final journey, and many family and friends attended the services. Thank

you, to those that contributed to the flower collection. Thank you, to those that spent the last night at the gym, allowing the family to go home and get some much needed rest for the final journey. Thank you, to those that contributed to the luncheon. The many dishes and desserts provided a lovely luncheon, allowing the family and friends to sit and enjoy a meal together. The sharing of a meal has been a custom for the Sliammon people that has been practiced for generations. Thank you, for the framed pictures of the family and the slide show that was presented complete with the music. There are always those few people who find it in their heart to go the extra mile and support the family, in what ever they need and to lighten the work, load. To these special people – Thank you!

Sliammon Band Office
 Tla’Amin Community Health
 Sliammon Treaty
 Anthony Williams
 Stephane Bombardier
 June Wilson
 Denise Smith
 Norma George
 Peter Charlie
 John Louie
 Cheryl Borgfjord
 Albert Hackett for his musical support
 Singers that joined and supported Albert
 Blaney family for the Spiritual Drumming
 Doreen Hopkins
 Donna Charlie

Speakers: Elders Doreen Point, Corinne Mitchell and Elsie Paul - Thank you, for your kind words, sharing your memories of my father. How he and my mom joined the canoe family one year and travelled as support crew. Over the years his interest in the cultural ways led him to learn the process on how to harvest cedar roots, which included digging for the cedar roots then preparing it to make cedar hats; my father learned how to carve cedar paddles; he learned how to clean and store fish, by smoking, canning or barbecuing; he joined the Sliammon Elders groups on Tuesdays; he embraced the laws and ways of the Sliammon community; he was a dedicated hard working man who always lent a hand promoting and supporting the cultural ways of our community. Although my father was not born into the Sliammon community, once married into the community he quickly accepted, adapted and respected the Sliammon traditions. He leaves behind, his children and grandchildren, weaving his mark into the Sliammon community. Last but not least, my father, Lawrence Dingwall Sr ancestry was a mixture of Irish and Scottish. Rest in Peace, Dad, Lawrence Dingwall Sr.

Lawrence Dingwall Jr. (Lawry) and Family Thank you for walking with us through this difficult time.





12-Week Funded Program

April 4 — June 24, 2016





Fast Track to Trades: Aboriginals (Men & Women), Youth & 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 **April 4 to June 24, 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.



Molly Smith negotiates the forklift machine as she stacks the pallets during her Fast Track to Training Program

ANNOUNCEMENTS



Sliammon Development Corporation

REQUEST FOR PROPOSALS

Seeking proposals for the Design and Installation of a multi-lot septic system by qualified individuals – Registered Onsite Wastewater Practitioners (ROWP)

Qualified individuals are invited to contact Sliammon Development Corporation to request the full RFP package.

CLOSING LOCATION

Sliammon Development Corporation
4885B – Hwy 101
Powell River, BC V8A 0B6

CLOSING DATE AND TIME

Wednesday, March 16, 2016 @ 4:00 pm

CONTACT PERSON

Kelly Rankin
Economic Development Manager

Tel: 604-483-7777 | Fax: 604-483-7741
Email: kelly.rankin@sliammondevcorp.com



Phillip and Floyd George bring home a much needed new fire truck. Our volunteer fire department will received emergency training over the month of February.



Happy 7th Birthday to our Pretty Makaela on March 5th

Wishing the sweetest girl the sweetest birthday.

We are so grateful that we have you as a daughter.

You grow sweeter and prettier with each passing day and year.



Housing Notice



This is a reminder for everyone on the housing list to renew their “Applications for Housing”

You must renew to hold your spot on the wait list or update family units if needed

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



Spiritual Reading
Physical Healing and Spiritual Cleansing
Dream Interpretation
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.