



NEHMOTL "US"

December 2016

Community News | Events | Updates for the Tla'amin People

17 Annual Community Day of Action

National Drug Awareness Week

By Nina Peers

We were pleased to hold our "17th" Annual Drug March. It was great to see youth participate in our march that was assisted by the RCMP and first responder Tyrone Wilson, who drove the community firetruck. The original march began in 1999 by Gerald Blaney to raise drug awareness and education. It was then supported and in collaboration with Community Day of Action – Tla'amin Justice Program coordinator Verna Francis in 2009. The march coincides with National Drug Awareness Week and guest speaker, who supports the awareness and harm done by drugs and alcohol. Around 80 people showed up for our guest speaker Rona Yellow Robe from Seattle. Rona, who won the Native American Flutist of the Year twice, gave an inspirational talk on her journey through addiction. Her story included the loss of her sister who had been part of the missing and murdered aboriginal women. The march and speaker continue to bring awareness to the community on the effects and harm from drugs and alcohol. Understanding and education, play a key role in raising this awareness. The RCMP's participation help bridge working together, to keep the community safe. We could not have done this march and event without our sponsors, a big "thank you" to Tla'Amin Health, Tla'Amin Justice Program and Tla'Amin Nation. Emote



RCMP have been assisting with the drug march to ensure the safety of our families that participated

Home and Land Owners Receive Restricted Fee Simple Title

Denise Smith
Tax and Lands Manager

Transfer of Lands:

As of Effective date, April 5, 2016 – the Tla'amin Nation (formerly Sliammon Indian Band) became the largest land owner in our region. Our land base grew from 1900 hectares of former Indian Reserves to over 8000 hectares of Treaty Settlement lands. We now own these lands.

CP Holders:

CPs were issued many years ago by the Department of Indian Affairs. There were 20 CPs in Sliammon. These were the highest form of land holdings under the Indian Act. Under our Final Agreement, we were required to transfer these CPs to the individuals in *Restricted Fee Simple Title*. At Effective date, the lands were transferred to the individuals. These individuals or families now hold Title to their lands.

What does Restricted fee simple mean?

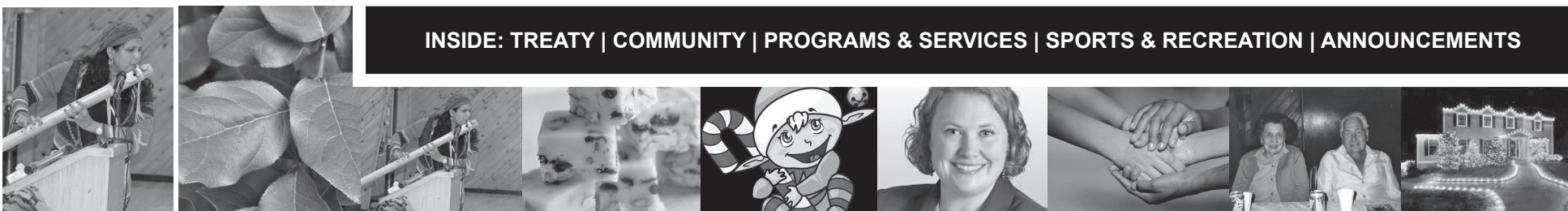
Only Tla'amin Citizens can own Tla'amin Land. If someone wants to will their property or sell it, it can only be sold or willed to another Tla'amin citizen. If an individual decides to un-enroll – they have 2 years to pass on their property to an enrolled person or sell it. *If you have questions about this – please contact Denise Smith and I can explain more.

This marks the first time in Tla'amin history where individuals own their land completely – without DIA's involvement. This is a proud moment for many of the individuals and families.

Some of the former CPs have multiple owners on title – ie. From one owner on a property all the way up to 32 people sharing a property. This can be pretty complicated when it comes to making decisions. When property tax comes into effect, everyone on the title will be responsible for the taxes.

Home and Land Owners
(Continued on page 2)

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





Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646



**Message from the Hegus
Clint Williams**

The members of the Tla'amin Nation Legislature participated in a two day Strategic planning session to develop and set goals for our nation for the next four years. The session focused on identifying and prioritizing issues that will help our government and staff to focus on what improvements that we can make within our community. The goals and recommendations from the two days will be compiled into a brief report and will be presented to the community where you will also have a chance to provide your feedback.

We are now operating underneath of the "house post governance model" that was developed by our treaty society workers; the projects and tasks that were identified have been assigned to the appropriate house post leaders for them to ensure that the projects are carried out. We look forward to a very productive four years as your elected government representatives.

Unfortunately I was unable to participate in this year's annual drug march as I was out of town during the time that the event was scheduled. I was there in spirit and still want to acknowledge and say thank you to all of those that participated this year; I share your views that we do not want to see illegal drugs in our community. Drugs contribute to ruining families and also robbing individuals of their potential of what they can become in the future while under the influence. Together we can make a difference.

This year we will be hosting two Christmas dinners for our Tla'amin people, the first event is scheduled in Vancouver at the Friendship center on December 02nd, and then December 22nd @ the Salish center. We hope that you will be able to join us at one of the events as we certainly do appreciate seeing you and your families. Our phone system has been fixed and our telephone # is operational now, so if you require any further information or have questions please feel to call @ (604) 483-9646 extension 107 or email clint.williams@tn-bc.ca Che chah hah tahn nah pesht.



Christmas Dinner

December 22nd

Doors open at 4:00 pm

Prayer and welcome at 4:30

Dinner at 4:45

Salish Centre

Santa and gifts at 6:00

Entertainment by Albert and Don

**DOOR PRIZES AND GIFTS FOR THE CHILDREN 0-5
years old by CDRC**

Gift cards for 6-18 years by Social Development

GIFT BASKETS FOR DOOR PRIZES



Lands Department Manager Denise Smith, Serena Barnes and Mia Harry have been meeting with former CP Holders to talk about ownership of homes and lands

Home and Land Owners
(Continued from page 1)

Families will need to think about house insurance, maintenance of any homes on the property, etc. *Reminder, you can enter into a maintenance agreement with the housing department and this will help you when the time comes for any major repair issues. *Contact the Housing Department for more information. We encourage you to talk about this with your families – so everyone is clear about what the plan will be.

Other properties:

We have also been working on transferring home and land ownership on a

number of other parcels. Some happened at Effective Date. Some started after. The process was to verify that the homes had been paid off – all rents have been paid and no mortgage on the home (done by housing department) and then this list went to Council (or executive) for approval. Please note – this process is not finished and will be ongoing. We will be meeting with more of you folks in the future.

So Congratulations to all the new home/land owners. We wish you and your families all the best on this new chapter in our lives.



Tla'amin Culture Programs

The Tla'amin culture programs will be taking a short break during the holidays. The last day for all the culture programs which are basket weaving, carving, and language will be December 15th 2016 and will start up in the new year on January 10th 2017. The Culture Department wishes everyone a very Merry Christmas and a happy New year and will see you in January 2017.

Tutoring and computer use

Monday and Wednesday
Ahms Tah Ow School
5pm- 7pm

Tuesday and Thursday
Brooks Secondary School
3:15 pm to 4:30pm

**Tla'amin Nation
Post Secondary Hours**

Every Friday from 830AM- 430PM

(not available between 12-1pm)
email: postsec@tn-bc.ca
604-483-9646 ext.125

Louise Dominick
Tla'amin Nation Post Secondary Coordinator



Saturday December 3rd
Noon - 3:00 pm
Salish Center
Lunch Provided

2 bouncers available, craft table, and keep sake ornaments
(limited crafts per family)

All children must be accompanied by an adult relative and be fully responsible for supervising their children at all activities during the event



Are you interested in learning how to pick salal (as an income)?

There is a local gentleman who is willing to teach people how to pick and sell their salal.

If you are interested in learning how, please leave your name at the front desk at the Tla'amin Administration office (604) 483-9646.



Thank you all for your ongoing support! We have seen loads of folks from the community at the hotel for meals and have enjoyed a small resurgence in meeting business as well. We just hosted our first Destinations British Columbia regional meeting and they were very happy with the facilities, the service and food. It was an all-day affair utilizing our meeting room as well as our restaurant space and allowed us to demonstrate the flexibility we have meeting the needs of different groups. As they wrapped up they were already looking forward to their next meeting at the Lund Hotel on November 29. Of particular note, they appreciated our much improved internet connectivity.



And just a couple of weeks ago we hosted a full day retreat by a local group who enjoyed a fully catered buffet lunch. And they have already re-booked us for three days of training seminars along with meals and 10 to 15 rooms for two nights. Here's what they had to say about the hotel and team:

"This is a big thank you from our group. We were very pleased with everything. Personally, we had a good retreat experience, and your folks at Lund looked after us wonderfully. Room set-up, coffee service, excellent lunch, attentive service - everyone did a great job. Please thank everyone - Chuck, Brittany, and everyone else whose names I didn't get."

We really look forward to hosting more events sponsored and supported by the team at the Nation's office in the very near future.

Our first Candlelight Saturday Night menu offered Chicken Parmigiana, Seared Salmon with lemon butter and grilled AAA Sirloin steak! It was a great evening and we look forward to hosting them more frequently. Our new menu features steak as well as Fettuccini with Clams in a garlic cream sauce and the classic, Chicken Cordon Bleu. People have begun making reservations to make sure they get a seat! Have you made yours?

As each day passes, more and more people are coming to realize that the Historic Lund Hotel is here, open for business and providing a great place to meet friends and enjoy a good meal.

We are finalizing our Christmas season hours and events but expect that there will be lots to eat and drink so plan on a visit over the Holidays, for Brunch, lunch or just an evening watching the Canucks.

We are really grateful to the Board for supporting us in this decision to stay fully open this winter. Please come out and support YOUR hotel soon.

Historic Lund Hotel and Marina



December Events and Hours of Operation

Your Favourite Sports in Hi-Definition. **NHL Hockey** featuring the Canucks, the Maple Leafs and the Canadiens. **NFL Football** featuring the Seahawks, the Raiders, the Patriots, the Broncos and Monday Night Football.
Weekend feature Menu with Saturday Candlelight Dinners
Monday Burger & Beer \$15 * Thursday Wings & Beer \$15

Regular Hours of Operation:

The Pub: Daily from 11:AM = 8:PM (10:PM Fri & Sat)
 The General Store: Daily from 7:AM = 6:PM

Special Holiday Hours:

December 24: Pub - CLOSED
 General Store - 7:AM = 4:PM
 December 25: Pub - CLOSED
 General Store - CLOSED
 December 26: Pub - CLOSED
 General Store - 12:NOON = 4:PM
 December 31: Pub - 11:AM = 9:PM
 General Store - 7:AM = 6:PM
 January 1: Pub & Restaurant - **New Years Day Brunch!!**
 Open from 10:AM = 2:PM for Brunch / close at 7:PM
 General Store - CLOSED

1436 Highway 101, Lund, BC, V0N 2G0
 www.lundhotel.com Phone: 604-414-0474 Toll Free: 877-569-3999



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



February 6 - March 17, 2017

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

Industry Certificates:

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

Possible Tuition funding in upcoming Trades Programs:

- Automotive Service Technician
- Carpentry
- Culinary Arts
- 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.

Brooks Students Learn Cultural Experience through Welcoming Pole

By Jason Rae



Tla'amin Nation by Klahoose last year for Tla'amin's new Governance House pole carvings that were carved by local artists. This final pole has been graciously passed on to the school district/Brooks by Tla'amin Nation; we are appreciative of this gift, emote. During Term One, our students have made significant progress with the carving and will continue on with four returning students and four new students to teach. We are excited about this project and look forward to seeing it standing in front of the school for years to come once completed.

This year Brooks students are taking part in a legacy project that will stand prominently in front of the school by the end of this school year. During our X-Block class a small group of students are participating in the carving of a 12' welcome figure that will eventually be erected at Brooks. With the teachings and guidance of carvers Ivan Rosypskye, Randy (Hoss) Timothy and Phil Russell, our students are learning about the cultural significance of the Coast Salish Welcome Figure and symbols, as well as the traditional tools, techniques that are needed to gain an appreciation for the culture and traditions of the Tla'amin Nation. The 16' Red Cedar pole, along with six other poles were originally donated to



Brooks students have been discovering their carving skills from local teachings



Powell River Christmas Light Tour

We are pleased to provide Christmas Light Tours with R.J. Rentals.

We have arranged three dates for the tour to occur and families must register in person with a completed waiver form to reserve a seat. Maximum 21 seats for each tour.

Tour dates:

Wednesday, December 14th, Monday December 19th, and Wednesday, December 21st

All children must be accompanied by an adult relative. Families are responsible for their own booster seat and no shoulder straps to accommodate infant car seat.

Event time 5:30 to 8:00 pm. Please contact Maureen (604) 483-9646 ext. 116 for more details



Thank you to the Tla'amin Community for all their support and help with the Funeral Services for the late Roseann Timothy. I raise my hands to those who step forward

especially to the grave digger's, kitchen helpers, Audrey and Erik, Colleen, June and Candice Galligos for organizing the luncheon. The people who stayed throughout the night; Wesley, Norma, Stephanie for the collection. Our community always comes together at this time of need. Also, wanted to thank the entities for been respectful for closing offices for funeral services. Emote. Thank you so much to everyone.

Family of Roseann Timothy.

Invitation for all Tla'amin Community



Rachel Blaney would be very happy if the Tla'amin community could join her for some festive snacks and conversation on Friday December 16 from 3:00 to 4:30 at our office here in Powell River (4697 Marine Avenue).



The Governance House will be closed for Christmas on December 23rd and will re-open on January 3rd, 2017

White Cranberry Walnut Nutmeg Fudge

INGREDIENTS

- 1 teaspoon of butter
- 3 cups of white chocolate chips
- 1 (14 ounce) can sweetened condensed milk
- 1/3 cup of butter
- 2 teaspoons of rum flavoring
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground nutmeg, or to taste
- 1 cup sweetened dried cranberries (such as Craisins)
- 1 cup walnut pieces



DIRECTIONS

1. Grease a 9-inch square pan with 1 teaspoon butter
2. Combine white chocolate chip, sweetened condensed milk, and 1/3 cup butter in a microwave-safe bowl. Heat in the microwave until white chocolate starts to melt, about 3 minutes. Stir until smooth. Continue to microwave in 30-second intervals, stirring after each interval, until chocolate is completely melted.
3. Stir rum flavoring, vanilla extract, and nutmeg into the white chocolate mixture. Fold in cranberries and walnut pieces. Pour fudge into the buttered baking pan, spreading it evenly into the corners.
4. Let fudge cool until set, 8 hours to overnight

Drawing a Wide Circle at Christmas

By Brenda Pielle
Child, Youth, and Family Advocate

December is upon us and the countdown to Christmas is on. The words of a song are going through my head this time of year and they go like this: "Draw the circle wide. Draw it wider, still. Let this be our song, no one stands alone. Standing side by side, draw the circle wide." (Gordon Light, 1994).

Christmas is a time to include others and reach out to those who may be struggling. This idea was taught to me by my mother who was always thinking about including others at our dinner table for Christmas. Her heart had experienced the joy of being thought of by others. When her father was in hospital struggling with a chronic illness, and it would have been just her and her Mom at home for Christmas, their close friends invited them for Christmas dinner. In later years my grandmother was widowed so sometimes our dinner table included a friend of my grandmother's. A single elder.



I grew up in Victoria just a couple of blocks from the UVIC campus. When my brothers and I were students my Mom always asked us if any of our friends were not going to make it home for Christmas. It happened a few times over those years that we knew someone who couldn't get home because of exam schedules not working well with flight schedules. Mom would invite that friend for Christmas dinner. Now that my Mom is older and widowed, herself, she is the one inviting another single lady to join us sometimes.

This is one of the reasons I got along well with my late mother in law. Sue Pielle ran her house the same way my Mom did: with a happy expression, "we can always make room, we can always throw a couple more potatoes in the pot". I'm sure many homes in our community have the same approach to including others. Families are large and connections are strong. It is common to have lots of people together for meals. Our circles are wide.

Sometimes we need a reminder, though, as we rush around getting ready for the season, that there may be someone we have never thought of before: someone who needs to be included, someone who can use a helping hand, someone who needs a warm smile or a hug. When we extend ourselves outside of our regular routine, we draw our circle "wider still".

My heart goes out to many of our community members for whom this Christmas will be the first one without a loved one who has passed away. My prayers are for you, and also for those who find Christmas difficult for many other reasons. If this is a low time for you, I encourage you to reach out to someone in your life and share your feelings. No one has to stand alone. We can stand side by side. If you are feeling strong this year, I encourage you to tune in to those around you and see if there is anyone who needs you. A person in need could be as close as someone living in your own home, or a neighbor, or a person in need could live elsewhere and be thrilled by a phone call from you. We underestimate how helpful we can be – our kind words and deeds such as chopping wood for someone, sharing baking, sharing some laughs, or sharing some tears, can be such good medicine for each other.

**Wishing you many
meaningful connections
this Christmas.**



The next Dental Clinic with Dr. Machin will be held on Friday December 16th.

We are currently full. If you need to see Dr. Machin, we are setting up appointments for the new year. Call me and I will set you up. We currently have 12 people on the wait list – Priority is given to children. Thank you for your patience. For appointments call Cathy @ (604) 483-3009 extension 242.



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



Recognizing Native Veterans Day



It is important to remember the efforts that Indigenous Peoples (First Nations, Métis and Inuit) made in Canada and on the battlefield in wartime. These efforts reinforced their ancestors' traditions of dedication and sacrifice.

Enlisting in the First World War

Imagine living in a small community all your life and the year is 1914. Picture yourself packing up your belongings, saying goodbye to your friends and family, and leaving your home on foot to reach a destination far away.

John Campbell was an Indigenous person who lived in the Northern Territories. To fight for Canada during the First World War, he hiked a forest trail and canoed for days. Then he was able to purchase a ticket for a steamboat heading to Vancouver, where he enlisted in the army. He travelled almost 5,000 kilometers to join the army. That's like travelling from the city of Montreal to the city of Vancouver.

Indigenous Peoples' contributions

More than 7,000 Indigenous Peoples made important contributions during the First World War (1914-1918), the Second World War (1939-1945) and the Korean War (1950-1953).

Most Indigenous veterans who served in the three wars did service in the infantry – the ground troops. A

number of Indigenous soldiers became snipers or reconnaissance scouts. They used their traditional hunting and military skills to carry out dangerous tasks.

Snipers were required to use guns with precise aim. They shot at enemy targets from hidden positions called "nests."

Reconnaissance scouts had to be discrete at their tasks. Their job was to slip behind the front lines before an attack to determine the enemy's location and their weapon power, then secretly relay the information they found back to their home base.

Indigenous Peoples who stayed in Canada during the wars also made meaningful contributions. By the end of the two world wars, Indigenous Peoples donated about \$67,000 to war relief funds like the Red Cross and Salvation Army, and many generously gave reserve land for use as defence posts, airports and rifle ranges.

Indigenous languages played a unique and crucial role in the wars.

Charles Checker Tompkins from Grouard, Alberta, was a Cree veteran of the Second World War. He and other Cree soldiers worked as "code-talkers." As a member of this special group, his job was to translate military messages into Cree before they were sent to battlefields in Europe.

Often messages came from military officials to provide orders and instructions for troop movement, supply lines and other specifics. It was vital that they remained secret from enemy ears.

After the coded messages had been received at their proper destination, they were translated back into English from Cree by another Indigenous "code-talker" and given to military officials to read.

Healthy Happenings

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



It is hard to believe, but we are now in the final month of 2016! It has been an amazing journey for Tla'amin Health since Treaty Implementation Day and we must be thankful for all the work that was done in the years prior, by so many before us, to get us to our current situation. Since we are in the season of reflection, I will share my gratitude to the management and staff at Tla'amin Health & CDRC for all their dedicated work and commitment to the

organization and community. I am very proud of what services we have bolstered, renewed and initiated over the past 9 or so months.

We will continue to strive to build on our successes of 2016 in the coming year and while we have much to be joyful and proud of, we will continue to reach for better and more complete services from Health and CDRC programming. As Director of Tla'amin Health, I just recently completed an exercise in service review & strategic planning and had the opportunity to share some of our major goals with Legislature. I often remind myself that although our goals are exciting and well intentioned, our direction must truly be directed and guided by the principles of community leadership.

Wishing everyone a safe and joyful season and looking forward to renewed goals and achievements in the coming year.

Tla'amin Words of the Month

Numbers to learn in our Tla'amin language, continue to encourage to use with our children, grandchildren

One	<i>pah ah -paʔa</i>
Two	<i>sah ah -saʔa</i>
Three	<i>ch eh las -čəlʔs</i>
Four	<i>mohs -mos</i>
Five	<i>thee yeh chis -θiyɛčis</i>
Six	<i>tah hum -təxəm</i>
Seven	<i>thoh ah chis -tʰočis</i>
Eight	<i>tah ah chis -taʔačis</i>
Nine	<i>tig ywh -tigix</i>
Ten	<i>O pun -ʔopən</i>

Elders Corner



- Friday December 2nd at 9am-Breakfast with Santa (at CDRC)
- Tuesday December 6 at Patricia Theater- Elders Christmas Party 11:00am -3pm
- Tuesday December 13, Elders Luncheon at Tla'Amin Health 11-1pm
- Tuesday December 20, Elders Bingo and Luncheon at Tla'Amin Health. 11-1pm
- Tuesday December 27th, **no EDP** (Christmas Holiday Break)

This year our Elders Christmas Party is again at the Historic Patricia Theater, Tuesday December 6th, 11am-3pm. All Elders are invited (with 1 Guest). We will have coffee on by 11 am. This year, we will be showing the movie "Smoke Signals" with our own Evan Adams, and Adam Beach. Light snacks and beverages will be available. Prizes and 50/50 draw.

The staff here at Tla'Amin Health would like to wish all our Elders a very Happy, Healthy and Prosperous Season. Emote.

December activities for Families with children 0-6 years old

Prenatal

*1st---11-1pm @ CDRC button blankets

*8th---11-1pm@ CDRC button blankets

No groups on December 15th, 22nd, 29th.
Will resume on January 12th

Infant Massage

*1st---5-6:30pm @ CDRC

*8th---5-6:30pm @ CDRC

Santa Breakfast

*9th---9-11am @ CDRC

Christmas Ornament making

*14th---5-6:30pm @ CDRC

Family Baking/crafts

*20---1-3pm @ CDRC

*21---1-3pm @ CDRC

Merry Christmas & Happy New Year!

We will be meeting with families on Dec 7th, 2016 after school to make Christmas Wreaths!! Mark your calendar and come out with the children and enjoy the evening!!

December 7, 2016

**Tla'Amin Health Center
4:00-7:00**

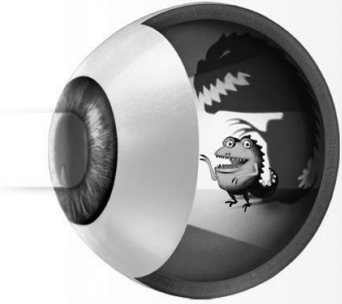
Light Dinner

Contact Cyndi Pallen for registration information



GET A RETINA EYE EXAM

**TO SEE WHAT
DIABETES
IS DOING BACK THERE**



You Must Call ITHA for an Appointment

The ITHA teleop team are coming to health Wednesday December 7th and Thursday December 8th. If you have a history of diabetes or have been recently diagnosed, please book an appointment directly with ITHA @ 1-877-777-4842. The Canadian diabetes association recommends eye screening every 12 months.

Protect your eye health and prevent vision loss or permanent blindness with yearly retinal screening.

Dilation drops will be used in your eye exam to assist in capturing quality retinal images. You will need to arrange a ride or an escort home following your appointment as your vision will be blurry. Please call tla'amin health @ 604-483-3009 for transportation assistance only if required for both days. Please be prepared with the date and time of your appointment when booking transport.

Expect your appointment to be 45-60 mins in length, as the drops need time to dilate.

For all inquiries about your appointment please call ITHA directly at 1-877-777-4842. Health will not have this information.



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 for a swim after getting a good workout in. So, make sure you bring your swim stuff.

*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 11-18

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 with various games including hockey with some of the BCHL's finest.

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

Tla'amin Nation Winter Wonderland

**Saturday, December 17th
Powell River Recreation Complex**

Come and join us for a Winter Wonderland gathering

3:00pm - 6:00pm

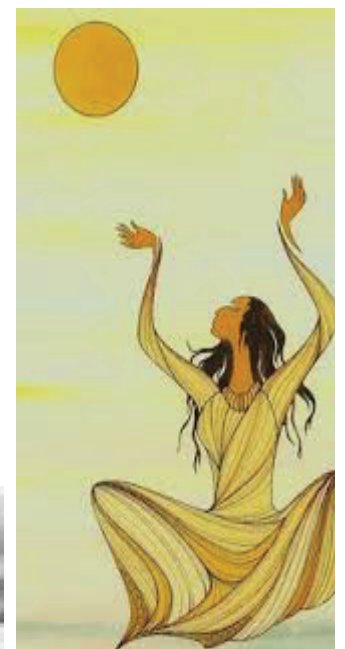
All children must be accompanied by an adult relative

ƛasəm saltx^w Strong Woman

Next gathering is on December 14th from 430 PM – 630 PM. We will be making bath and beauty products. Dinner, door prizes and take home samples included!!

Please register with Shelley or Kim at health by Monday, December 14th so we have enough food and supplies.

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.



Meeting Minutes of the Tla'amin Nation Executive Council October 17, 2016

Government House Chambers - 10:07 am - 1:15 pm

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

Resource: Rod Allan and Judith King

A prayer was given by Councilor Louie honouring the spiritual journey of the late Thomas Treakle Sr.

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

2. APPROVAL OF MINUTES:

September 29, 2016 minutes

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

3. ADOPTION OF AGENDA:

Motion to adopt the Agenda

**Moved by Lori Sparrow
Seconded by Tyrone Wilson**

4. ORDERS OF COUNCIL:

TN-EC Order # 56/2016

Motion to accept changes to Regulation # 28 - Dual Roles and Remuneration of Elected Officials.

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

New Business:

1. Administration/Finance/Audit:

1.1 Motion to approve the AANDC - Amendment # 002 for Capacity Development and Capital funding.

**Moved by John Hackett
Seconded by Tyrone Wilson**

1.2 The All Nations Trust Co. loan mortgage renewal was signed by quorum.

1.3 Funeral Policy – It was suggested to put a notice in the Neh Motl about Funeral Practices. Rod will send the notice to all Executive Councilors before the posting to the newsletter.

2. Education: The FNEESC conference in November was discussed.

3. Public Works:

3.1 Discussions began on revamping the housing policy to address a rent-to-own option. A community flyer will be circulated to all houses requesting expressions of interest for participants to join the new housing committee. Paula has the support of Executive Council to follow through with her implementation plan. She



asked for feedback on the next round of home ownership approvals. The matter is tabled until next meeting.

3.2 The use of Government House office space for the City, PRRD, SD#47 and VIU was discussed. Council approved usage with stipulations: meeting during office hours only and ensure the user sets up and cleans up the facilities. Space is open to these organizations at no charge.

4. Environment: Clint received a visit from a person interested in getting the Ministry of Transportation to restore Jefferd Creek. Rumi Vesuna is looking for support from Tla'amin Nation to join Rachel Blaney in asking the Fisheries Minister. Tla'amin Nation will not be involved in any court costs related to this issue.

5. Fire Department: Tyrone is looking for guidelines for training the fire-fighting volunteers. The fire department will attend the Hallowe'en fireworks.

6. Fisheries: Discussion began on the success of the herring fishery. Cathy Galligos attends all fishery meetings.

7. Forestry – Elders fire wood gathering project started today. 60 years and over are eligible for fire wood.

8.1 Cultural – Culture Coordinator requests \$10,000 for his program. There is funding from the Final Agreement that can be contributed in the amount of \$5,000 and Cathy will be asked for a Lands contribution. Discussion began on



what cultural activities may be included in the program. It was suggested that Budd provide a Culture Plan going forward. It suggested that the community should know that people who volunteer for things are volunteers and it is not their job.

8.2 TAWS said that they have people coming in to their shop saying they want a Tla'amin logo on their T-shirts. TAWS is looking for

direction about such requests. Rod will do a letter to TAWS saying that we will allow logos only with permission of the Council. It will be posted on the website.

9. Citizenship – The Citizenship Committee is concerned Tla'amin is opening up the eligibility criteria to too many people. Rod read a portion of the law to Council. Discussion began on adopted-in persons identifying as Tla'amin. Discussion began on who is a citizen and who is eligible. Council decided that the rules noted in the laws will stand as the directive to the committee. Rod will request minutes from citizenship meetings.

House Post Reports:

Lands and Tax: Lori reported on a food security project. They are looking for one person to do research.

Tla'amin Nation Health: 1. Dr. E. Adams is coming up to present a drug emergency and solutions workshop.

2. Members of the former Health Board are calling a meeting.

Tla'amin Management Services (TMS): Clint met with the management company of Lund Hotel. They are proposing to upgrade the hotel and Council does not want to spend the proposed 10 million dollars. The proposal will be put on hold. Instead, TMS is hoping to improve the wharf space by next spring.

Executive Council (Continued on page 11)

Meeting Minutes of the Executive Council

October 17, 2016
(Continued from page 10)

Hegus' Report:

1. Clint attended the medicinal marijuana conference on Oct 3rd and 4th to learn what the Laws and Regulations are regarding this product. All dispensaries are illegal; medicinal marijuana is legal when sent by mail.
2. City sewer planning meeting took place. Discussions included presenting this project to AANDC and the earliest timeframe for temporarily connecting to City's existing system until the new system is built.
3. Clint went to the Naloxone info session. Kim Markal (Nurse) did the presentation.
7. There was discussion on the log dump and hog fuel projects at a Dev. Corp. meeting.
8. Elders firewood project starts with 12 workers cutting wood at the gravel pit. Wood may also be gathered from the Atrevida burn site.
9. Debbie Galinski from PR Peak provided a marketing materials file which Clint will share around.
10. Public works met with tenants about flushing items which create blockages that shut down the pump. Malfunction of the lift station beside their house means that landlords are responsible to pay for any repairs. Clint made it clear who holds responsibility for the blockages and it is not the Nation.



Front Line Thoughts on Second Hand Smoke

By Dr. Evan Adams, FNHA CMO

World Environmental Health Day is a day to reflect on how the world around us—built and natural, at home or away from home—contributes to protect our wellbeing. It is also a time to consider what we can do to ensure that our environment is friendly and beneficial, not toxic and harmful. Of course, we cannot always control environmental hazards like pollution, but we can control our own harmful actions like smoking (including "vaping").

As a physician who's seen some of the tragic and preventable effects of smoking up close, I'd like to share with you some additional cold hard facts—including the fact that every year, over 100 British Columbians who are non-smokers die from diseases caused by second-hand smoke. Yet 8.8% of children, 28.2% of youth and 25.4% of adults reported exposure to second-hand smoke in the home in the most recent BC Regional Health Survey (2008).

Non-smokers are exposed to "second-hand smoke" from cigarettes, cigars or pipes as well as the smoke exhaled by the smoker. This smoke is poisonous, with over 4000 chemicals including 50 that cause cancer. "Third-hand smoke" is the smoke and chemicals that become trapped in clothing, fabrics and carpets. It is especially dangerous for babies who are placed on or near them.

By now, we all know that smoking, including vaping, is extremely harmful to our health and to the environment. However, the effects of second-hand smoke (and even third-hand smoke) are perhaps not as well known. Let's talk for a minute about babies and children, our precious gifts that we as parents would never intentionally harm. Did you know that second- and third-hand smoke are linked to Sudden Infant Death Syndrome (SIDS), along with several other factors? Sadly, among BC First Nations, SIDS is on the rise, and infants in 26% of SIDS cases between 2008-2012 were exposed to tobacco smoke. Today's teachings tell us that we must wash our hands and change our clothing or jackets after smoking and before picking up baby.

Many BC First Nations have traditionally used tobacco for smudging and ceremonial purposes—appropriate and important uses for tobacco. Non-traditional use and abuse, such as chewing tobacco, cigarette and cigar smoking as well as vaping, is where the health problems come in.

Thankfully, more and more First Nations families are choosing to be smoke-free and to have smoke-free homes that are safer for all members of the family, including those little ones who don't have much control over their environments. Studies show that mothers are largely leading this change, and I raise my hands to you and challenge all the fathers out there to become equally vocal champions of smoke-free environments.



Rona Yellow Robe
Guest Speaker from Seattle

4. Clint attended a WHIMIS staff training session. This training is a requirement for employees handling various products related to their jobs.
5. C3 Forum meeting was held on October 11th, 2016. People in attendance were Rachel Blaney, MP, Nicholas Simons, MLA, Catherine Lappe, Regional Director General - INAC, Mayor and Council, Directors of PRRD, Tla'amin Executive Council and many topics were covered: Powell River Community Social Plan, public transportation/transit, cultural house on Lasqueti and Texada Islands.
6. Clint attended a brain-storming session involving Health and the Dev. Corp. on an assisted living facility and pharmacy that will be in the Tla'amin community.

Other Business:

1. Discussion began about the C3 Forum agenda item for Tla'amin to bring forward the Shelter Point long house project and think about a design for it. Budd should help by working with the House Post holder.
2. Executive Council meeting dates are changed to the first and third Wednesdays of each month, other than November which will be on second and fourth Wednesdays.

Adjournment

Moved by Tyrone Wilson
Seconded by John Hackett

Meeting adjourned at 1:15pm.

ANNOUNCEMENTS



Thank you from the Francis family

Thank you for the flower collection: Cara Galligos, Loretta Hanson and Angus Charlie.

Thank you Pauline Paul, Billy Barnes c/o Klahoose First Nation, Patsy Luaifoa, Charmaine Louie, and many more thoughtful community members who prepared and cooked us dishes while we were at the hospital and during the week of preparing for the wake and funeral. There were so many delicious platters and we appreciate all of them.

Thank you Marilyn Harry for the blanket to symbolize one of our traditions, where we wrap our treasures in a blanket.

Thank you Darren Blaney from Homalco First Nation the Cedar Paddles with abalone, it was beautiful.

Thank you Richard Harry for the eulogy and Ron Wilson for reading Psalms 91.

Thank you Mavis Coupal and Betty for your extra care, love and support.

Thank you Jodie Gallagher for funeral service pamphlets.

Thank you Trisha Wilson and Cole Francis for organizing the picture slideshow.

Thank you Rodney Harry, Bonnie Charlie, Angus Charlie and Peter Charlie for staying at the wake and being with our cherished father.

Thank you Cathy Galligos, Colleen Wilson, Karen Galligos, Audrey Louie, Erik Blaney and more for cooking the food for the luncheon after the funeral. It was an awesome buffet!

Thank you Shawn Louie who helped with organizing so many little details and for driving back & forth to pick up things and drop it off, i.e. the Salish Centre kitchen was out of dish soap so Shawn brought his own from home.

Thank you Ken Bourassa, Wesley George, Norma George, Kyle George, and a dozen more people who helped set up tables, chairs and refreshments for the wake.

Thank you Craig Galligos, Gary Mitchell, Tyrone Wilson, Melvin Mitchell, Wade Williams, Dean Louie, Luciano Harry, Randolph Timothy, and more for digging the grave of our father's final resting place.

Thank you Father Dass for flying from Burnaby to Powell River to conduct the funeral.

Thank you Alvin Wilson for carving a paddle for the casket. It was a beautiful.

Thank you to everyone that came to the funeral and for showing so much support to the family in our time of need. Emote!



Our Grill is open to serve you Tues-Saturday 11:30am-7pm.

Check out our fully stocked deli cooler, hot n ready pizzas, fresh baking and our new Take & Bake dinners (including Lasagna, Shepard's pie and Baked mac n cheese - all made in house!)

Eat in / Take out - 604 414 0269



CUSTOMER APPRECIATION OPEN HOUSE

Where: the Tla'amin Convenience Store
Date: Thursday December 02, 2016
Time: 6pm on-wards

To all our valued customers we would like to extend an invite to come up to the shop on the night of December 20th and enjoy free hot drinks, appetizers, a gift gallery sale, and free draws for Christmas Gift Baskets, Gift Certificates and more!

A big thank you to our community for all your continued support!



JAMES THOMSON

Dec 5th
 Pro-D for Curriculum Implementation (No School for students)

Dec. 13th
 Christmas Concert – 1:30pm and 5:30pm

Dec. 14th/15th
 Winter Wonderland skates. Schedule TBA.

Gifts photo and design by P.R. Living

Looking for gifts? Think Tla'amin Convenience.



Home of the Sli City Grill - Eat in/Take out - Catering • Gas • Grocery • 604-414-0269 • tlaaminstore@gmail.com • 5245 Hwy 101 North