



NEHMOTL "Us"

October 2016

Community News | Events | Updates for the Sliammon People

Achieving Balance and Restoring Harmony for our Community

Tla'amin Justice Committee

By Steve Gallagher
Neh Motl Editor

Verna Francis has been serving our Nation as our Justice Program Manager in various capacities over the past seven years, to not only provide assistance to our citizens that have to deal with the court system but raise awareness for the safety our community.

"We have been able to provide the agencies from outside the community with an enlightening cultural experience. Culture and traditions are the foundation of order and governance within the First Nations communities, and it's important for Powell River Agencies to be knowledgeable and sensitive towards these customs," commented Verna.

To provide support and balance for achieving wellness within our nation a Tla'amin Justice Committee was struck a couple of years ago to bridge efforts amongst representatives from different agencies such as the Corrections Branch (Adult Probation), Tla'amin Health Administration, Crown Council, RCMP and Social Workers to name a few.

The mandate of the Tla'amin Justice Committee is to create a Cross-Cultural Awareness and understanding of the justice



Verna Francis (right) has been Co-chairing the Tl'amin Justice Committee to address Aboriginal Justice concerns

system amongst local Tla'amin and non-Tla'amin societies. The Tla'amin Justice Committee will serve as a liaison for discussions and feedback on Aboriginal Justice concerns between federal and provincial governments, as well as local agencies on issues regarding Aboriginal Justice. The Tla'amin Justice Committee will explore ways in which to implement diversion programs and alternative measures to deal with Native people who come into conflict with the law.

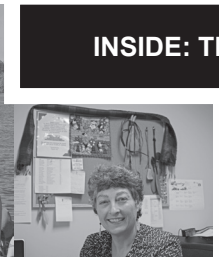
"Through the Tla'amin Justice Committee we have representation of over a dozen different agencies that share

updates and changes for new information from all the Powell River and Tla'amin Agencies regarding policies, protocols and any upcoming training or workshops. This relationship defines how we can all better work in collaboration with either a client or a situation. The impacts of residential school has been discussed and will remain as part of our agenda. The Committee operates under some key principles such as trust, honesty, acceptance, compassion, goal settings, and wellness plans are the foundation of our relationship with all Tla'amin community members and clients," concluded Verna.

The mandate of the Tla'amin Justice Committee, in conjunction with the Native Justice Worker will be to create and expand and incorporate a Restorative Justice Program named Tla'amin Community Justice Circle Program. The Tla'amin Justice Committee will be the main body to provide consultation, guidance, feedback on operational developments of the Tla'amin Justice Committee.

Additional support will come from our Executive Council and Legislators, Specialized Victim Support Services, Tla'amin Elders, and other Tla'amin representatives as required.

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



Tla'amin 2016 Election



Hegus
Clint Williams

Thank you to all of our citizens and candidates that participated in our 2016 election; it is a huge honour for me to be the first elected Hegus of the Tla'amin Nation, I also want to congratulate and welcome the newly elected members of our Legislature. (John Hackett, Tyrone Wilson, Lori Sparrow, Brian Hackett, Gloria Francis, Larry Louie, Shawn Louie and Denise Smith)

We are now fully operating under a new method of Government, the Indian act no longer applies to the Tla'amin Nation and its citizens. We no longer will have a Chief and Council, in its place we will now have a Legislative Assembly and an Executive Council. The Legislative Assembly is made up of all nine elected members (x8 Legislators, x1 Hegus) of the Tla'amin Government; the Executive Council is made up of four members that are selected by an internal vote of the eight elected members of the Legislative Assembly, the Hegus is an automatic member of the Executive council and will chair the meetings of this group.

This new governing structure is built around "The House of Governance Model", which provides the foundation for treaty implementation and the organization for delivery for post-treaty governance. The house of governance model includes the following house posts, representing each area of the Tla'amin Government: Finance and Administration, Community Services, Lands and Resources, Public Works and Community economic development.

We held our very first meeting of the new Legislative assembly on September 19, 2016 and have completed the selection of our Executive Council

Your very first Executive Council is:

1. Finance and Administration
John Hackett
2. Community Services – Larry Louie
3. Lands and Resources – Lori Sparrow
4. Public Works – Tyrone Wilson

As we settle into and develop these new roles within our community it will be important that our new Executive council keep our people informed and up to date on current issues or developments that are occurring in their area of responsibility.

We will work together for the betterment of the entire nation to provide for a brighter future for our current and future generations. Thank you once again, and if you have any questions please feel free to call or email @ (877) 620-9220 or clint.williams@tn-bc.ca

Executive Council



EXECUTIVE COUNCIL
John Hackett

FINANCE AND ADMINISTRATION

I would like to take this opportunity to express my gratitude being elected Legislative Council on this historic first term of office as a Self-Governing Nation... Tla'amin Nation.

We are at a starting point where a chapter was closed, where we don't live under the Indian Act, and now live within our OWN jurisdiction, where we have Law making authority, and access to resources that is set in our Final Agreement.

I will do my best to making sure that Tla'amin Nation holds the Federal and Provincial Governments up to the Final Agreement. In this time of implementation we have to utilize all our resources to identify what doesn't work in regards to Laws, By-Laws and policies and correct them with amendments.

Overall there is a lot of work to be done, and I am ready to earn your support, by being honest approachable, and by making decisions on the best interest of Tla'amin nation. Again thank you, and Emote



EXECUTIVE COUNCIL
Larry Louie
COMMUNITY SERVICES

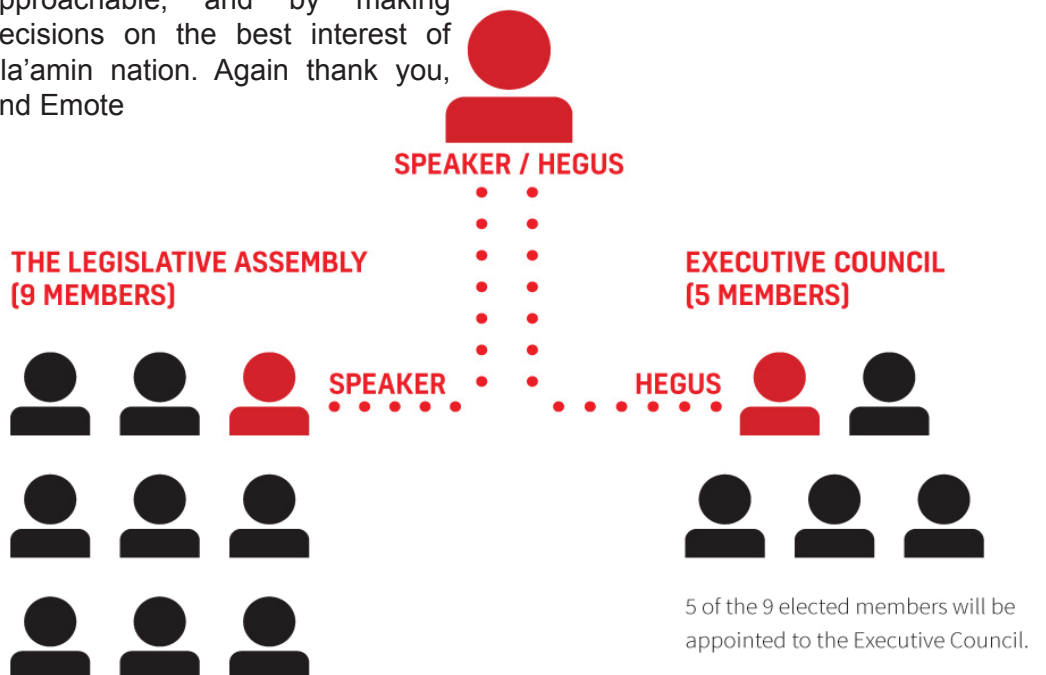
THANK YOU FOR YOUR SUPPORT ON ELECTION DAY

I would like to thank everyone for their confidence and who took the time to vote on September 10th, 2016. I am committed and will work with the best interest of our citizens and our community.

This is a historic day for our nation, our Legislature and Executive council. I look forward to working as a team player with growth and positive results in mind.

I accept the position, and will apply every effort and work effectively for everyone.

Emote,
Larry Louie



Executive Council



EXECUTIVE COUNCIL
Tyrone Wilson
PUBLIC WORKS

Hello Tla'amin Nation I'd like to take the time to say thank you for voting me as one of your Legislators on September 10th 2016 & would like to congratulate Clint Williams for Hegus & the other seven successful Legislators Gloria Francis, Brian Hackett, John Steven Hackett, Larry Louie, Shawn Louie, Denise Smith, Lori Sparrow.

This is a very exciting time for our Nation as we move forward together as one nation. I realize there is a lot of work to be done for our people for the next four years as a team member in the Legislators positions, I believe that this group that was elected in will be a great team to work with for our people.

With that being said for my role I will stay focused, determined, honest, accountable, trustworthy & respectable to our community on any issue that comes my way, together as a nation we have to take each step as one & communicate with each other in a very respectable manner. With that being said, as a first time for me it's what I always wanted to do was to come home to work for our Nation and be a role model to make a difference within our community of Tla'amin.

In closing I'd like to thank you again for putting your trust in me & voting me as one of your Legislator, thank you for your time & I raise my hands to each & every one of you with "Respect"! E'MOTE



EXECUTIVE COUNCIL
Lori Sparrow
(Wilson)
LANDS AND RESOURCES

Thank you for voting me in as Legislator. I am very honoured to be an elected leader for our great Nation. We have set a high bar for our Nation's daily operations, businesses and developments. I have confidence and trust that our laws and processes will safe guard from any kind of negative pressures. With our new self-governance, I vision us increasing our well-being, services & benefits as we bring our laws to life and use them. Over this elected term we will be seeing trends & patterns in the uses of our laws, and I am hoping to see some positive, long term planning across the departments, and I would like to see us stick to those plans. In past decades our Economic Development department (not including our forest company) has been more weak than strong, and I hope we can turn this around and have revenue-generating businesses. I hope to see some Culture revitalization and an increase our Cultural programs for youth. Most of all I am hoping we can have more community gatherings & events so we can connect or re-connect with each other, especially with members living away from Tla'amin.

The new governing structure of the Tla'amin Government consists of the following component parts:

- The **Legislative Assembly** (eight Legislators, plus the Hegus);
- The **Executive Council** (four Legislators, plus the Hegus); and
- The **Speaker**, who is also the Hegus.



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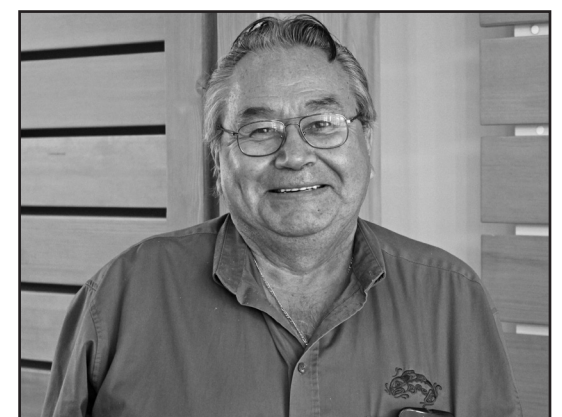


Legislator Denise Smith

I would like to express my appreciation for your support in voting me in as a member of the Tla'amin Legislature. Thank you to all the candidates who put their names forward and I wish you well in your futures. Many thanks to our outgoing members – Dillon, Eugene and Walter - I look forward to the next 4 years of hard work for our community and working together with our Hegus and fellow Legislators.



Legislator Shawn Louie



Legislator Brian Hackett



Legislator Gloria Francis



Tla'amin Government House Updates

4779 Klahanie Road, Powell River, BC V8A 0C4
Phone: 877-620-9220



Congratulations to our Hegus and Legislators!

*By Roy Francis
Community Development Officer*

Congratulations to our Hegus and Legislators! September 10, 2016 was another historic day for the Tla'amin Nation. On that date our Tla'amin Citizens elected our first Hegus, and 8 Legislators to serve as our Tla'amin Government. The event marks another milestone in the growth and development of our Nation. We have made our separation from the Indian Act complete. We are now a self-governing Nation; our future is our own. The next four years will bring us into a new world of opportunity and challenge.

Governance Structure – The New Approach

An Executive Council has been formed which includes the Hegus, and four members from the Legislature. The Executive will operate similar to how Chief and Council have operated in the past. Instead of a 10 member elected body and a non-voting chief; we will now have a five member executive with a voting Hegus. Our government operations will be significantly streamlined and be more efficient.

Each member of the Executive will be responsible for being the “lead” of one of five House Post pillars.

The House Posts represent the core structure for Tla'amin Governance. Each pillar is important; and our executive members are entrusted to provide the integrity and stability for our Nation. Each executive member will be the lead for their area; but they also rely upon one another, and operate as a team in the decision making process. We wish each of them well as we venture forward.

The Legislative Body

The Legislative Body will be made up of the entire set of elected members; including the Hegus. The Legislature will meet less often than the Executive. The Legislature will serve a higher purpose of developing laws; reviewing and amending existing laws. The Legislature will also review and approve operating budgets.



Tla'amin voted in a Hegus and 8 Legislators on September 10th and on September 19th they took the oath of office and selected five legislators to form the Executive Council. Those appointments are as follows:

Hegus Clint Williams - Community Economic Development
Lori Sparrow - Lands and Resources
John Hackett - Finance and Administration
Larry Louie - Community Services
Tyrone Wilson - Public Works



Members of the legislature may serve on committees as needed.

The Legislature will be supported in its work by the Executive, and working committees as required.

Tla'amin is in a very exciting time of change. We are now taking our first steps into a brave new world and that future is looking very promising. We are definitely looking forward to it.

Getting to this point has involved some very good work that should be acknowledged. Walter Paul, Dillon Johnson and Eugene Louie have been instrumental and have contributed greatly to the task of making positive change; their commitment and service to our Nation has made a tremendous difference for all of us. They deserve a sincere expression of appreciation.



Qaməs ʔəms tala Settlement Trust

Come for Pancake Brunch On November 26th, 2016 to find out more about your Trust at the First Community Trust Meeting

Latest News

From October 1st to October 15th, 2016 the Qaməs ʔəms tala Settlement Trust will accept submissions to the Economic Development Fund of the Trust. Tla'amin citizens, entities, programs and services can apply to this fund to start or grow an existing business and/or create projects and services to benefit the nation.

If you have any questions about the process, or would like an Economic Development Grant Application and Handbook, please contact Nora at nora.dickey@tn-bc.ca or 604-223-8811 (Tuesday + Thursday from 10am to 2pm)

The meeting starts off with a Pancake Brunch from 10am to noon at the Tla'amin Salish Center. Information will be presented on the Trust to date, and also what will be happening in the future. The Trustees welcome and appreciate any feedback and questions you may have. We look forward to seeing you there!

Investments

Q: What sort of investments have been made so far?

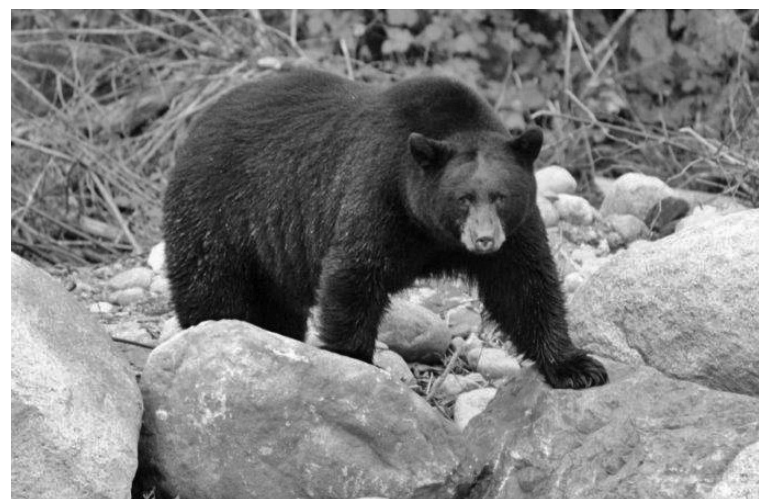
A: The Trust has made two separate 3-month GIC investments with the second GIC maturing on October 16th, 2016. Since we are currently in the process of hiring an Investment Manager, we will need to reinvest the Capital and Economic Development Fund into another short-term (30-90 day) GIC after October 16th. When the GIC matures on October 16th the Trust will have accumulated approximately \$52,000 in interest since April. Once the Investment Manager is hired both the Capital Fund and the Economic Development Fund will be invested with the advice of our Investment Manager.

If you missed the Trust presentation on September 1st but are interested in the investment information provided, then see the Tla'amin Nation's website for more details. www.sliammonfirstnation.com



Artifacts Returned from the Royal BC Museum

This war club was discovered in 1923 in a shell mound three miles south of Powell River. It is said the wear and shape of the club took hundreds if not thousands of years to develop this shape. Imagine the stories associated with this club that endures a strong Tla'amin presence in our territory. There was also a set of trade beads that were returned on September 1st.



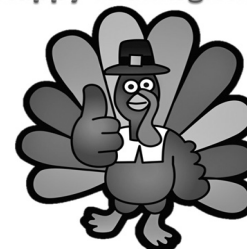
Be Bear Smart with your Children

There have been a lot of bears around our community lately. Reminder to keep your garbage inside until garbage day (Friday) and also not to throw out food scraps as this will attract the bears to your yards. We have recently put up some Bear signs to remind people to be aware and careful when a bear is in the area. Parents, please talk to your children not to knock down the signs or remove them.

Thanksgiving Turkey Delivery

House Delivery will be on October 3rd and 4th

Happy Thanksgiving!



YOU MUST BE HOME TO SIGN FOR YOUR TURKEY!

Contact Maureen Adams at 877-620-9220 ext.116

Tla'amin Education Notice Board



Tutoring Hours at Ahms Tah Ow
Monday and Wednesday
5pm-7pm

Tla'amin Post Secondary hours of availability

Hello all post secondary students- if you need anything I check emails everyday my hours are Monday to Thursday 330pm-430pm: Fridays are 830am-430pm email: postsec@tn-bc.ca



Interested in the Trades? Fast Track to Trades 6-Week Funded Program



October 3 - November 10, 2016

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

Industry Certificates:

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

Possible Tuition funding in upcoming Trades Programs:

- Automotive Service Technician
- Culinary Arts
- Carpentry
- Hairdressing
- Welding

VIU-Powell River and Career Link are offering a combination program which runs at the Powell River campus—Fast Track to Trades will prepare at risk Youth, Aboriginal Peoples and Women for success in entering a trade with employment opportunities locally and across BC by providing a two phase approach that includes Academic Upgrading, along with Essential Skills and Employability Skills training. All areas of training are focused on trade occupations preparation, which includes 5 industry certifications.

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.

Be Responsible For Your Pets

Having a pet as your companion is the most wonderful feeling there is. A pet brings its owner such love, delight and companionship. Many people love animals, but there are some people that do not. The people that do not own pets have their own reasons, either fear, allergies, or all the work involved in pet ownership. It is important to respect their decisions and their rights.



To be a good pet owning neighbor you should:

Control excessive noise: If you own a dog or bird be aware of the noise they can make. Many pet owners can become selectively deaf, tuning out or ignoring the noise their pets can make. It is important for pet owners to minimize the impact their pets have on their neighbors. Carefully monitoring your pets will help to make your neighborhood a peaceful one.

Keep your pet under control: Fences can make great neighbors. People that do not own pets do not appreciate your pet coming onto their property. What you see as an adorable ball of fur can sometimes be your neighbor's worst nightmare. It is never acceptable to allow your dog to run free. When walking your pet always use a leash. This not only makes your neighbor more comfortable but can also save your pet's life.

Maintain sanitary conditions: It is not only your responsibility to clean up after your pet, it also creates a healthy environment for your pet. Many people take great pride in their property, allowing your pet to urinate or defecate on your neighbor's property or vehicles will definitely lead to problems. Be an educated pet owner: Know the laws in your community and obey them.

Being a responsible pet owner will make you a good neighbor

Tla'amin/VIU Indigenous Portfolio Advisory Training



On September 20th, VIU launched its first community based Indigenous Portfolio Advisory Training as a professional development option for Tla'Amin staff and community members. The Indigenous Portfolio Advisory Training is an 8-week training course for individuals and staff who wish to engage a

process of self-reflection and discovery around informal learning in one's life and of how to talk about that learning. At the core of the training is a deep reflection on the value of one's own lived experience and understanding of how personal history, cultural practice and traditional knowledge serves as the foundation for one's path forward.



The training equips participants to guide other individuals or groups in the community to develop their own personal portfolio as a way for an individual to tell their story and to gain insight into their strengths and values related to personal growth, work and education planning. To start the training in a good way, the group made a trip to Okeover in order to ground their personal work in the connection to Place and Ancestral Knowledge - we raise our hands to John Louie for his generous sharing of his teachings.

Depending on interest, VIU expects to offer the training again early in 2017 – contact Julie at VIU (604 485 8051) for more information!”



Health and

EH KWA'A'NUNS KYE'AMIEUX
 "When the people in our community are well again, all around us will also be well."

Wellness

Healthy Happenings

An update by **Brendan Behan**
 Director of Tla'amin Health



Brendan Behan
 Tla'amin Health Director

I wish to congratulate Tla'amin on carrying out its first election as an independent nation. We at Health have been very busy focusing on improving existing services and working on addressing gaps that exist. Sara, our new NP is now in Tla'amin Health and the primary care clinic is fully operational.

We have been working on new strategies to promote mental health and wellness and we are doing this with a contracted counsellor that will be coming to Tla'amin Health once a week. We are also making plans to address the provincial crisis related to the dangers of fentanyl abuse. Supported by FNHA (First Nations Health Authority) we have some Naloxone kits available here and we are working on developing staff and community wide education around this.

For another step forward to continue to offer a wider variety of services inside our community, the chiropractor came for his first visit and has begun to see clients. Like the counsellor, the chiropractor will be both based on referral only. If you feel like you would benefit from services, please contact one of our nursing team members.

I had the honour to represent Tla'amin Health last week at the FNHA Annual Conference of health directors. While it is important to maintain relationships with FNHA and VCH while advocating community issues and needs, it is also really heart warming to reflect on the achievements of this community. Tla'amin health is able to offer many great services – safe and culturally appropriate.

Our doors are open.

Tla'amin Welcomes Nurse Practitioner

Hello,
 My name is Sara Mitchell-Banks and I am honoured to be the new nurse practitioner serving your community. I grew up in the beautiful and rainy traditional territory of the Tsimshian Nation in the fishing community of Prince Rupert. I received my degree in community development from The University of Calgary and lived and worked with women in remote First Nation communities in India, Phillipines and Thailand. In 2005 I graduated from The University of British Columbia with my Bachelor of Science in Nursing and began working as a registered nurse in Powell River. I worked at Olive Devaud and Extended Care as well as a home and community nurse. In 2011 I completed my Master of Nursing in Advanced Nursing Practice from Athabasca University and qualified to become a Nurse Practitioner (Family).

My husband and I have lived in Powell River for the past 12 years and for the past few years I have travelled and worked exclusively, with the exception of Fort St John, in remote First Nation's communities. This has included Kitkatla, Kwadacha, Quatsino, Gwa'sala-'Nakwaxda, Kwakiutl, Anahim Lake, Kingcome, Gilford and Telegraph Creek. I have been honoured to have been in these communities but I am thrilled to finally be home (as is my family) and serving the peoples of Tla'Amin.



Homalco and Metis Elders Visit Tla'amin

2016 has been a very busy year of visiting, building and renewing friendships in our Tla'Amin Elder Community. This year, it was suggested by our Elders that Tla'Amin Nation should have an Elders Gathering of our own.

Elders from the Homalco and Metis and local Elders from the Powel River Community gathered at Tla'Amin Beach to enjoy a "Potluck Picnic". Tla'Amin Health provided the people to organize and coordinate the event, Tla'Amin Nation provided the chairs and tables to accommodate the Elders.

Over all, our Elders laughed, shared, renewed old friendships, and planned for new adventures in the near future. It was suggested that we could organize this event for every September, to correlate with Grandparent's Day (Held the first week of September). This could become a very popular tradition.

A big thank you to our staff, Janice Louie, Colleen Wilson, Patty Renton, Cyndi Pallen and Dawna Pallen who made this gathering very fun enjoyable.

EmoteDarron Cound,
 Elders Coordinator

Dental Care



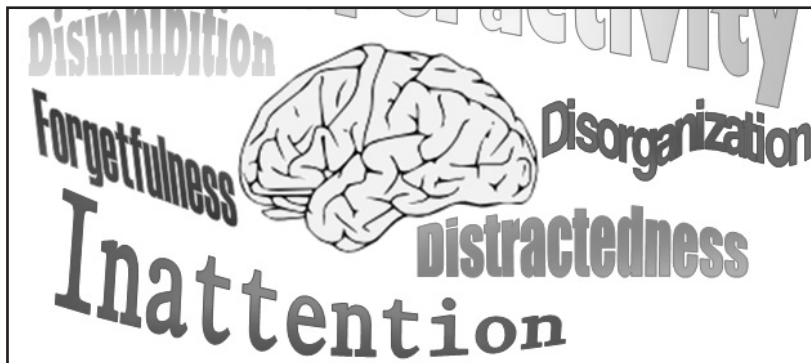
Hello Community, the next Dental clinic with Dr. Machin will be Friday October 14th. We currently have 22 people on the wait list – Priority is given to children. Thank you for your patience. For appointments call Cathy @ 604 483 3009 extension 242.

October is ADHD Awareness Month

What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. It is a very common brain disability and it can affect people from all walks of life. ADHD can be present in children, youth, adults, males, females, people from all racial backgrounds or religious backgrounds, or level of income or education.

ADHD is an invisible disability. It is a disability of the brain and we cannot see it. Therefore, often it is missed and children can struggle in school throughout their early years and into their teenage



years. As adults individuals can struggle with maintaining a job. ADHD does not go away. The brain disability stays with a person throughout life, and it can make life difficult. ADHD affects the part of the brain that is called the prefrontal cortex. This part of the brain is responsible for "executive functions". Executive functions help us plan ahead, evaluate the past, start and finish a task, have an active working memory, manage our time, understand sequences, and maintain focus. This is also the part of the brain that helps us control our emotions and monitor and stop our actions. You may have heard the word, "self-regulation" which is talking about how we control our feelings and control our bodies. Children and youth with ADHD often have difficulty with self-regulation.

What are the risks for children and youth when ADHD is missed?

Children and youth can have difficulty at school, difficulty at home, and difficulty with friends. When this part of the brain is disabled, children and youth can have difficulty making and keeping friends. At school we might see children having a hard time starting work, staying focussed on work, completing work, or remembering to do the work. We can be tempted to say the person is lazy, unmotivated, or not trying hard enough. When we use these negative judgements about our young people, they can start to feel down on themselves, and not have a positive self esteem. Sometimes children and youth with ADHD participate in risky behaviours because they do not always understand the safety concerns that go along with taking those risks.

What can parents do to find out if their child or youth has ADHD?

To start this process, it is best to talk with your family doctor. If you do not have a family doctor, come to see our Nurse Practitioner, Sarah, who is located here in our Tla'Amin Community Health Centre. Usually there are checklists or questionnaires that are given to the family: one for a parent to complete, one for the teacher to complete, and one for the child or youth to complete if old enough. The questionnaire is a way to think about the behaviour that the child or youth is showing to us. Once this information is gathered, the child or youth will probably be referred to a pediatrician or child psychologist. My job at our health centre is to help families with this process. Please call me if you would like more information and if you would like support with getting this started.

What is the benefit of getting a diagnosis?

A diagnosis will lead to a treatment plan, and an open door to learning more about all the ways to help someone with ADHD. I believe the most important positive thing about getting a diagnosis is that it is the start of helping the child or youth to better understand how his or her brain works. It is a good way to help all the adults in a young person's life (parents, teachers, friends, family members, coaches, employers) to better understand that this person needs extra help and patience for learning. It is the best way to get support in place at school so that the child or youth can have success and experience happy times in life.

*Brenda Pielle
Child, Youth, and Family Advocate*

October Health Activities

(Prenatal @ CDRC from 11am-1pm)

- 6th-language
- 13th-button blankets
- 20th-dental hygienist
- 27th-halloween party
- Movie Night
- 11th @ CDRC from 5-6:30 (movie to be determined)
- 27th Pumpkin carving @ CDRC from 5-7pm
- 31st Halloween Party @ Ahms tahow from 3-6pm

Parent Support Group

Wednesdays 10:30am-noon

In the multipurpose room at the Child Development Resource Centre



Let's Talk about Touch

We are excited to be offering a new program into the Tla'amin Child Development Resource Centre curriculum! Two of our staff members have been trained in the Let's Talk about Touch (LTAT) program that has been running in BC since 1986. We will be presenting LTAT to the ʔəməmɪš j̓šj̓šɪn side of the daycare as well as to the Preschool program. We have sent out information packages and discussed this program with the parents/guardians of the children who are registered in the preschool.

Let's Talk About Touching is a program designed to give young children some basic safety concepts upon which families and teachers can build as the children grow older. LTAT has been used extensively in early childhood centers and some kindergartens. Parent and teacher response has been highly favorable. Parents felt their children learned the program concepts and safety skills, and they reported that their child's involvement had no negative effects on the children's response to appropriate affectionate touch.

If you have any questions, feel free to contact Dana or Kaila at 604-483-3449 or email at dana.gustafson@tn-bc.ca or kaila.shepherd@tn-bc.ca

Klasum Kwayeegun, Klasum Giyews Youth Group

(Strong Mind, Strong Body)

Who: Youth aged 13-18

Where: Complex

When: Mondays from 5:00-7:00 pm (Rides provided from Health at 4:30 pm)

We are inviting youth to come out and get fit together. Youth can go for a **swim** after getting a good workout in. So make sure you **bring** your **swim stuff**.

*Transportation provided from **Health at 4:30 pm** or youth can meet us at the complex at 5:00 pm

*Youth aged 13-15 have to take an orientation to be allowed into the workout room. If you would like to set up an orientation please contact Tyler or Shirley at 604-483-3009 ext. 242

*To **REGISTER** contact Tyler or Shirley at 604-483-3009 ext. 242

Kings and Queens Youth Group

Come out and play with the **POWELL RIVER KINGS!**

Who: Youth aged 12-18

Where: Youth Resource Center (Oceanview School)

When: Wednesdays 3:30-6:30pm

Here's your chance to play a variety of games with the **Powell River Kings** every Wednesday.

*Youth who are interested can meet at **Health at 3:30pm** and we will be transported to the YRC in town. *While there we will collaborate with the youth in town as well as the **KINGS** themselves! There are a variety of activities that will commence every Wednesday **beginning October 5th** with a game of ball hockey with some of the BCHL's finest.

*To **REGISTER** contact Tyler or Shirley at 604-483-3009 ext. 242



Tribal Canoe Journey "Paddle to Nisqually" Olympia Washington July 30, 2016



Halloween Party

Date: October 31st, 2016

Time: 3:00-6:00 pm

Where: Ahms Tahow

Come out and get ready for your evening of trick or treating at the Halloween Party. There will be:

-Snacks provided

-Face painting

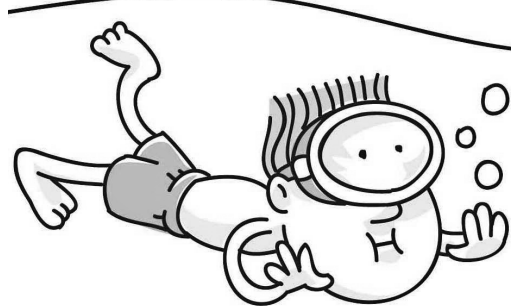
-Safety tips and equipment

-Halloween giveaways (reflectors, flashlights, etc.)

*Any questions contact Shirley at 604-483-3009 ext. 242

Tla'amin community swim & activities at the Complex

Thursdays Oct 13, 2016 to March 30, 2017,



Swim - 6:30 - 8:30 pm

Aquacises – 8:30 – 9:15 pm

Weight Room – access 3:00 – 8:30pm

Sign in sheet will be with reception

If you're attending with 2 or more, please sign in as family.

For information contact: Dawna Pallen @ 604.483.3009 Ext 244

Understanding Influenza and Flu Vaccines

Why get vaccinated against influenza (the flu)?

Influenza (flu) is a serious disease that can lead to hospitalization and even death. Even healthy people can get very sick from the flu and spread it to others. In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity.

Getting vaccinated is the best way to protect against the flu. When you get vaccinated, you help protect others as well by reducing the spread of the influenza virus.

How does the flu vaccine work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

What flu viruses does this season's vaccine protect against?

Flu vaccines are designed to protect against the flu viruses that research indicates will be most common during the upcoming flu season.

The 2016/17 seasonal influenza vaccines protect against the following viruses:

- A/California/7/2009 (H1N1)pdm09-like virus
- A/Hong Kong/4801/2014 (H3N2)-like virus
- B/Brisbane/60/2008-like virus
- B/Phuket/3073/2013-like virus (in quadrivalent vaccines only)

Who should get the flu vaccine?

Canada's National Advisory Committee on Immunization recommends that everyone 6 months of age and older gets a flu vaccine, with rare exception.

Who is eligible for a free flu vaccine?

In BC, the flu vaccine is provided free to people who are at high risk of serious illness from influenza (such as young children, pregnant women, the elderly and people with certain medical conditions) and those able to transmit or spread influenza to those at high risk.

For a list of people eligible for a free flu vaccine, see the following:

Who is eligible for the free inactivated flu vaccine (flu shot)?

Who is eligible for the free live attenuated flu vaccine (nasal spray vaccine)?

Anyone not eligible for a free flu vaccine can purchase it at some pharmacies (pharmacists only provide immunizations to people 5 years of age and older) and travel clinics. Some employers also provide free vaccines to employees.

The live attenuated flu vaccine (nasal spray

flu vaccine) cannot be administered by a pharmacist, but some pharmacies have it available for purchase. Parents/guardians should be prepared to transport the vaccine in an insulated container with an ice pack to their family doctor for its administration. This vaccine may also be available for purchase from some travel clinics. If purchased at a travel clinic, a nurse or doctor on site can administer the vaccine.

Special consideration regarding egg allergy:

People with egg allergies can be safely immunized with the inactivated flu vaccine. People with egg allergies should not get the live attenuated flu vaccine (nasal spray flu vaccine). Make sure your health care provider knows about any allergic reactions.

When should I get vaccinated?

Flu season in Canada generally runs from November through April. In B.C., flu vaccines are usually available in October. Though you can receive this vaccine at any time during the flu season, for best protection, you should get immunized as soon as possible.

Where can I get the flu vaccine?

Flu vaccines are provided at a wide variety of locations across the province including public health clinics, physician's offices, travel clinics and pharmacies (*pharmacists only provide immunizations to people 5 years of age and older).

To find a flu vaccine clinic near you, visit the BC Flu Clinic Locator . People eligible for a free flu vaccine can get the vaccine from clinics marked as 'public' or 'both'. People not eligible for a free flu vaccine can purchase the vaccine from clinics marked as 'private'.

Why do I need a flu vaccine every year?

A flu vaccine is needed every year because protection from vaccination declines over time. As well, flu viruses are constantly changing so each year the flu vaccine is reviewed and updated to protect you against the viruses circulating that year.

What is influenza (flu)?

Influenza is an infection of the upper airway caused by the influenza virus. It can cause mild to severe illness. A person with influenza is at risk of other infections, including viral or bacterial pneumonia which is an infection of the lungs. Serious outcomes of flu infection can result in hospitalization or even death.

Some people, such as seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems are at high risk for serious flu complications. Healthy pregnant women in the second half

of their pregnancy are at greater risk of being hospitalized following infection with influenza virus. However, even healthy people can get very sick from the flu and pass it to others.

How is influenza spread?

Influenza spreads easily from person to person through coughing, sneezing, or having face-to-face contact. The virus can also spread when a person touches tiny droplets from a cough or sneeze on another person or object and then touches their eyes, mouth or nose before washing their hands.

What are the symptoms of influenza?

Influenza symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness, and cough. Children may also experience nausea, vomiting, or diarrhea. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse. Symptoms can begin about 1 to 4 days, or an average of 2 days, after a person is first exposed to the influenza virus. Fever and other symptoms can usually last up to 7 to 10 days, but the cough and weakness may last 1 to 2 weeks longer.

For more information about influenza, see the following: HealthLinkBC File: Facts About Influenza (the Flu)

Tla'amin Health Flu Clinics



TUES. OCT.18	2:00-7:00 PM
WED. OCT.19	2:00-7:00 PM
TUES.OCT. 25	2:00-7:00 pm
TUES. NOV 1	2:00-7:00 pm

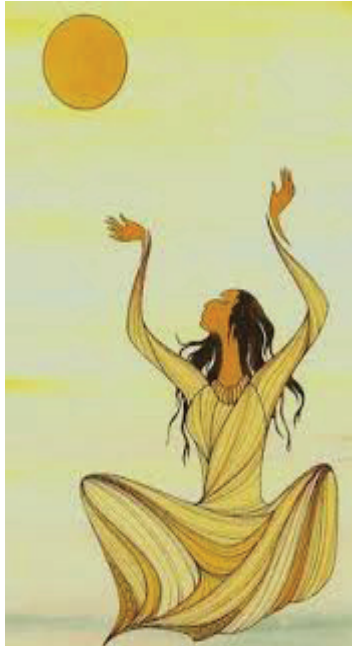
Dates for clinics are subject to change depending on the date we receive the vaccines

λasəm sa†tx^w Strong Woman

Next gathering is on October 19th from 4:30 PM – 6:30 PM. We will be making body moisturizers with all natural products. All participants will have a jar to take home. Dinner and door prizes included!!

Please contact Shelley or Kim at health to confirm your participation.

The strong woman group is a time for women to talk about health and wellness, share ideas and concerns, learn about our community and its resources and sit down to a meal together.



Tla'amin Health Is Hosting An Upcoming Optometry Clinic.

NOVEMBER 15th, 16th and 17th

Please register with Margaret Rossi 483-3009 ext 225 to start the process of booking an appointment.



This is with Suter Brook Mobile optometry clinic. This is

a community service for First-Nation and non-First Nation clients. First nation members are covered under the ITHA group, for both the eye exam and a selection of glasses. Non first nation members / clients pay the same rate as First nation clients of \$46.00 for the eye exam.

Please help us by booking ahead of time. Forms are now available at Health. Everyone is welcome to come by 4895 Salish Drive between 8:30 – 4:30 Monday through Friday.

Family Support & Wellness Program October 2016

Tuesdays 10 – 12 Self Care Program will be Track Walking at Timberland (transportation provided)

Thursdays 10 – 2 pm Social Support & Crafts Program (lunch provided, please call if you will attend)

October 6th - 10 am Speaker Sylvia Downer & Jen Ramsay
Stopping the Violence

October 27th 10 am Speaker Colleen Mudry Conflict Resolution

Powell River Hospice Society is hosting a Hospice Training on October 15th & 16th October 22nd & 23rd (Saturday and Sunday) Texada Island. Cost is \$60.00 for the training

- Topics include; Needs of Dying Person and Family, Family Dynamics
- Caring for People in Hospital, Effective Communication
- Spiritual Issues and Support
- Grief and Bereavement for Adults and Children/ Youth
- Self Care and more

For any information on these programs call Sally at Tla'Amin Health 604.483-3009



Tattoos, piercings and other body mods



Dr Paul Martiquet, Medical Health Officer

This is the time of year for new starts what with a new school year rolling around. This might be a good time to talk to your kids about tattoos, piercings and other body modifications. Many of them will be away from home for the first time and for some, that freedom might lead to a desire to ink something or poke a hole through it. What should they know about these procedures and how to make safe choices?

Do you know anyone who does not have a tattoo? What used to be the mark of a ruffian, seafarer or other troublemaker is today a sign of self-identity or independence from 'the pack'. According to the Pew Research Center, almost four of every 10 people born after 1980 have at least one tattoo.

Typically, a tattoo is created using a hand-held machine that acts much like a sewing machine, with one or more needles repeatedly piercing the skin. With every puncture, the needles insert tiny ink droplets into the dermis, the second layer of skin below the epidermis.

Another popular form of body modification is piercing. These can be done on almost any part of the body: ears have long been an accepted location, but other spots including the nose, tongue, eyebrows, navel, lips and even nipples and genitals are getting pierced. More dramatic modifications include using jewellery to stretch earlobes, implanting beads under the skin, scarring, branding and more. All offer a means of self-identification or differentiation.

What all of these body art projects have in common is an inherent risk to health: breaking the skin introduces risks that would otherwise have been avoided. Fortunately, these risks can be managed by understanding the process and dangers inherent in these body modifications.

Breaching the skin introduces the chance of infection and other complications. Infections can be passed on via improperly sterilized needles or piercing tools. If the equipment used to create your tattoo or piercing is contaminated with infected blood, there is a chance of contracting any of a number of blood-borne diseases including tetanus, HIV, hepatitis B and hepatitis C.

Another risk is having an allergic reaction to the dyes used in the tattoo. This can even occur years after getting the tattoo. Tattooing also can lead to keloids, that is, raised areas caused by an overgrowth of scar tissue. Granulomas are unwelcome bumps under the skin that form around tattoo ink.

Well, you have decided to go ahead with it. Good for you, but here are some things you must consider: Start by being absolutely certain you want to do it after

all, tattoos are not easily removed, are they? Choose a reputable tattooing studio that employs only properly trained artists. Treat the process as you would any other medical procedure, indeed, the shop should be as clean as your dentist's office.

Make sure the tattoo artist washes his or her hands and wears a fresh pair of protective gloves for each procedure. The equipment should be either single-use (as in needles) or sterilized in an autoclave (heat sterilization). Jewellery used in piercings should also be sterilized before insertion, just like all the equipment.

Tattoos and piercings are not for everyone, but for the many who do chose such body modifications, it would be best to do so safely by being aware of the implicit risks.

Treat the process as you would any other medical procedure

Dr Paul Martiquet is the Medical Health Officer for the Sunshine Coast and Powell River

Meeting Minutes of the Executive Council

Monday, August 8, 2016

Government House Boardroom - 10:07 am - 3:52 pm

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

Resource: Rod Allan, Kelly Rankin, Cathy Galligos, Craig Galligos, Denise Smith and Judith King

Guests: Ryan Thoms, Chris Laing, Doug Bourque, Caroline Neumann and Rob Cunningham

- 1. CALL TO ORDER:** Hegus Clint Williams called the meeting to order at 10:07am.

An in-camera session took place immediately and ended at 11:20am.

- 2. APPROVAL OF MINUTES:** July 25, 2016 minutes

**Moved by Walter Paul
Seconded by Dillon Johnson**

- 3. ADOPTION OF AGENDA:** Motion to adopt the Agenda

**Moved by Walter Paul
Seconded by Shawn Louie**

- 4. ORDERS OF COUNCIL:**

- 1) TNO-EC 46/2016** - Approval of an amendment to the Economic Development Regulation #14.

The amendment addresses some date changes in Part 5 of the regulation.

**Moved by John Hackett
Seconded by Shawn Louie**

- 2) TNO-EC 47/2016** - Approval of the Committees Compensation Regulation # 27

**Moved by John Hackett
Seconded by Shawn Louie**

- 3) TNO-EC 48/2016** - Remuneration of Elected Officials Regulation # 28

**Moved by Walter Paul
Seconded by Larry Louie**

- 5. RESOLUTIONS:**

Kelly introduced a Concept Study for Gibson's Beach. The strategy is to purchase the property under Tla'amin Capital Assets; conditional to the land's removal from Agricultural Land Reserve. The strategic value of the land relates to its proximity to Tla'amin Nations' landholdings. Brian asked for Kelly's thoughts on the type of development at Gibson's. Discussion began concerning the purchase price, uses of the land and whether land would eventually be for lease or sale. It was noted a business plan would cost \$1,500.

Resolution to approve the Concept Study and to authorize a business plan, subject to an accepted offer.

**Moved by Dillon Johnson
Seconded by John Hackett
Resolution TN Res 12/2016**

Kelly distributed a memo regarding \$750,000 in distributable cash by Tla'amin Nation Limited Partnership.

Executive Council reached consensus on the intended use of funds. All figures for the use of funds are approximate:

\$400,000 for the Healthy Living Dividend at \$400 per household

\$200,000 for Post Secondary maintenance increase

\$150,000 for the Nation's operations

Resolution made to request the full \$750,000 in distributable cash from TNLP, for the purposes listed above. This request will be added to the Holdings Board agenda for August 15th.

**Moved by Dillon Johnson
Seconded by Shawn Louie**

Resolution TN Res 13/2016

- 6. PRESENTATIONS:**

- 6.1 RYAN THOMS, POWELL RIVER REGIONAL DISTRICT**

Ryan Thoms attended and updated Executive Council on his fire prevention initiatives. Highlights include Ryan announcing that the District has several structured protection trailers stocked with fire-fighting equipment and one of these trailers is available for Tla'amin. He is looking for Provincial grant funding for his other projects.

Motion to support his program and provide a recommendation.

**Moved by Walter Paul
Seconded by Larry Louie**

- 6.2 BANK OF MONTREAL REPRESENTATIVES:**

Doug Bourque, Caroline Neumann and Rob Cunningham from Nanaimo, BMO attended the meeting to discuss mortgages, risk-sharing and requirements. Doug is tasked with developing a process for offering financial mortgage assistance to Tla'amin Nation members. BMO still needs to build a busi-

ness case for restricted fee simple mortgages on Tla'amin Lands. Discussion began concerning appraisal of Tla'amin houses in general and in particular, if a property was being sold under foreclosure. It was mentioned that Tla'amin is selling their first restricted-fee simple home in the community and the sale will provide a benchmark for calculating house sale prices. Options were discussed for members seeking BMO-funded mortgages. BMO does not do appraisals, but will provide a checklist for new buyers.



- 6.3 LANDS DEPARTMENT ON A FORESTRY OPPORTUNITY**

Cathy Galligos, Chris Laing and Craig Galligos attended the Council Meeting. The Lands Department is proposing one annual cut before the end of 2016. The annual harvest allowance is 20,000 cubic metres. The market is strong for export of logs. Discussion began on the Forest Law and what it would take to amend sections concerning AAC. Discussion began on the profit to be realized from the venture and whether Executive Council is in favour of harvesting the first cut. Discussion included postponing a decision until after the election. Clint asked for a budget from Cathy and a plan from Chris for the project.

- 7. NEW EXECUTIVE COUNCIL BUSINESS:**

7.1 Housing - The notice of sale and request for sealed bids for purchase of the Beach House has been given. There are three open houses over the next three weekends. All sealed bids should be sent directly to Elizabeth Exter, a Notary Public in Powell River.

7.2 Public Works - Discussion began on what residents are putting into their individual toilets. Mop heads, diapers, towels and Swiffer pads have clogged the lift station. The blockage has been cleaned again and the station is in good condition for now. Public education is needed to inform community members on what not to flush down the toilet. The old abandoned wooden septic boxes need to be addressed. Specific areas were discussed.

7.3 Environment and Natural Resources - The Roosevelt elk draw is being planned. There are six draws for elk tags and two hunters per tag who will hunt first on Sep. 25 and secondly on Oct 25. John made a contract agreement for each draw. Tla'amin Nation will not incur any liability. There will be an orientation after the draw for explaining rules and regulations. Discussion began on details for awarding the draw.

Meeting Minutes of the Executive Council
Monday, August 8, 2016
Government House Boardroom - 10:07 am - 3:52 pm
Continued from page 12



7.4 Election - With regard to campaigning outside of Tla'amin, there will be a special September edition of Neh Motl that will be 'all election' campaign info. It was asked how effective the candidates' message are, if the voters have already voted electronically. Council decided that the duration of candidates' speeches should be changed to a maximum of 5 minutes each.

7.5 Lands and Taxation - Denise attended the meeting to introduce the Building Regulation. The general idea is to have a building inspector to come to out on Fridays. The Council supports the building regulation in principle. Clint suggests a meeting take place with Murray Browne about the building regulation to look at it in depth. Meeting proposed for Wednesday, August 10th.

7.6 Fire Department - Discussion on Emergency 911 calls. On the weekend, the fire department sponsored a workshop endorsing air brakes.

7.7 Fisheries - The food fish came in Saturday, August 6th. 1,400 pieces of fish were delivered to the community. Everyone who was home - received fish. There are 90-100 fish in the Hatchery freezer. We are waiting to see what happens with one more fish run.

7.8 Naut'sa mawt Tribal Council - There is a Youth Camp for 14-18 years on August 8th.

7.9 Health - First Nations Health Authority Letter of Support for a continued working relationship between Tla'amin Nation and FNHA was signed by quorum of Executive Council.

Hegus Business:

1. Old Forestry building will be used by the Bible Group. Rod will put together an agreement with them.

2. On August 3rd, Clint met with the City engineer and the District representatives about a new sewage plant in Wildwood that Tla'amin sewer system could connect to. If the proposed plan for a joint venture works for Tla'amin and City of Powell River, it may have advantages for overall cost savings for the Nation. The original plan of a stand-alone sewer system is still possible, but it costs more.
3. Lund has new wharfs in place.
4. The log dump project is starting up.
5. Tla'amin Management Services and Tla'amin Capital Asserts has a new director named Fred Chinn.
6. Waunnock vessel has sparked interest with a community member who may purchase it.

Other Business:

1. A funding proposal to Treaties and Aboriginal Government was approved and signed. The proposal addresses Socio-Economic gaps and will be sent to INAC.
2. Tla'amin General Assembly is scheduled for September 1st. The doors open at 4:30 and buffet at 5:00.

Adjournment

Moved by: John Hackett
 Seconded by: Shawn Louie

Meeting adjourned at 3:52 pm

Gunn-a-whooth

I, [insert name], elected as [Hegus/a Legislator] of the Tla'amin Government, will adhere to the following principles and will take on the following responsibilities as an elected official of the Tla'amin Government.

To the best of my knowledge and ability, and for the duration of my term in office, I commit:

1. To strive to provide good, effective and accountable government;
2. To promote the unity and well-being of the Tla'amin Nation by cooperating with fellow Legislators and Tla'amin Citizens, consulting and informing one another, and coordinating our actions with one another;
3. To confront and resist lateral violence within the Tla'amin Government and by doing so contribute to a healthy workplace and broader Tla'amin community where fellow Legislators, Tla'amin Citizens, Tla'amin Nation employees and any visitors are treated with respect;
4. To act in the best interest of the Tla'amin Nation and to avoid any real, potential, or apparent conflicts of interests;
5. To act in good faith, and with due care, competence, and diligence, and without misrepresenting material facts;
6. To respect the confidentiality of information acquired in the course of my service to the Tla'amin Nation, except when authorized or legally obligated to disclose;
7. To respect and adhere to the *Tla'amin Constitution*, which honours and upholds Tla'amin ancestral practices, teachings and core values;
8. To encourage the development of a collective understanding of and respect for Tla'amin laws;
9. To make decisions which respect Tla'amin laws and which ensure responsible use of and control over all Tla'amin Nation assets and resources entrusted to me;
10. To develop and maintain communications with the community in order to ensure accessible, accountable and transparent governance practices and processes;
11. To strive to be effective and professional in my communication and business relationships with other governments;
12. To model pie yeh oht tiit shim (always learning) by participating in leadership education initiatives and by respecting and honouring our ancestral practices and the knowledge and teachings of the Tla'amin elders; and,
13. To be accountable for adhering to this oath.

Letters to the Neh Motl

Ashley Harry & Harrys Tobacco

To my fellow band members, I'm sorry to announce this sad news. If the band and dev Corp were to accept my business to open a cigarette manufacturing company on Sliammon native land. I'd be giving back to my sliammon band members at least \$5000 per household every year if not more as dividend. I was proud to give back a minimum half a million a year to my community of sliammon. I wanted so badly to give back to my community until I got the bad news that Kelly and a few council and Dev Corp think my company Harrys tobacco is an illegal and fraudulent business which is a complete fabricated lie!!!

You told us as young ones to set our wings free in the world and bring our knowledge back home but now my home doesn't want or believe in me your own native blood ... Telling other fellow communities that my business is bad ... Which is very wrong Now my community has talked behind my back and with these comments officially turned there backs on me and my company ... Sliammon is not ever going to be home for me ever with people that don't believe or support me Sliammon doesn't believe in me but I have two options in Vancouver that do believe in me and I hope to give back a dividend to any native community I will never bother sliammon council of Dev Corp with any other endeavours ever again I will do it all on my own as I have been doing

Once again my business is NOT illegal or running anything fraudulent Never did and never will I wish I had a happier ending to tell you

Ashley Harry
Harrys Tobacco

September 14, 2016
Via e-mail
Neh Motl
4779 Klahanie Road
Powell River, BC V8A 0C4

Attention: Steven Gallagher, Editor

Dear Steven:

Re: Harrys Tobacco

Firstly, thank you for the opportunity to provide this letter to be published in the Neh Motl along side the letter you recently received from Ms. Ashley Harry & Harrys Tobacco. I personally would not stand in the way of bringing jobs to the community and eventually taxes for the Tla'amin Nation.

Secondly, neither the Tla'amin Nation, Sliammon Development Corporation nor the undersigned think or presume Ms. Harry's sole proprietorship Harrys Tobacco to be an illegal or fraudulent business. Further, the Tla'amin Nation and the Sliammon Development Corporation have not rejected the proposal from Harrys Tobacco to locate a cigarette manufacturing facility on the former reserve lands at Teeshohsum. Lack of documents has been the obstacle to conducting our assessment.

Sliammon Development Corporation* commenced due diligence on Harrys Tobacco, Ms. Harry, and her associates Mr. Chris Lagarde

and Mr. Kevin Kohanik after the Chief and Council at the time considered moving forward the concept of tobacco manufacturing in Teeshohsum. Criminal record checks, net worth statements for the individuals, and financial statements for the business were required for the assessment and requested from all proponents involved. As of today, a business plan and two of three criminal record checks have been received, Mr. Lagarde advised me multiple times his record check was forthcoming and also advised that net worth statements would not be provided as their assets are held offshore. Further Mr. Lagarde advised he would locate his business on a reserve elsewhere if providing the requested financial information was necessary for their business to operate in Teeshohsum.

On June 9, 2016, via e-mail, Mr. Kevin Kohanik advised that Mr. Lagarde had been reassigned within their business and Mr. Kohanik and Ms. Harry would be the points of contact for Harrys Tobacco. My reply on June 14, 2016 listed the outstanding documents required for our assessment. To date Harrys Tobacco has not provided the financial information requested and Mr. Lagarde has not provided his criminal record check.

As you are aware, subdivision and development permit applications and other permit applications have been developed and are available from the Tla'amin Nation department of Lands and Resources. These permits are now requirements for any and all businesses or individuals wanting to develop Tla'amin Land. Everyone is required to supply criminal record checks in the permitting application process including Tla'amin citizens. Community consultations are also required; some may consider the tobacco industry controversial.

I have reached out to both Mr. Lagarde and Mr. Kohanik to kindly inform me who I allegedly spoke with from another Nation in which Harrys Tobacco is seeking to operate the business. Mr. Kohanik has not replied to my voice mail message.

**The Sliammon Development Corporation is now known as Tla'amin Capital Assets Inc. and operated by Tla'amin Management Services Limited Partnership.*

Yours very truly,

TLA'AMIN MANAGEMENT SERVICES LIMITED PARTNERSHIP
by its general partner
TLA'AMIN MANAGEMENT SERVICES INC.

per:
Kelly M. Rankin,
Chief Executive Officer



Happy Halloween

#itstartswithme



CULTURAL SAFETY AND CULTURAL HUMILITY Webinar Action Series

Calling all Health
Professionals and Allies in BC

You are invited to the First Nations Health Authority and BC Patient Safety & Quality Council cultural safety and cultural humility webinar action series! 12 webinar events will take place over the next year to encourage participation, learning, self-reflection and positive change among BC's healthcare professionals.

The series will support development of tools and skills on how to be effective allies for advancing cultural safety and humility and what health service staff and allies can do to understand and integrate this work into their practice or interaction with First Nations and Aboriginal Clients.

Hear from thought leaders such as Dr. Evan Adams, Dr. Nadine Caron, Margo Greenwood, and representatives from each regional health authority in the province.

EVENT #1



LEADING A FRAMEWORK FOR CULTURAL SAFETY AND HUMILITY

with FNHA CEO Jodie Gallagher

Jodie Gallagher, Chief Executive Officer of the First Nations Health Authority, and hear the personal story of his niece Makara's legacy. Learn how one family's tragedy resulted in Canada's first province-wide commitment to culturally safe health services.

Explore the concepts and connections between cultural humility, safety and competence in an open and safe learning environment. Learn how system partners are engaged with improving cultural safety for First Nations and what you can do as health care allies to support this transformation.

OCTOBER 4, 2016
NOON – 1 P.M.

Mark your calendars for the next Cultural Safety and Cultural Humility Action Series Webinars!
November 2 and December 7, 2016. January 4, February 1, April 5, May 3, June 7, 2017



FOR MORE INFORMATION AND TO PARTICIPATE, VISIT

fnha.ca/culturalhumility



Jodie and Steve Gallagher were invited to meet with the First Nations Health Authority team at the Chief Coroners office, and their partners in the BC Region on September 22nd in Victoria, to celebrate the new direction of Canada's first province wide commitment to culturally safe health service in Makara Gallagher's name. This outcome has been four years in the making.



With witches, goblins, and superheroes descending on neighbourhoods across Canada, the Canadian Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun!

- Costumes should be light-coloured and flame resistant with reflective strips so that children are more easily seen at night. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)
- Costumes should be short enough to avoid tripping.
- Remind children to keep away from open fires and candles. (Costumes can be extremely flammable.)
- Use face paint rather than masks or things that will cover the eyes.
- Remind children to walk, slither, and sneak on sidewalks - not in the street.
- Explain to children that calls should be made along one side of the street first and then the other, and that it's best to cross the street only at intersections or crosswalks.
- Remind children to look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Provide yourself or the children with a flashlight to see better and to be better seen.
- Have children plan their route and share it with you and the family.
- Trick or Treaters should travel in groups of four or five. Young children should be accompanied by an adult.
- Visit homes that have the porch light on.
- Make sure children know they should accept treats at the door and must not get into cars or enter the homes or apartments of strangers.
- Remind children not to eat their treats and goodies until they are examined by an adult at home. And candy should not be eaten if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.
- Make sure you and your children know where the Block Parent houses are located in the neighborhood.
- Set agreed-to boundaries with your children. Explain the importance of staying within them and arriving home on time.

ANNOUNCEMENTS



Well, summer is definitely behind us now and things are starting to slow a bit out at the Historic Lund Hotel. That said we are on track for a really great September.

We have had a movie crew in the hotel for the last week or so and they have been keeping us busy but we have also had plenty of other guests from all over the world. So much so that we have had a couple of sold out days! The Front Desk and Housekeeping Teams have been doing a great job of keeping up. And the Kitchen and Pub crew have really stepped up to make sure our movie crew are being taken care of 24 hours a day; they often do not get back to the hotel until midnight and we have really stepped up to look after them.

I don't know a lot about the movie, sorry, but they are shooting all around the area. They have been up and down the near coast by boat and barge, over to Okeover Arm, all around the backcountry and they have even done some scenes in the Marine Building and the General Store! It has been a real team effort at the hotel. When we have more information about the movie I will let you know but be proud that the production company is led by a First Nations team and they choose to use YOUR hotel for their shoot. And it stars Lorne Cardinal of Corner Gas fame. Pretty cool. Stay tuned for some great publicity shots.

As we move into autumn and winter we will be focusing on long overdue maintenance at the hotel and we will start some serious training for the core team. We will be using the Canadian Tourism Commission's EMERIT Certification as our training standard and all the team who graduate will receive their certification.



GUIDING CHANGE
MIZARE
FINDING PROFIT

EMERIT certification is recognized all across Canada for excellence in hospitality and tourism.

Finally, our Trip Advisor scores continue to rise. It takes a long time as the bad reviews from years ago never really go away but our scores from this year have been so good our average has risen to 3.5/5.0 with comments like, *"The icing on the cake was the original wall mural in every room! The hotel has been beautifully renovated - thanks for restoring the fir floors - and is spotless. The staff are kind and helpful. And you can't beat the setting."* (sorry, Erik) and, *"The Hotel was lovely with an excellent Restaurant and Bar. Our accommodations were clean and satisfactory. We did not stay in one of the premium suites which I checked out and would recommend. The Best Part was the staff"*

We are going to keep the hotel open all winter this year and the restaurant and pub will be available for guests so if you have any visitors who need a room please send them our way! And if you work at the Nation offices please feel comfortable insisting all those folks who come up to see you spend at least one night in YOUR hotel. It will really go a long way to help us pay all the bills this winter. Every little bit helps and all the staff (your family and neighbours) who like getting their shifts will be really grateful.

Thanks for a great summer and we really look forward to seeing out at the hotel, soon. Maybe Thanksgiving Dinner? Be sure to make your reservation early.



Louie caught this 14 pound white spring salmon outside the Tla'min Nation waterfront with his brother Lee.

James Thomson

Key Dates for October

- Oct 5, 6pm PAC Meeting in the Library
- Oct 10 Thanksgiving Stat
- Oct 17 Photo Day
- Oct 21 Pro-D
- Oct 31 Halloween and Assembly
- Nov 1 Parent-Teacher Conferences