



## Fentanyl Awareness Brings Health Providers Together

### Overdose Prevention

By Steve Gallagher  
Neh Motl Editor

On October 19th Dr. Evan Adams Chief Medical Officer at the First Nations Health Authority woke up in Hawaii where he spent several days sharing with their local health care specialists about their history and how to overcome some of the historical oppressions that created health challenges in Hawaii.

After a long flight back to the West Coast Evan found himself that same evening delivering a presentation to a delegation of health care providers and fellow Tla'amin families about overdose prevention as a result of a lethal drug known as fentanyl which has been slowly making its way to the Powell River area including our Tla'amin Nation. The result of ingesting fentanyl is a fatal overdose that has been traced to opioids that carries the potential to cause death. "It only takes a few grains of fentanyl that is ten times stronger and it is not uncommon that users are unaware of its presence in drugs that are most commonly used. "Drug use and addictions are health issues, not moral issues" advised Evan Adams, "People who struggle with addictions need our help and support."

As a result of this increase in overdoses in B.C. the First Nations Health Authority has been working in partnership with our Tla'amin Health team and has made this issue a priority. In addition to informing parents and families of the seriousness of fentanyl, and give some advice to families that may be concerned about their loved ones, a big message is about a kit called "Naloxone" that is available at Tla'amin Health.



Chief Medical Officer for the First Nations Health Authority Dr. Evan Adams explains how to approach overdose prevention techniques with our loved ones

Naloxone or Narcan as it may be more commonly be recognized, will bring a person who has or may be experiencing an overdose a chance to be revived long enough until help arrives after you call 911. With Narcan you can save a person's life even after that person has overdosed. The Naloxone kit has three injection doses that should be administered every three to five minutes if the patient doesn't become revived right away.

Brendan Behan who is the Director of Tla'amin Health opened the Town Meeting "We need to prepare ourselves to respond to this crisis, because it has become a reality in our area. We are so fortunate to have some great resource people with us this evening to guide us through some of our approaches and answer some of

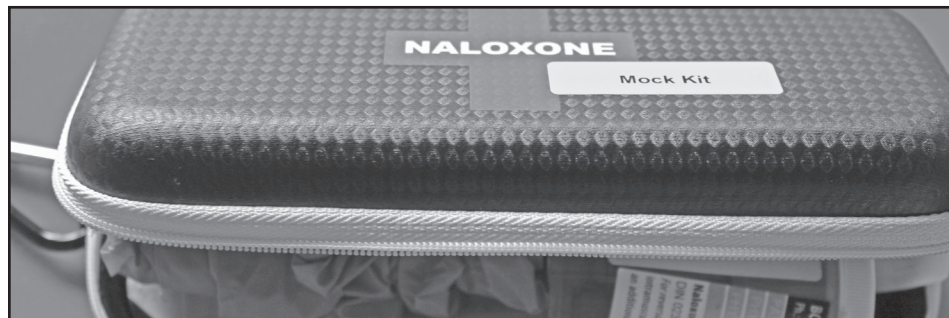
the questions you may have."

Kim Markel has been working for Tla'amin Health in partnership with the First Nations Health Authority as our Chronic Disease Management Nurse. "So why this sudden spike? Fentanyl, which has been detected in over 60% of this year's illicit drug overdose deaths has jumped up from 30% the previous year. And it's not as though people are knowingly using fentanyl. Fentanyl is

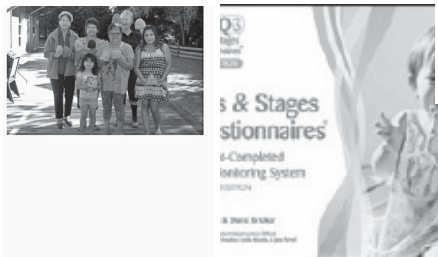
being used to cut with other drugs and sometimes is even given out under another name and is roughly 100 times stronger than morphine, 20-30 times stronger than heroin. Only a few grains of fentanyl can be deadly." warned Kim.

Anyone can overdose no matter their age or history. Factors such as current infections, dehydration,

**Fentanyl Awareness**  
(Continued on page 4)



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





James Thomson students presented a gift they had been working on this year to the Hegus and Legislators

# Tla'amin Government House Updates



4779 Klahanie Road, Powell River, BC V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646

## Qamεs ʔəms tala Settlement Trust

We are currently accepting two separate expressions of interest for catering bids. One small catered lunch on November 14<sup>th</sup>, and another large catered brunch on November 26<sup>th</sup>. Please email your interest and/or resume to Nora @ nora.dickey@tn-bc.ca Must have food safe certificate to apply.

The Trustees will be hosting our first annual Community Trust Meeting Pancake Brunch on November 26<sup>th</sup> at Tla'amin Health from 10 am to noon. Our Financial Advisors (PBI) and Investment Managers will be in attendance. We hope to see you all there! Urban members – teleconference is available. Please email the above noted address for details.



## Shake out BC

Tla'amin staff participated in a earthquake drill to exercise individual and team responses in preparation of when the big one hits BC. CEO Rod Allan and H.R. Manager Jessie Peters do an attendance check at a designated site to ensure that all staff are accounted for.

## Nation Administration Matters

I am Judith King and I have had the privilege of working with the Nation since February 2013. Working with staff, senior management, Hegus and the Legislators has been a wonderful experience. Everyone that I worked for has taught me important lessons about being productive and making Tla'amin Nation the best it can possibly be.

I thank Rod Allan for trusting that I could be the Executive Assistant, Executive Council Secretary, the Proposal and Reporting Coordinator and the Tla'amin Law Clerk. Rod has taught me much about business ethics which I will use in my future endeavours. The dedicated staff who work at Government House continue to amaze me with their focus and commitment.

I have deep admiration and respect for Tla'amin Nation's elected officials. They bring years of expertise and experience to the Tla'amin people. It is a pleasure watching them lead this Nation forward. I respect their passion to lead this Nation.

I celebrated my 65<sup>th</sup> birthday in September, and when I move on the important work I do should be passed on to a Tla'amin community member, who will contribute much to make this new government a success. I believe Tla'amin will be a leading force on the Sunshine Coast, in the Province and within Canada in the coming years. These are some of the lessons I have learned working for your community:

- Treat everyone you meet like you want to be treated.
- Be loyal.
- Give people more then they expect and do it cheerfully.
- Be a self-starter.
- Be decisive, even if it means you'll sometimes be wrong.
- Have a grateful heart.
- Commit yourself to constant improvement.

You have made my time with you a pleasure. Thank you



## General Assemblies

- General Assemblies must be called at least twice a year:
  - **Fall Assembly** – To present the audited annual financial statements, appoint auditor and
  - **Spring Assembly** – To provide opportunity for the Tla'amin Government to present and discuss the Tla'amin Nation's annual budget and multi-year financial plan.
- The Executive Council may call other General Assemblies it considers necessary.



# Intergovernmental Relations is Key for Social Planning

## Community to Community to Community Forum (C3 FORUM)

*Excerpt from the City of Powell River*

Social Planning is a proactive approach to social development that breaks down large, complex issues into manageable solutions, creating a platform for change that improves the quality of life for all citizens.

### Our Community is Changing

Now is the time to be strategic about social planning. Historically, Provincial and Federal Governments took the lead in social programming. However, in the last few decades, funding has eroded in areas of community health, cultural programming, children's services, transportation subsidies, housing grants, etc. This has forced local levels of government to strategize on how to fill the gaps and ensure their citizens have all the services they require to thrive.

We can observe from other communities that without a deliberate, forward looking Social Plan in

place, decisions and policies will be driven by short-term economic interests. This reactionary approach to decision-making costs more in the long run, increases the gap between rich and poor, and leads to poorer social and economic outcomes for communities. Our region has an abundance of assets from which diverse community members make a good life for themselves and their families. However, we are experiencing rapid change, both economically and demographically. By working more strategically and more collaboratively,

We can do an even better job of making sure all people living in this region are thriving, and that our growth is sustainable.

### What is a Community Social Plan?

Social policy is any decision made by a government agency, business, or organization which affects the wellbeing of a community; it can be legislative, regulatory, or visionary. A plan is a proposal for achieving or doing something. A Community Social Plan is a comprehensive and responsive document that ensures we are deliberate when responding to the many economic, political and demographic changes we are experiencing. It establishes productive partnerships, eliminates redundancies, conserves valuable resources, and identifies current assets and gaps in order to increase the quality of life for all citizens.

Failing to plan is planning to fail. Having a Community Social Plan will help this region to avoid



Rachel Blaney recently attended the C3 Forum in October



some of the challenges currently faced by other cities in the province. Too often we see and respond to social issues in a fragmented way, which exhausts our limited resources and neglects root causes. A Social Plan works to draw connections and paint a bigger picture, enabling various governments, organizations, institutions, and community members to work together more effectively. Through concerted efforts we will be able to ensure this community is a healthy place for all of us to live.

# Vancouver Christmas Dinner

Friday, December 2, 2016

Vancouver Aboriginal Friendship Centre

Judge Alfred Scow Gym

1607 East Hastings Street

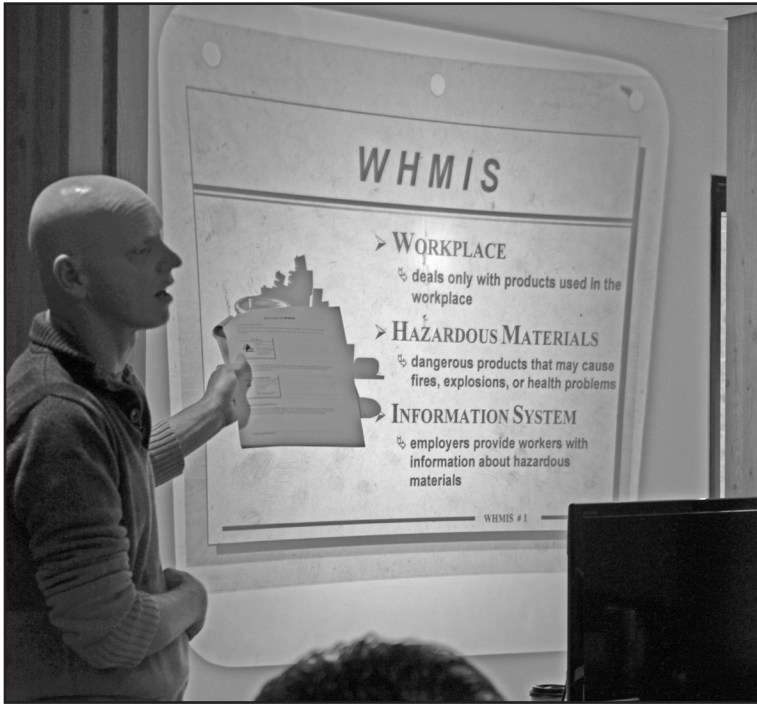
Vancouver, B.C.

Centre Telephone (604) 251-4844

Doors Open at 5:00

Buffet Dinner at 6:00

Please come join Tla'amin Legislators, Executive Council and your fellow Tla'amin community members  
A traditional Christmas Dinner, non-alcoholic beverages and door prizes will be provided.



## Workplace Hazardous Materials Information Systems

On October 7th staff members at the Government House participated and successfully completed a Workplace Hazardous Materials Information Systems workshop to understand what to do in case of a workplace emergency. Here is some background information.

### What is WHMIS?

WHMIS is a short form for Workplace Hazardous Materials Information System. It is a comprehensive plan for providing information on the safe use of hazardous materials used in Canadian workplaces. Information is provided by means of product labels, material safety data sheets (MSDS) and worker education programs.

### What are the main parts of WHMIS?

The main components of WHMIS are hazard identification and product classification, labelling, material safety data sheets, and worker training and education.

### Why was WHMIS created?

It was created in response to the Canadian workers' right to know about the safety and health hazards that may be associated with the materials or chemicals they use at work. Exposure to hazardous materials can cause or contribute to many serious health effects such as effects on the nervous system, kidney or lung damage, sterility, cancer, burns and rashes. Some hazardous materials are safety hazards and can cause fires or explosions. WHMIS was created to help stop the injuries, illnesses, deaths, medical costs, and fires caused by hazardous materials.

### How was WHMIS developed?

WHMIS was developed by a tripartite steering committee with representatives from government, industry and labour to ensure that the best interests of everyone were considered.



# Job Posting

**Social Development Support Worker  
(0.5FTE) half time**

The Tla'amin Nation has an immediate opening for a half time support worker to join the Social Development department.

The key deliverable of the position will be to work with those individuals who currently receive Income Assistance benefits and are considered employable. Working with these individuals, the successful applicant will be required to define an education plan or back to work plan and continue to monitor these plans monthly with the individuals.

Other duties will be to support the current BSDW during absences and peak demand workloads.

This position reports through to the Chief Financial Officer, but will receive daily guidance from the Nation's Social Development Worker.

This key position is identified in the Fiscal Finance Agreement and has guaranteed funding through the period ending March 31, 2021 by the Province of BC.

If you believe you have the skillset and personality to fill this exciting new role, please forward your resume to Jessie Peters, Human Resource Manager, at [hr@tn-bc.ca](mailto:hr@tn-bc.ca) by Friday, November 18, 2016, 4pm.



### **Fentanyl Awareness** *(Continued from page 1)*

malnourishment can increase risk. The third factor that impacts risk of an overdose is how a drug is used. Route determines how quickly the drug takes effect; in general, the faster a drug hits blood stream (smoking or injecting) the greater the risk of overdose.

Naloxone Kits are available at both Tla'amin Health and the Powell River Needle Exchange which is located on the 3rd floor of the hospital. Anyone interested in learning more about overdose prevention or wanting to receive training to administer the Naloxone kit should contact either our Traditional Wellness or anyone on our Nursing Team at Tla'amin Health. These services are also completely confidential.

## Community Workshop

### *Reclaiming Connections*

Reclaiming Connections is a 10-week program supporting parents and caregivers of pre-teens (8-12 year olds) and teens (13-18 year olds). Reclaiming Connections supports families in ways that are safe and respectful, integrating traditional cultural knowledge, in accordance with local communities. In Reclaiming Connections we find new ways of understanding and strengthening our relationships with our children.



Please come to a Community Presentation about the history of the development of the program, and the principles of the program.

**Two trainers from Reclaiming Connections will be coming on Wednesday 9 November from 9am – 3pm at the Tla'amin Gymnasium. Lunch will be served. We hope to see you there.**

## Are you interested in helping families that need advice for funeral arrangements?

**We are looking for individuals to form a committee dealing with funeral protocol**

**November 22nd  
Child Development Centre  
5:00 p.m.**

**Contact  
David (Budd) Louie  
Tla'amin Government House**



GUIDING CHANGE  
**MIZARE**  
FINDING PROFIT



**A**lmost time to start getting ready for Christmas and the Historic Lund Hotel is preparing to do just that. We hosted a successful Thanksgiving Dinner in the restaurant and we are booking bed rooms and our meeting room for business meetings and other events, including Christmas parties. Indeed we are open for business every day!

We are just completing the installation of a new high definition television system in the pub and we are going to add two new TVs so you will be able to catch the NFL, NHL and CFL as often as it is on TV. Of course we will be all setup for a great Grey Cup Party so think about joining us to watch the game. Our great pub food will always be available and there will be special menus like Burgers and Beer Mondays and Thursday Night Wings for NFL football. We will always feature the Seahawks, the Broncos and the 49ers. Every Sunday we will be showing the best games available and come try some great chili. We will also feature the Canucks, the Leafs and the Habs and as much other NHL as possible. Come catch a few games.

We have had the pool table re-furbished and are getting great reports that it plays really well. With the addition of a dart board there are lots of other things to do if your favourite team is not winning. And coming soon an old style arcade video game with over 50 different classic games: Pac-man anyone??

We are also putting the last touches on some changes to the menu and every Saturday night we are going to have a candlelight dinner in the restaurant. So bring your partner, your lover, your friend for a romantic evening and consider taking a room for the night to complete experience. No need to worry about driving and you can have a nice lazy Sunday morning before getting back to reality!

As I said last time we will use this quiet time to do some minor repairs and touch-ups around the hotel. Wherever possible we will be using our own team so there should be work for as many people as possible. And we are going to start our off season training come January.

This will be the first winter in a long time that the hotel will be open and we thank the Board for supporting us in this decision and look forward to seeing you out to visit us soon.

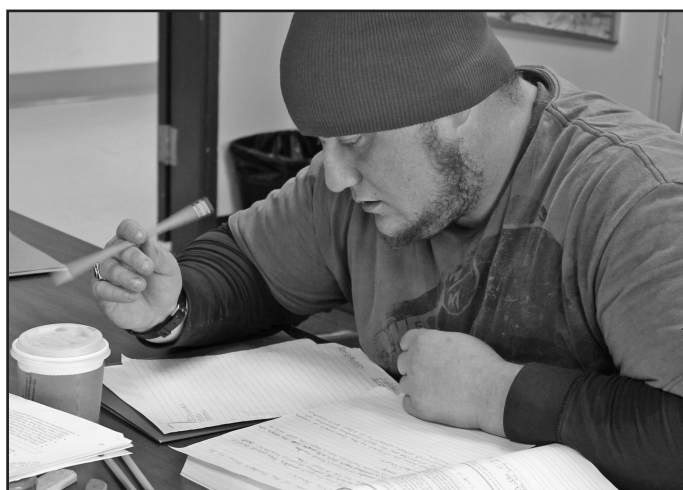


# Vancouver Island University

## Troubles getting back into studying?

### PACE and Adult Basic Education (ABE) might help!

VIU continues to offer Adult Basic Education (ABE) classes for people wanting to complete their high school. If you have struggled with Fundamental Math and English in the past, ABE now offers individual support through a “brain-training” tool called PACE. PACE helps correct some of the cognitive and “auditory” processing (how our brain hears things) in our brain, which can greatly improve our learning.



Eva van Loon has been offering individualized PACE training to ABE students with great success for two years now. Edward, a student currently taking English 047, credits Eva’s program with helping him transition into academics. Edward says: “In the past, I tried taking some English classes but was not successful. Last year I took the “brain-training” and English 037 course with an amazing teacher Eva van Loon. I did great in her class and received an A+. The stuff I learned from her I am putting to use in my new English 047 class.”

ABE allows you to complete or upgrade high-school level courses on a “continuous-intake,” so you don’t have to wait until the beginning of a semester: you can get started on Monday!

Call the Powell River campus at 604-485-2878 and book an appointment with an advisor to get more information! Funding might be available and we will work hard to support you in your transition.

*Emote,*

*The ABE Program!*

# James Thomson

Nov. 1 Parent Teacher Conferences (No School!)  
and Book Fair

Nov. 10 Soup Lunch (Toonie donation requested)

Nov. 17 Hot Lunch – Bannock Tacos

Nov. 23 Photo Retakes

# Tutoring

**Ahms Tah Ow School**  
Every Monday & Wednesday from  
5pm-7pm

**Tutoring at Brooks  
Secondary School**  
Every Tuesday & Thursday from  
3:15pm-4:30pm

## Tla’amin Post Secondary hours

Friday 830am-430pm  
Email: [postsec@tn-bc.ca](mailto:postsec@tn-bc.ca) or  
1-778-762-3713 (direct line)



*Sincerely,  
Louise Dominick*

# NVIATS



**Thurs November 17<sup>th</sup>**  
**1pm -4:30 pm**  
**Fri November 18<sup>th</sup>**  
**8:30am-10:30am**  
**Governance Building**

- Funding for school- trades, short courses, level 3 first aid
- Resume building
- Career counselling/Ready to work programs

To see Lorraine Redpath or Lucille Bilous for an appointment please call or via email: [lredpath@nviats.com](mailto:lredpath@nviats.com) or [lbilous@nviats.com](mailto:lbilous@nviats.com)



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Free business training!



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250.286.3455



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[www.nviats.com](http://www.nviats.com)

# 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



## Evan Adams Receives Honorary Doctor of Science

“ I was so touched to be given an honorary Doctor of Science by Simon Fraser University today. Many loved ones were present, but I was especially proud to have the Adams's there, including my parents, because they got me through my ridiculous acting & med school years! This degree is as much theirs as mine.

- Evan Adams- ”

## λasəm saltx<sup>w</sup> Strong Woman

Next gathering is on NOVEMBER 16th from 430 PM – 630 PM. Dr. Leta Burechailo will be presenting on women's health issues. Dinner and door prizes included!!

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.**



## Healthy Happenings

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



Fall is in the air and with that means a bit more chill in the air. Health programs do not appear to be slowing down. The Nurse Practitioner Sara has settled into a routine and our clinic is back to full operations.

It was a pleasure to host and facilitate the Town Hall presentations with Dr. Evan Adams and Kim Markel as guest speakers on the 29<sup>th</sup>. With a great turnout of community members and many organizations from the area, there clearly is a want and need to continue to support those at risk from Fentanyl overdose. Our wellness team is ready and willing to support anyone in their addictions struggles. We continue to use Dr Adam's remarks: "Drug use and addictions is a health issue, not a moral one". For free and caring support, please contact anyone of the Traditional Wellness Team as you wish.

I continue to be impressed by the readiness and commitment of the staff here at Health, when there is a need and an issue in the community, they are ready to respond and provide the best care possible. Lastly, with some minor support from FNHA, we are now moving forward with our 'quitting smoking' group soon. If you smoke and are interested in receiving some support to make an attempt to quit – please call Tla'amin Health and join our non-judgemental, educational group and make it work for you.

## Tla'amin Words of the Month

Family words to practise with parents and aunt/uncle

Father	Mother	Aunt/Uncle
Mən Mohn	tan tohn	čepθ čhepth

Emote  
 Dawna Pallen  
 Health Promotion

## Finding Ways to Support our Youth

The month of November is here already and our children and youth have been in school for two months. The days and weeks have gone by quickly and by now we as parents usually have a pretty good sense of how our young people are doing in their new school year. Please let me know if you need any assistance with getting your child or youth's supports in place at school, especially if your student has any special needs.

young people. Even though our teens want to be out on their own, they still need our protection and support. If we are not careful in our communication, we can create walls between us and this can put our young people in a vulnerable place. If our youth feel they cannot talk with us, they will talk with someone else. This is sometimes how our youth become so influenced by their peers.

If we can find ways to connect with



November is the month we think of our war veterans on Remembrance Day. We can be thankful that Canada is in a time of peace. I've been reflecting on other aspects of peace – not just peace in the world in terms of wars and violence, but peace in our homes.

What are the things we can do to promote a peaceful home life? Do the words we use with our children, our spouse, or our other family members invite a peaceful feeling between us, or do our words bring about tension and conflict?

As parents our words and actions are often motivated by the concern and love we have for our children. As our children become youth and spend more and more time away from us, we can worry more. We wonder what they are up to, and we hope they are making choices that will keep them safe and healthy. Sometimes this leads to us wanting and needing to ask lots of questions.

Our teenagers are going through the natural changes that come along with their stage of development. They want to have their independence. They want to make some of their own choices about what they do, and when. They often do not like to answer a lot of questions.

This combination of parents needing information, and youth wanting to make their own decisions can be a recipe for conflict.

Somehow as parents we need to find positive ways to communicate with our

our youth, we can have chances to share the safety and health information that we want them to have. We can have chances to share some of the life lessons that we have learned, and pass on family teachings. We can have chances to encourage them in their educational path.

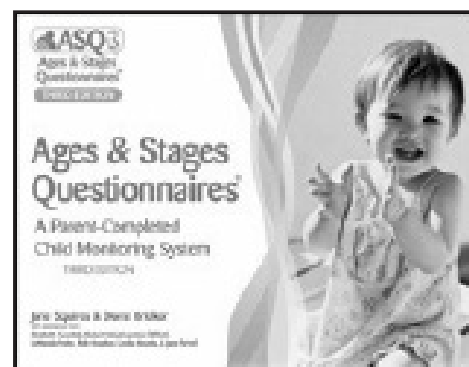
This month I invite you to join me in trying to think about the need for peace in our family life. If you have some ideas about ways you have been able to connect with your child or youth, share those with your friends and family so we can encourage each other. Some ideas I've been reading about include: going for a drive and talking, going for a walk and talking, putting down our own devices or technology when our child might be hovering around us and looking for a chance to talk, actively listening and being open to what our young person might share with us, finding ways to ask questions without putting our teenager in a defensive mode, and trying to still share as many hugs as we used to when they were little. Most of all we want our children and youth to know they are special, important, and loved, just as they are. We want them to be able to come to us about anything, so we can give them the support they need.

Please give me a call if you would like more information on this topic.

*Brenda Pielle*  
*Child, Youth, and Family Advocate*

## What Is An Ages And Stages Screening?

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



The Ages and Stages Questionnaire is a brief questionnaire designed to help parents check their child's development. This is similar in theory to a health screen, such

as a quick hearing or vision screen. The ASQ is a series of questionnaires for children 2 months to 5 years of age and is a parent completed questionnaire. The parent will assist the child in completing the tasks on the ASQ or if the child is very young the parent will be able to answer the questions.

### The 5 domains of the ASQ are:

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

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

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

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

If you would like to do an ASQ with your child feel free to contact me and we can set up a time and place that is convenient for the both of you. You can reach me at 604-483-3449 ext.4 or at [dana.gustafson@tn-bc.ca](mailto:dana.gustafson@tn-bc.ca)



## Family Support & Wellness Programs for November

The Social & Crafts Group made purple baby hats to raise awareness for the Prevent Shaken Baby Syndrome – Period of Purple Crying and reduce shaken baby and other forms of physical abuse in children. These hats were sent to Children’s Hospital in Vancouver.

### Tuesdays 9 – 12

Self Care at the Complex for the Month of November.

### Wednesday 10 – 12

Six-week Grief & Loss Program beginning November 9<sup>th</sup> – December 14<sup>th</sup>  
Heather Baldwin – Hospice Program

### Thursdays 10 – 2

Social & Crafts Program  
November 10<sup>th</sup> - Poverty Law Advocate, Joyce Percey

### November 24<sup>th</sup>

Stopping The Violence/Children Who Witness Abuse

### December 1<sup>st</sup>

Conflict Resolution, Colleen Mudry  
Lunch & Transportation provided (to those that need).

To register or for more information please call Sally at 604.483-3009. Ext.228

## Activities

**Prenatal** (activities to be determined) at CDRC 3rd, 10th, 17th, 24th from 11:00-1pm

**Orca bus** in upper parking lot at the CDRC  
8<sup>th</sup> from 10:00-11:30am

**Baby Moccasins** making at the CDRC  
9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> from 5:00-6:30pm

**Movie Night** at the CDRC – 15th from  
5:00-6:30pm

## Family Preservation

I have taken on the role of Aboriginal Child and Family Counselor, also referenced as Family Preservation; a program designed to prevent out of home placement and reduce risk for children. I will be working with families from a strength-based approach that reflects traditional values and teaching of Tla’amin peoples.

I have conducted an introductory circle at health, to “Welcome” community and families to come share a meal and sought input on what programs and services you would like to see offered in the future. The input was helpful in designing a framework that helps to meet the needs of children and families in Tla’amin and Powell River Community.

As, Aboriginal Child and Family Counselor; I will work closely with Tla’amin Health Traditional Wellness Team along with services and resources in the Powell River District. Moving forward I will be referring to my position in the Tla’amin Language, Gathet’ tow’lth. This program pertains to family preservation, and my role is to support children and families in community. The next gathering will be in November we will be showing a short DVD on parenting.

### Gathet’ tow’lth (Be together)

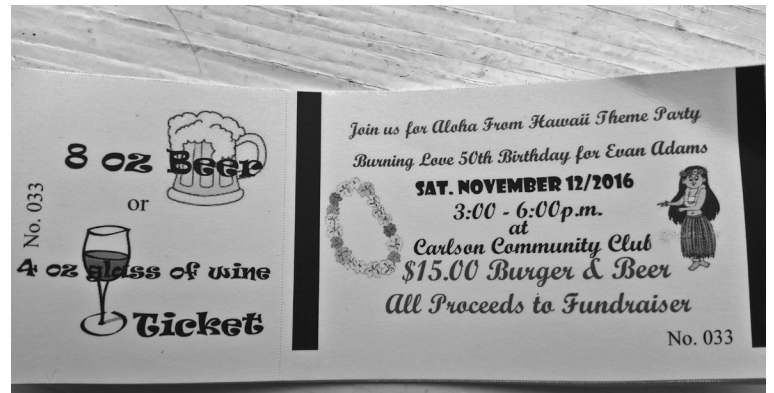
**Family Gathering**  
Date: November 23,  
2016

Time: 4:00 – 7:00 pm

Tla’amin Heath  
Child minding

Please drop by @  
Health to register

Contact Cyndi @  
604 483-3449 ext#230



## Fundraising to Hong Kong

Please help and come support Devin Pielle and Gary Gonzales. We are fundraising to go to Hong Kong in 2017 to help sing & drum with the totem pole carved by Craig Galligos that will be going there. We will be celebrating my Uncle Evan Adams 50th birthday with an Aloha from Hawaii theme – dress in your lei’s, sarongs and bikini’s! Tickets are \$15 each for a beer and burger at the Carlson Club on November 12th from 3-6pm. Come escape the winter blues by joining us with some Hawaiian music, laughter and stories. Does anyone remember how to do the hula? I accept e-transfers at dpielle@gmail.com.

Thank you so much in advance.  
Devin Pielle

## Klasum Giyews Youth Group

(Strong Body)

Who: Youth aged 13-18

Where: Complex

Note TIME CHANGE

When: Mondays from 6:00-8:00 pm (Rides provided from Health at (5:30 pm)

We are inviting youth to come out and get fit together. Youth can go swimming or for a workout.

\*Transportation provided from Health at 5:30 pm or youth can meet us at the complex at 6:00 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 Resorce 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!

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

There will be no foot care for the month of November. For booking in December please call health to arrange.

## Meeting Minutes of the Executive Council

Thursday, September 29, 2016

Government House Chambers - 10:32 am - 4:07 pm

**Attendance:** Hegus Clint Williams, John Hackett, Larry Louie, Tyrone Wilson and Lori Sparrow

**Resource:** Rod Allan, Steve Hunter and Judith King

**Guests:** Alyssa Melnyk gave an orientation to the new Executive Council and Brooke Browning reassessed the Review and Appeal Panel procedures with Council. Both sessions took place via teleconference.

**1. CALL TO ORDER:** Hegus Clint Williams called the meeting to order at 10:32 am.

### 2. APPROVAL OF MINUTES:

September 01, 2016 minutes were tabled as NO QUORUM OF COUNCIL from pre-election Council was present

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

**Moved by John Hackett**  
**Seconded by Lori Sparrow**

### 4. ORDERS OF COUNCIL:

4.1 - TN-EC Order # 54/2016 is approval of designated signing authorities for Bank of Montreal.

**Moved by John Hackett**  
**Seconded by Lori Sparrow**

4.2 - TN-EC Order # 55/2016 is approval of designated signing authorities for Royal Bank of Canada.

**Moved by Lori Sparrow**  
**Seconded by John Hackett**

### 5. PRESENTATIONS:

Ryan Thoms attended the Council meeting to update the Council on initiatives he is working on.

5.1 Emergency Services Agreement's purpose is to enable efficient sharing of local fire department resources. This agreement will allow for improved emergency response and overall efficiencies for residents within all fire service areas.

Motion to endorse the Powell River Regional Fire Department's Emergency Services Agreement

**Moved by John Hackett**  
**Seconded by Lori Sparrow**  
Resolution # 18/2016

5.2 The National Disaster mitigation program proposal application is being prepared by Ryan. Council consensus is to support Ryan in this application. A letter of support will be sent to Ryan.

5.3 Brooke Browning teleconferenced with Council about the Rules of Procedure which are the changes to the Review and Appeal Panel directives. The

changes were developed by the Panel.

Nancy Morgan advised the Panel to keep track of any proposed changes that the Panel finds inconsistent with the law. Brooke reviewed each of the Review and Appeal revisions. She clarified some of the more difficult concepts in point-by-point fashion. The agenda item will be brought forward to next meeting before approval.

### New Business:

#### 1. Administration/Finance/Audit:

1A) Annual performance reviews for all staff were discussed. Council agreed that it is a good future plan.

1B) 2015-16 audited financial statement review discussed. Steve Hunter attended to answer questions.

1C) A definitive funeral policy is needed. There are different funerals practices that occur and are usually specific to the family's wishes. Traditional funerals were discussed with a mention that some of the traditions are being left by the wayside. It was suggested that there should be a pamphlet about funeral procedures. Council will give it some thought and it will be followed up at the next Council meeting. It was suggested to ask the Sijitus group to consider best practices and seek as many opinions as possible for how to proceed.

**Education:** Education Management Team meetings should establish meeting dates for the 2016-2017 school year. Action - Larry

**3. Housing:** A report on the Beach house for sale indicates - no bids. Discussion on the next steps included

- Option 1 - Re-open the bid process with a date extension, based on the next Bank of Montreal meeting.
- Option 2 - It was suggested that Tla'amin Nation set a house price and list it for sale.

**4. Public Works** – Honorarium for the fire-fighters was discussed. Tyrone informed Council that as a volunteer, he receives honorarium each month and he doesn't keep it. He wanted to clear the air about honorarium. Council and Rod do not see a conflict.

**5. Environment** – The proposed development of the OK copper mine in the Bunster Hills is opposed by Crown Land Referrals and the Lands Manager. There is a meeting in October to talk about mining. Clint and Lori will attend the meeting with the interested party. The concern about this project is both cultural and environmental.

**6. Fire Department** – Council supports the Halloween fire works for \$1,000. Tyrone Peters and Shirley Louie will coordinate.

**7. Fisheries** – Motion to approve the Government of Canada Participant Funding Program submission on the review of changes to the Fisheries Act. The proposal is in the amount of \$16,050 and is an addendum to the existing contribution agreement.

**Moved by Lori Sparrow**  
**Seconded by John Hackett**

TN-EC Resolution # 19/2016

**8. Forestry** – Elder firewood program has started. Firewood is for community members 60 years and older.

**9. Citizenship Committee** – Council may need to invite the Citizenship committee to clarify some points on citizenship eligibility. It is thought to become a citizen; the standard is to prove that there is a blood connection to a Sliammon ancestor. Action: Rod will review the Citizenship Law and highlight the portion for the Council.

**10. Youth** – Council would like to re-establish the ties with the Youth Leadership Group. It was suggested that when Brooks Secondary forms the Brooks Leadership group, Executive Council could appoint someone to the Tla'amin Nation Leadership group from that group. Rod: Liaise with Brooks.

**11. The formation of the Implementation Committee was discussed.** A call for expressions of interest to be on the committee has lead to three citizens who are interested. Committee includes Hegus, some elected officials, the CAO/ or CFO, as an alternate, Community Development Officer plus 2 Tla'amin citizens, a Youth and an Elder. Sally Louie, Mia Louie and Elsie Paul expressed interest and those three fulfil 2 citizens and an elder. One youth is needed to complete the committee.

Motion to appoint individuals to the Implementation Community Working Group (ICWG) by accepting the three applicants and appointing whomever is the Chair of the Youth Leadership, or the Chair's designate.

**Moved by Lori Sparrow**  
**Seconded by John Hackett**  
Resolution # 20/2016



## Meeting Minutes of the Executive Council

Thursday, September 29 2016  
(Continued from page 10)

### Committee Appointments:

- Lands & Tax – Lori Sparrow
- TN Health – Larry Louie – For PR District Hospital Board, first designate is Larry and Denise is the alternate.
- Naut Sa'mawt Tribal Council – Clint Williams
- REEC – Tyrone Wilson
- Solid Waste Management – Tyrone Wilson

Motion to make the Committee appointments.  
Moved by Larry Louie  
Seconded by John Hackett



Sliammon Village Fire 1918

### Hegus Report:

1. Clint went to the Hummingbird Cove opening.
2. He met with Rob Arthurs, Minister of Agriculture and International Trade.
3. City of Powell River and Clint met with BC Minister Mary Polak and George Heyman about the permitting of the sewage outfall. There is an 18-month window for Tla'amin to hook-up to Town site system as a temporary connection until the new facility is built.
4. The RDG from INAC is coming October 11th to discuss sewage. It's on a positive path.
5. Clint attended an FASD workshop
6. Tla'amin received a purchase offer on the old PRSC (old golf course) land and the Nation has accepted the offer with an extension to October 24th. Also, there are offers from TCAI for the Gibson's Beach and Lot 56 parcels.
7. A welcome figure will be a carving project for Brooks School. The pole was delivered September 28th and the unveiling date is planned for June 2017.
8. Discussion on the dissolution of the Health Board Society. Rod met with the Health Board and mentioned when the society dissolved, they could regroup as an advisory body. Larry mentioned that the senior members could be involved in advising the Council on Health matters. Clint mentioned that we should extend an invitation for those members to participate in the Sijit process when required.
9. The submission form for the Executive Council and Legislative Assembly agenda items was reviewed.
10. The logo usages discussed. Add a notice in the Neh Motl for proper usages. Action: Judith.
11. Terri Galligos letter reviewed. The trustees are accepting applications for training up until the end of October. Search out Trust Fund first and OSR second. Professional development is a priority and Council approves \$500 to her.
12. A community member has requested funds for youth travel to a sports event in Toronto. Council should have a fair approach to this request across the board, because more requests may come in. We should set up work bees for the students and parents who want funding and do it well in advance of the event.
13. Strategic planning session is due. Perhaps set a date before Xmas. It is expected to be a one-day investment. Suggestion was to take the opportunity to update the CCP. on November 21st at 9:00am.
14. Christmas dates were set: Vancouver XMAS date: December 2nd at Friendship Centre; Staff Party on December 9th at Lund Hotel and Community Christmas Turkey dinner on December 22nd.

Adjournment  
Moved by John Hackett  
Seconded by Tyrone Wilson

### Other Business:

1. 3C Forum date for Tla'amin Nation to host is Tuesday, October 11, 2016. Rachel Blaney MLA would like to attend.
2. Executive Council scheduled future meetings. Council will meet on first and third Mondays of each month. Next meeting is on October 17th. Followed by November 7th and 21st. Meetings start at 10:00am.
3. Motion to support the FNHA funding agreement Addendum - PA1700021-SE for the Head Start Program (\$15,000)

Moved by Lori Sparrow  
Seconded by Tyrone Wilson

# Elders Corner

By Darron Cound, Elders Coordinator

The summer of 2016 has been one of positive change for our Elders Group. We have had some interesting outings, visiting with our relatives on the Island, engaging in the Powell River Community, and participating in activities that promote good health and positive social gathering. We look forward to this fall season.

### Community Garden:

#### Our community garden needs volunteers!

This fall, we will be spending time in our community garden, preparing for the next growing season by learning how to compost. This will help to insure our food security in our community. This community garden is a year round project that needs your support.

This is an excellent opportunity for folks to stay active, promote your community health and wellness, and be part of a group that makes a positive difference in the community.

Those wanting to know more about vegetable gardening and food security, **please contact Ann Paul or Darron Cound @ 604 483 3009 (ext 226)**

### Elder Recreation Center Outings:

**Tuesday November 8<sup>th</sup>, from 1pm-3:30 pm:** we will be travelling to the Recreation Complex from Tla'Amin Health. This is free of charge for Elders 60 and older. Come use the pool, sauna, exercise room or any amenity the Center has to offer. Kim Markell and Darron Cound will be escorting. Please contact Darron Cound, or Kim Markell for more info. Free Shuttle ride from/to Tla'Amin Health available.

### Elders Language Circle:

The new season of our Language Circle Meetings are starting up again.

This time we will meet at Cranberry Seniors Center Wednesday November 16<sup>th</sup>, 1-3pm (light refreshments will be provided) our meetings are always fun, and we meet new friends and share the Tla'Amin Culture with others. Free shuttle ride available. Contact Darron Cound

### Elders Luncheons:

**Tuesday November 1st: 11am-1pm**

**Tuesday November 8th: 11am-1pm**

**Tuesday November 15th: 11am-1pm**

**Tuesday November 11am-1pm**

**Tuesday November 29<sup>th</sup>. EDP Bingo/Luncheon 11am-1pm**

### For more info, please contact:

Darron Cound (Elders Coordinator) Tla'Amin Health.  
604 483 3009 ext 226

# Let's Talk Trash



POWELL RIVER REGIONAL DISTRICT

## WHAT IS WASTE?

### Community Composting Pilot Program

The Powell River Regional District is committed to sustainable waste management. Our region's next step along our journey to Zero Waste is to divert food scraps and yard waste out of the waste stream through Powell River's pilot Community Organics Recovery Exchange (C.O.R.E.) program. All residents and businesses are encouraged to participate.

Starting October 1<sup>st</sup>, Powell River residents and businesses will have **free** access to food scraps and yard waste drop off. For smaller household loads of food scraps (less than 50 Litres or 20 pounds), residents can deliver their collection to a new community bin at the Town Centre Recycling Depot. This depot is located at the Town Centre Mall, in the large parking lot in between Rona and the thrift stores. Hours of operation will be from Monday to Saturday, 8am – 5:30pm.

Residents/businesses can deliver large loads of food scraps and yard waste directly to Sunshine Disposal and Recycling, free of charge, Wednesdays and Saturdays from 10am – 4pm. Loads must not exceed 2 cubic yards and limbs must be under 1 inch in diameter.

All food scraps, including meat, bones, carcasses, dairy, fruit, vegetables, food soiled paper (pizza boxes, paper plates, napkins, etc.) will be accepted along with yard trimmings. Items not accepted include biodegradable and compostable plastic bags and products (cutlery, cups, etc.), produce stickers, animal litter, dog droppings, invasive species (blackberry, ivy, japanese knotweed, broom, etc.), shells, glass, metal, rubber, waxed cardboard and lint.

The Let's Talk Trash team will be on-site at the Town Centre drop off depot for the whole month of October. Stop by for information and educational handouts. This pilot project has been long anticipated and comes at the perfect time of year when the windfall of summer fruit has begun to rot on the ground, attracting rodents and bears alike.

Food scraps are estimated to make up 40% of the waste stream. Let's work to divert this valuable resource. Contact Let's Talk Trash or the Powell River Regional District with any questions.

Let's Talk Trash is the Powell River Regional District's Waste Management Education Program. Can be reached at 604.485.0020 or email [info@letstalktrash.ca](mailto:info@letstalktrash.ca).

#### WHAT GOES IN? Food scraps, yard waste & food-soiled paper.

- Meat & Bones
- Fish & Shellfish
- Grains & Pasta
- Plate Scrapings
- Dairy Products
- Eggs & Eggshells
- Fruit & Veggies
- Food-soiled Paper & Cardboard
- Paper Coffee Filters, Coffee Grounds & Paper Tea Bags
- Wooden Utensils, Skewers & Toothpicks
- Yard Waste (no invasive species or any branches/limbs larger than 1" in diameter).



#### WHAT STAYS OUT?

Pet waste, plastic, metal, etc.

- NO Compostable or Biodegradable Plastic Products
- NO Waxed Cardboard
- NO Produce Stickers
- NO Plastic, Styrofoam or Coated To-Go Wear (e.g. Coffee Cups)
- NO Glass, Metal, Wire or Rubber
- NO Pet Waste, Cat Litter or Seashells
- NO Diapers, Baby Wipes or Dryer Lint
- NO Invasive Species (e.g. Ivy, Japanese Knotweed, Broom, Blackberry, etc.)



#### 3 EASY STEPS TO ORGANICS RECOVERY:

- 1** Choose a collection container of your choice. Remember glass & metal retain less odour than plastic does.
- 2** Freeze or keep in a sealable container to cut down on odours & fruit flies.
- 3** Deliver your collection to the 'self-haul depot'.

Consider reuse! Try to find a food scraps container in your recycling or inquire at the recycling depot for containers.

Line your container with paper towels, scrap paper, newspaper, unwaxed cardboard or Bag-To-Earth bags to keep it cleaner.

#### SELF-HAUL DEPOT LOCATION:

→ Town Centre Recycling Depot (in parking lot behind Rona) - FREE drop off during hours of operation (Mon-Sat 8am-5:30pm).  
→ Loads over 50L/20lbs must be taken directly to Sunshine Disposal Wed & Sat 10am-4pm ONLY at 4484 Franklin Ave. (604.485.0167). NOTE: Max. load 2 yards!



**Need Help? Call us!** Powell River Waste Management Education Program  
**Let's Talk Trash: 604.485.0020** or email us at [info@letstalktrash.ca](mailto:info@letstalktrash.ca)



## How to be a Bear Smart Community



#### Too much fruit?

Contact your local Gleaners!  
Free fruit picking community service - 1/3 of the pick goes to the homeowner, 1/3 to the picker, and 1/3 is donated to a local organization. Want to be a picker? Contact us!



Call: (604) 485-7940  
[skookumfood.ca/gleaners](http://skookumfood.ca/gleaners)

#### Backyard Composting

→ Check out the 'Composting in Bear Country' brochure (available online at [letstalktrashpr.com](http://letstalktrashpr.com) & at the Powell River Regional District office) for a more comprehensive guide to composting effectively without attracting wildlife.  
→ Consider avoiding the addition of highly attractant foods such as fish, meat, bones, dairy, grease/oil and cooked foods.  
→ Watch for a community composting program starting in October which will take all these food items and more for free!

#### Keep Livestock & Bees Safe

- ✓ Electrified perimeter/fencing
- ✓ Secure feed in bear resistant storage
- ✓ Cleanliness to minimize odours

#### Good Garbage Protocol

- ✓ Place garbage out for curbside pick up on the **MORNING** of collection, not the night before.
- ✓ Keep trash in an enclosed container.
- ✓ Store garbage & recycling in a secure, **bear resistant** enclosure.
- ✓ Consider **certified bear resistant** containers.

#### Other Attractants to Consider

- Bears can smell up to 1km away!
- ✓ Fruit trees → pick early.
- ✓ Recycling → keep it clean and store it in a bear resistant area.
- ✓ Bird feeders → put out feeders only when natural food sources are low; from Nov-Mar when bears are in hibernation.
- ✓ Pet food → store inside so it's not accessible to bears.
- ✓ BBQ's → keep them clean to decrease residual odours.

