



NEHMOTL "US"

Christmas Edition

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

Only A Few More Sleeps And Christmas Will Be All Over But The Crying

2016 YEAR IN REVIEW



Christmas Lights Tour displayed Winter Wonderland scenery



Santa can't return to the North Pole soon enough for Riel and Rowan

Employment Opportunities created through field work

Six months after ratifying its treaty, the Tla'amin Nation is moving to the next stage in developing a hydroelectric plan that could provide sustainable energy for the community in addition to jobs and training opportunities for its members.

Initial studies indicate potential for a three-megawatt hydroelectric development on Tla'amin River and Tla'amin Lake. The nation is now moving forward with a full feasibility study using \$40,000 from the B.C. First Nations Clean Energy

Business Fund to study fish habitats in the project area and carry out geotechnical, archeological and water-quality assessments.

If the project proceeds, it will include important upgrades to aging water pipes and the potential to replace an existing weir dam to help ease flooding that affects community infrastructure, including a salmon hatchery downstream of the dam.

The nation aims to generate an income stream by selling power from the project through the BC

Hydro Standing Offer Program which encourages the development of new small and clean or renewable energy projects by developers throughout British Columbia and streamlines the process for selling electricity to BC Hydro.

Initial project studies have involved direct employment of Tla'amin members. There will be further employment opportunities during the feasibility study stage in areas such as data collection, geotechnical and archeological related work, and logistical and administrative support

for the project. Further opportunities will become available if the project is deemed economically and technically feasible.

Funding for this project and other agreements is part of the Province's commitment to reconciliation and ensuring First Nations are involved in economic opportunities that make their communities and the rest of the province stronger.

FIELD WORK
(Continued on page 3)

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



JANUARY



The hatchery has overcome the flood encountered in the fall of 2015 and has managed to fulfill its obligations with The Department Of Fisheries And Oceans by reaching all of their egg targets of 1.6 million chum eggs, twenty five thousand coho and around fifty thousand chinook eggs.

The hatchery staff worked throughout the summer months repairing broken water lines, replacing the main culvert to the spawning channel and Viewquarium. The fish weir and supporting structure were also replaced along with many other repairs around the site. The fisheries department would like to say thank-you to our local business groups that funded the repairs, Brookfield Power, Community Futures, Land and Tax, Development Corporation and Thichum Forest Products.



Every year polar bears take the plunge

Message from the Hegus



On behalf of the Tla'amin Nation we would like to wish everyone a Merry Christmas and a Happy New Year! 2016 was quite a busy and exciting year for our people, I would like to share a few of the many highlights from the past year.

Back in March we took over full ownership of the Lund hotel, this was fitting as the lands would become Tla'amin treaty Settlement lands shortly after this. We look forward to a bright future for our people that will be working at the hotel, and we will increase our presence in and around the hotel to show that the Tla'amin people proudly own this business.

Effective date celebration April 5th, 2016; this very historic evening is one that I will never forget, it is captured wonderfully in a photo of the Indian Act burning in our ceremonial fire that evening. This was a very moving and powerful evening as we were putting our past behind us and progressing forward for the betterment of our people. Also the April 9th celebration with our guests was also a very rewarding day as the drumming and singing was very powerful that day, it was also a great gift to share with our many guests that day. I was so incredibly proud of the drummers, singers and the young children that danced for us that day.

The first week of July we moved in to our new Governance house, the new building is beautiful and we want all of our Tla'amin people to be proud of their new Governance house. In the near future we will need to come up with an official name for our new building to make it a little more personable for our community.

September 10, 2016 was our first election held as a self-governing nation, on behalf of the first ever elected Tla'amin Government we want to sincerely say thank you for your support and participation in the election and we look forward to serving you for the next four years.

On December 1st, 2016 our community members showed up to vote on whether or not to dissolve our health board; the people in attendance voted unanimously in favour of finalizing the process of dissolving the health board. This process was conducted to adopt to our new Governance structure of the nation, our Health program will no longer be operating separately from the nation. Thank you all for your participation in this process.

We look forward to a new prosperous and productive year for all of our Tla'amin people. In the spirit of one heart, one mind, one nation we are constantly looking at ways to improve on our programs, services and a building a healthier community for our people today and well in to the future. Please be safe and look out for each other during the holiday season and again Happy New Year and all the best for 2017!



Christmas Light Tour



Wishing everyone a happy healthy and safe holiday season and the very best in 2017

Rod Allan

FIELD WORK
(Continued from page 1)

Quotes:

John Rustad, Minister of Aboriginal Relations and Reconciliation –

“Being part of Tla’amin’s treaty celebrations was an unforgettable experience and they now have the opportunity to steer their own course. This proposed hydro project is a demonstration of their drive and focus to create a strong economic and environmentally responsible base for the community.”

Hegus Clint Williams, Tla’amin Nation

“Being a self-governing nation provides us the capability to decide how we want to move forward as a nation. The end point of this project is to have a clean-energy power source that will provide sustainable revenue and jobs and training opportunities for our community. This is one step on a long journey, but it is a journey that we are choosing to take together.”

Quick Facts:

Tla’amin Nation is located north of Powell River on British Columbia’s Sunshine Coast. The Tla’amin treaty came into effect on April 5, 2016.

The proposed hydroelectric project is being developed by Tla’amin Capital Asset Incorporated.

The B.C. First Nations Clean Energy Business Fund provides equity funding up to \$500,000 and capacity development funding up to \$50,000 to support First Nations with feasibility studies or engagement with private sector proponents of clean-energy projects.

Since the fund was introduced in 2010, more than 110 First Nations communities have benefited from nearly \$8.2 million in capacity and equity funding for participation in ocean and wind energy, biomass, run-of-river hydroelectric power, clean-energy planning and related projects.

The fund also allows First Nations with revenue-sharing agreements to receive a portion of water and land rents charged by the Province for new clean-energy projects.

British Columbia has 42 clean-energy revenue-sharing agreements with 33 First Nations.

FEBRUARY



Carving Commences

Three totem poles to commemorate the launch of the Tla’amin Nation representing our past, present and future.



There is a big project underway looking at upgrading Sliammon’s water infrastructure and potentially harnessing some of this to generate electricity which could be sold back into the grid. The project is currently in its early stages as we await the outcomes of a 2 year feasibility study

Vancouver Christmas Dinner

At the Tla’amin Christmas Party at the Aboriginal Friendship Centre in Vancouver! Beautiful children singing their heart out with the song “Jingle Bells” Children are such a blessing and I love it when they sing & have fun! xoxo Thank you to Celestine, Mechelle & Jade Morgan for singing along with us too! Picture of Tanya & Spencer Harry with their Grandson Cristiano Hanson, picture of parents, Jake Hanson & Tiffany Thomas. Thank you to our Chief & Council & all that organized this awesome dinner & Merry Christmas Everyone! Emote! Elder Eva Hanson sends her Christmas Wishes & Blessings too! She is a Great Great Grandmother and I have included the 5 Generation picture... Emote! Thank you Glida Hanson Morgan



Kim Markel is the newest member of the team at Tla’amin Community Health.

Kim will be working as the Chronic Disease Care Coordinator.

Kim is part of the Jeh Jeh, Circle of Care project which will provide health care services to those struggling with complex chronic health issues.

MARCH



Phillip and Floyd George bring home a much needed new fire truck. Our volunteer fire department will receive emergency training over the months



Final touches are being put on the poles prior to the unveiling in April. School District #47 had arranged for students to visit and learn some of Tla'amin culture and history



Youth Workshops Aimed at Developing Leadership Skills

Qaməs ʔəms tala Settlement Trust

“Our money is put away safely”

Call-Out for Youth Trustee to the Qaməs ʔəms tala Settlement Trust

The Trust will be seeking a Tla'amin Citizen who is between the ages of 19-25 years for the role of the Youth Trustee in the Qaməs ʔəms tala Settlement Trust.

As per the Qaməs ʔəms tala Settlement Trust Deed, this is a required role to be filled.

Interested Youth Citizens are required to complete the 3-month online NATOA (National Aboriginal Trust Officers Association) course through Lethbridge College. The Trust will pay all tuition costs for this education and he/she may complete the course while attending meetings of the Trust. There are currently 5 Trustees. The Youth Trustee seat is a 1 year term, but may be renewed.

15.4 Of the Trust Deed states:

Role of the Youth Trustee at Meetings. The Youth Trustee shall be entitled to vote on all matters before the Trustees. The Youth Trustees presence may contribute towards quorum but his or her presence shall not be required for quorum.

If you are interested in this opportunity, please contact Nora at nora.dickey@tn-bc.ca to indicate your interest, or with any questions you may have.

We will accept applicants until January 20th, 2017. The NATOA course begins February 2nd, 2017.

Should you be interested in this opportunity but not until a later date, we would like to hear from you also.

As we close 2016 and move to the New Year, let us work together to achieve this next step in our Trust building process. Young minds have much to contribute and we look forward to having a Youth Trustee on Board!

Sincerely,

Trustees of Qaməs ʔəms tala Settlement Trust

Nora Dickey, Kristi Thiele, Alisha Point, Alexander Hugenschmidt, Ann Paulww



Christmas Crafts Fair

Winners of the toonie auction:

- Loon landscape framed painting
Lionel & Sandy Hansen
- Body and Foot scrub set - Sally Louie
- Flower Vase Duane Hanson
- Gift certificate to westview u-brew wine - Kevin Timothy
- \$50 Lund Hotel Restaurant certificate - Father Tepoorten
- Dragonfly brooch - Jane Adams
- Crystal wine decanter - Fred Louie

Thank you to all who bought Toonie tickets. Money will go towards furnace maintenance, new door-knob and storage drawer for sacristy



Tla'amin Treaty Takes Effect

By Hegus Clint Williams

Greetings to all of you Tla'amin Citizens! We are now a self-governing nation, free from the Indian Act and we are now operating underneath of our own Tla'amin Nation Laws and Regulations. This is an exciting point in Tla'amin history; however as we begin travelling down this brand new path I want to emphasize that we will always acknowledge and celebrate our history, traditions and knowledge of our ancestors as we are all extremely proud of where and who we come from. We will continue to grow and celebrate the culture and language that our elders managed to keep alive through some very challenging times, I truly admire their strength and resilience for hanging on the teachings that were passed on to them from their elders and ancestors. This is truly a gift that we all must share and grow together for many generations to come.



APRIL



Lund Hotel is Now 100% Owned by the Tla'amin Nation

Tla'amin Nation has been a significant economic driver for the Historic Lund Hotel for the past fifteen years as we breathed life into what was once a ghost town for Lund residents. Since then there have been thousands of tourists and local visitors that have hit the gas bar as they prepare to head out in their yachts and take in the bounty of our traditional territory into what is known as the "Gateway into Desolation Sound", a well known destination and hiding place for Americans and Europeans. alike all across the world.



MAY



Students Immersed into Culture and Language

The third annual Story to Song Workshop was held on Thursday, May 26 through until Saturday, May 28. Students who participated stayed overnight on Thursday and took part in the sessions Thursday to Friday and were encouraged to attend the optional half day on Saturday. The workshop is a collaboration between the Sliammon Nation and School District #47. The workshop immersed students into the Language and culture by providing the means to hear and share the teachings of our elders and respected leaders in a safe, distraction free environment.

Tla'amin Nation Legislative Assembly Appoints Economic Development Committee



Back: L-R Dillon Johnson, Craig Galligos, Jay Yule, Mark Anderson, Kelly Rankin

Front: L-R Marina Gallagher, Roy Francis, Clint Williams



Powell River Christmas Light Tour



*Merry Christmas Everyone
And Best Wishes for the coming
new year
Fisheries Staff*



Rianna & Adam



I would like to Extend on Behalf of my Family A very Merry Christmas Holiday to all, And it be Safe, Healthy, and Enthusiastic,Optimistic ,Hopeful ,for coming New Year...!

I convey these thoughts to all the families in Vancouver and Victoria, also a very Merry Christmas and Happy New Year ,

*Looking forward to It,
Emote ,
Larry and Mia*



Christmas Ideas

Palnicks is a home base business, and I set up for craft fairs, festivals, etc. I have a variety of first nations arts & crafts, if you are looking for something special for birthdays, anniversaries & christmas gifts.

Give me a call @ 604.483.3009
Happy Holidays
Dawna Pallan



Fundraising to Hong Kong

Contact Devin Pielle for more information

Tla'amin Housing wishes The Nation a safe and happy holiday season. Best Wishes for 2017!

Paula and Andrya



Merry Christmas!

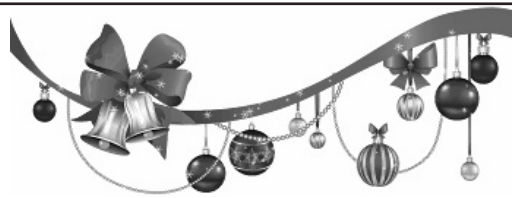
We would like to wish all of our community members and our Tuwusht a safe and happy holidays and a Happy New Year.

Wishing you all the best in 2017. From all of us at the Tla'amin Tax and Lands Department.

Let's Keep Our Community Clean

Please pick up garbage around your yards and ditches – we have had the guys busy clearing out the ditches to ensure that the water flows and we don't end up with flooding. The garbage in the ditches eventually ends up on the beaches so let's all do our part and help to keep our community and our beaches clean. Thank You.

Denise Smith – Lands Manager



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

JUNE



Makaras Story: How one Tla'amin child's legacy helps families in trauma

In the fall of 2012 the First Nations Health Authority met with the BC Coroner's service and the pathologists who performed the autopsies, along with representatives from the First Nations Health Council, and the Ministry of Health, to begin addressing the issue of brainstem retention in the case of autopsies for sudden infant deaths.

Their new practice provides all B.C. families with the choice to determine how their children's remains will be treated once legal requirements are satisfied. Since October 2014, B.C. families have chosen to avoid brainstem retention 52 out of 54 times.



We had a six week program for children ages 7-12 years, from May 12 to June 16, 2016. The children learn to use utensils safely, measure ingredients and preparing meals. We had 11 children participate, they enjoyed making pizza, chow mein, pancakes & fruit salad, and our favorite traditional baked bannock & fried bannock.

July August



James Thomson Christmas Concert

Yesterday's concert was truly amazing - 45 minutes, 11 divisions, 3 languages, mixing classes - it was entertaining, amusing and endearing. Thank you to all who attended - we hope you were as touched with the "Christmas Spirit" as we were. Thank you to all who brought items for the food bank, and to all who spent time baking for our bake sale (which was a great success - because of you!). To all who volunteered in other ways behind the scenes, we thank you as well. No effort goes unnoticed. Again, as mentioned in last night's program, you are your child's first and best teacher; we appreciate all you do, and thank you for your continued support.

**We wish you all the best of this holiday season.
JT Staff**



Congratulations to Mugsie, our 2016 Best Bannock in the Tla'amin Nation cook off winner!



Lund Receives New North Dock

The new North Dock should be in place by the time this article appears in the paper. And we have acquired the Hotel Dock at a great price (well done Kelly Rankin) so the marina is starting to look a lot better. We will not replace the fourth dock until we determine exactly where the Gas Dock will be re-located. And it needs to move because it is not entirely contained within the hotel property and the existing gas tanks are nearing the end of their useful life.



A Couple of Tough Mudders

Congratulates Josie Peters and Jean Daly, Home and Community Care, for completing the Tough Mudder Race.

The Tough Mudder is a 19 km course that takes place at the Olympic park at Whistler. The Race incorporates 21 obstacles such as climbing walls, crawling through culverts and swimming through water challenges, running up and down logging roads, bush trails, creek beds, ski hills and mud, and of course, lots of mud.



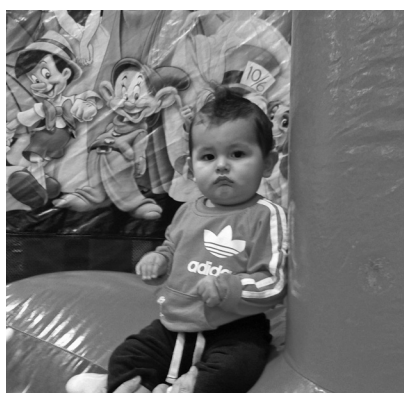


Ariya gives her baby brother Ryder kisses for his first christmas at Tla'Amin Health prenatal christmas party



*Happy 2nd Birthday
December 18th*

*Screaming, yelling, hollering,
Happy 2nd Birthday to my little
doll, we love you so much
Ariya!
Love mommy n daddy*



*Happy 1st Birthday love
mommy daddy and Ariya*



MALACHI.
*You are the joy
 That grows in our hearts each day
 You are the bliss
 For which we are thankful in every way
 You are the cheer
 You are the fun
 You are the happiness
 That comes only to a lucky few
 And we are fortunate
 To have a child like you
 Happy 10th birthday
 MALACHI
 we wish you nothing but the best may
 you sore high and follow your dreams love
 always Mom and dad.*

*I would like it to say...
 The only gift we need
 for Christmas is you xo
 Happy Birthday Mike,
 We love you tons Love
 your Wife and kids
 We love you*

SEPTEMBER



Congratulations to our Hegus and Legislators!

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



Baskets Returned to Tl'a'amin

Alison Bledsoe is her name and her grandparents are Jean and Richard Bledsoe and her aunt is Landi Bledsoe. Allison's grandmother was an artist and made her own yarn wove fabric. She would trade with the women here from the village for the baskets. As well she would commission a basket. Alison still has baskets in her personal possession and will eventually return more baskets to Tla'amin.

OCTOBER



Homalco and Metis Elders Visit Tla'amin

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

Elders from the Homalco and Metis and local Elders from the Powell River Community gathered at Tla'Amin Beach to enjoy a "Potluck Picnic". Over all, our Elders laughed, shared, renewed old friendships, and planned for new adventures in the near future. It was suggested that we could organize this event for every September, to correlate with Grandparent's Day (Held the first week of September). This could become a very popular tradition.

Artifacts Returned from the Royal BC Museum



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

Christmas Wishes...



Alex Sutcliff is four years old and is wishing for Ghostbusters and an Angry Marshmallow Man



Amaya Gonzales would like some new reading books



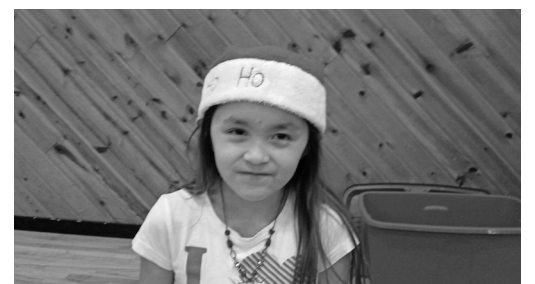
Cora Sutcliff is wishing for a Frozen Ride On



Daxton Rogers is two years old and wants cars and trucks



Emily Gustafson is seven years old and is wishing for a Monster High doll



Faith Jones - Mann is wishing for a tablet



Joshua Gustafsen is three years old and would like Santa to bring him Nemo toys

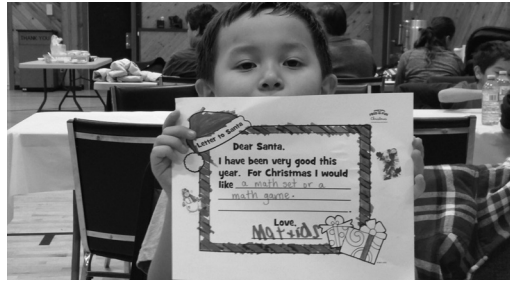


Liam Brady wants his two front teeth

Christmas Wishes...



Makaela Gallagher would like a science set



Mattias Gallagher wants math games



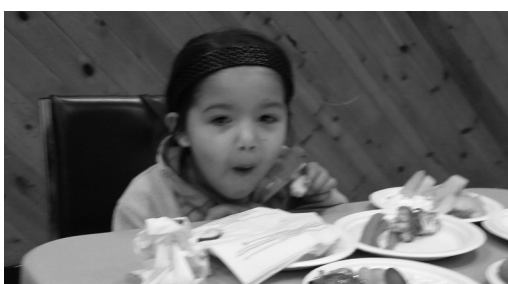
Micheal Gustafsen is twelve and wishes for a PS4 Game Station



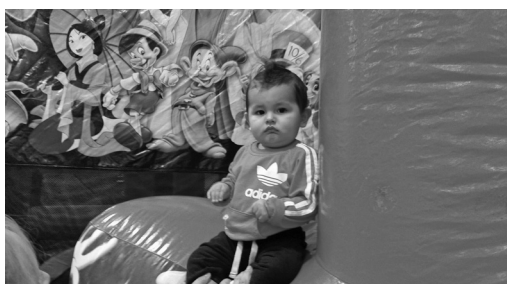
Rose and Gina Francis with Wiely Mahy (left) and Tegan



Sierra and Colleen Wilson



Trinidi Williams is five years old and wishes for Elsa and Barbie set



Ryder wants to take this bouncer home with him for Christmas

NOVEMBER



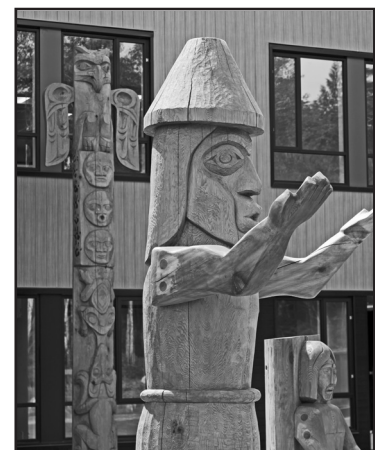
Evan Adams Receives Honorary Doctor of Science

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 -



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



DECEMBER



Home and Land Owners Receive Restricted Fee Simple Title

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.



17 Annual Community Day of Action

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

Dear Parents:

Here are the words to a beautiful Christmas song. The lyrics were written by Linda Thompson-Jenner, and the music was written by David Foster. It has been recorded by a number of artists such as: Michael Buble, Amy Grant, Natalie Cole, and Kelly Clarkson. You might want to google one of these singers or google the name of the song and choose a youtube video recording to watch – it is very nice to listen to.



Grown Up Christmas Wish

Do you remember me...I sat upon your knee. I spoke to you of childhood fantasy.

*Well I'm all grown up now, but I still need help somehow
I'm not a child but my heart still can dream.*

*So here's my lifelong wish, my grown up Christmas list
Not for myself, but for a world in need.*

*No more lives torn apart, and wars would never start
And time would heal all hearts.*

*And everyone would have a friend
And right would always win, and love would never end
This is my grown up Christmas wish.*

*As children we believe, the finest sight to see
Is something lovely wrapped beneath our tree.
Well heaven surely knows, that packages and bows
Will never heal a hurting human soul.*

*No more lives torn apart, and wars would never start
And time would heal all hearts.
And everyone would have a friend, and right would always win
And love would never end.
This is my grown up Christmas wish.*

I will be away from December 21, 2016 to January 3, 2017. Wednesday January 4, 2017 will be the first date back for the parent support group that I facilitate. We meet at the Sliammon Child Development Centre on Wednesdays from 10:30 – noon and then share lunch together. Newcomers are always welcome.

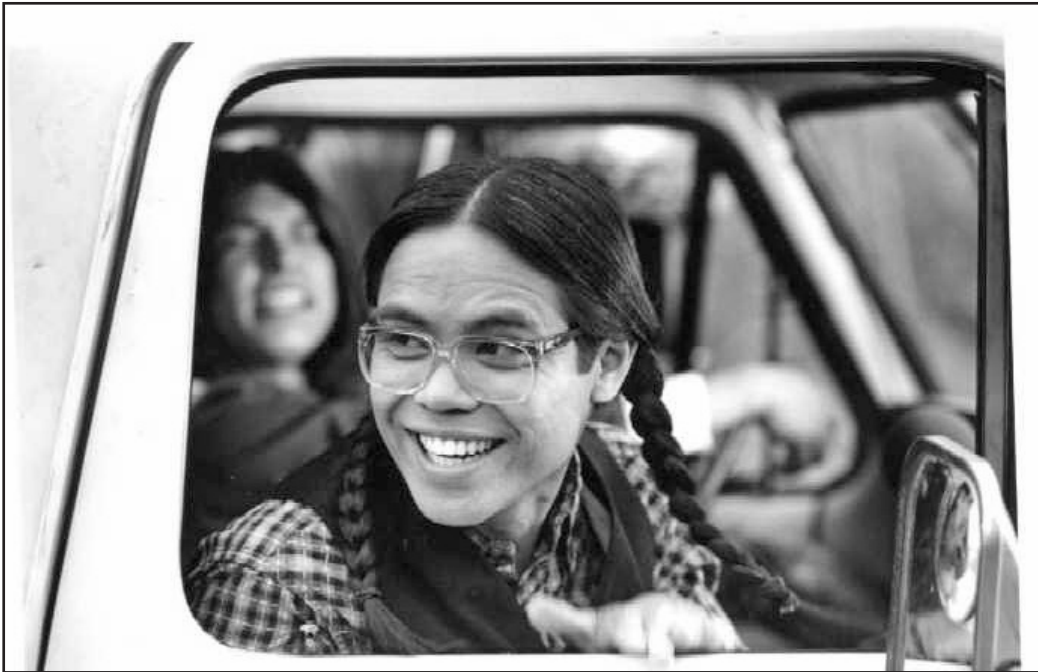
I'm wishing you and those you love a wonderful Christmas season and lots of good health and happiness in the New Year of 2017.

*Sincerely,
Brenda Pielle
Youth and Family Advocate*

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



Elders watched Smoke Signals at the Patricia Theatre in December

Elders Corner



Janie and Les proudly wore their frybread power shirts

I would like to send out a big thank you to all the folks in the community who have gone out of their way to make me feel welcome since I began the work here in Tla'Amin Nation. The staff here at Health are very knowledgeable and are "hooked" into their community in a very profound way, and I personally have gained so much knowledge and have grown because of this experience. I look forward to continue serving as "Elders Coordinator", and am eagerly awaiting to see what adventures lay ahead for our new year. May the true spirit of Christmas find you this year and may your families be safe, healthy and happy.

Merry Christmas!
Darron Cound

Elder's Day Program Luncheons:

- Tuesday January 3rd: Elders Luncheon
- Tuesday January 10th: Elders Luncheon
- Tuesday January 17th: Elders Luncheon
- Tuesday January 24th: Elders Luncheon
- Tuesday January 28th: Elders Luncheon/Bingo
- Tuesday January 10th: Afternoon @ the Rec Center (Elders 60 and over free) shuttle van leaving from health building by 1:15
- Wednesday January 18th: Elders Social at the Cranberry Seniors Center. Shuttle leaves the Health Building by 12:45



Wishing you and your families joy and laughter this holiday season

With the finest of health, treasured memories and lots of love and Happiness

Merry Christmas and a Happy New year!
Tla'amin Health staff

In loving memory of our mother and grandparents

Annie was the first born to her parents Emily Timothy daughter of Chief Toma Timothy and her father Albert August. Annie had a younger sister who died soon after birth. Annie's mother also died when she was just two years old. Her father remarried and Annie's grandfather Toma took over raising her. Mom always told us stories of her pah pah he was a kind and patient man.

Toma had many children, which were already grown when he took over raising Annie he was already elderly. Our mother told us he lived to be well over hundred. Our mother told us stories how he would take her away on the row boat to Grace Harbor when the Indian agents came to take the children away to residential school so she wouldn't have to go. Our mom spoke so highly of her pah pah. When Annie was born she was named after her great grandmother Annie Assu. She said Toma took her as an infant and showed his mother, saying look here is your namesake. Her great grandmother was nodding her head, and said so she will carry my traditional name as well she was gifted the name Qauxtalas at birth.

Our mother loved to tell us the story of how she got her traditional name. Our mother grew up on Toma's family land. Our mother's auntie Teresa who is one of Toma's daughters continued to live at the present location where our eldest sister Emily August still lives today. Toma passed away at his house with his close family members by his side. After Toma's passing our mother stayed on and lived with her auntie Teresa for a few years. We all grew up with Teresa whom we called granny.

Teresa helped raised us in a very traditional way. Every summer she would take us to grace harbor we would spend most of the summer months there. She showed us the traditional house where they grew up which was mostly gone, just boards left. She was proud of the fruit trees that her dad Toma had planted. She would explain that each tree had an owner that Toma planted one for each family member. He also planted one for each family member in Sliammon on his family land. Our grandmother would show



us the trees and say this one belongs to so and so, we were not allowed to pick from the tree until the owner came first and afterwards we had to ask permission to pick. The cabin in Grace Harbor is long gone, but our mother remembered when Teresa's husband first purchased the cabin. They were so excited because their present house was too old. She remembers seeing the cabin being towed from the inlet. It was an old cabin when they bought it but she said it felt new to them.

Our granny used to tell us stories all the time. She would talk about the importance of her dad's role as heredity chief. She would take us outside and talk about the land. She said we lived right in the middle of Sliammon because of Toma's role as chief. It is traditional family land where generations of his family lived. She talked about how big the family was, and all his brothers and sisters all lived along the waterfront. Our grandmother was a very traditional lady, we were not allowed to speak to her in English only in Sliammon language, which today I'm thankful to her. Growing up our mother always taught us what she knew of the traditional ways, she used to say it is important to remember.

We would spend summers away on our grandfather's traditional dugout canoe. It had a little inboard motor built in so we were able to travel farther. Annie Dominick was a kind compassionate and very humble person and loved her community. With this letter we would

like to honor our mother's memory. Mom you are missed everyday and we love you always in our hearts. To our brother, Danny always in our heart, he is now with his mom and dad love you always.

Emily, Dorothy, Margaret, Louise, grandchildren – Carly, Ryan, Trevor, joey, Sheena, Rosalyn, Melissa, Jolene, Nolan, Brad, Nick, Carla,



**"Hope is for the soul
what breathing is for
the living organism."
(Gabriel Marcel)**

**Health, happiness, and
the realization of your
hopes and dreams for
you and your family
this holiday season.**

Kim Markel

Family Support & Wellness for January 2017

Powell River Hospice Society Training

January 12 & 13th, 2017 at Tla'Amin Health Services

Day One 830 – 430 Introduction to Hospice Palliative Care

The Needs of the Dying Person and the Family

Family Dynamics

Spiritual Issues and Support

Communication Skills

Grief and Bereavement – Adults

Grief and Bereavement – Children

Day Two 830 -430

and Youth

Advanced Care Planning

Self – Care

Wrap up

To register please call Sally @604.483-3009

**Wishing you a very Merry Xmas
and Happy New Year.**

Tyler and Shirley

Youth Activities starting January

Boxing Club

Day: Wednesdays Starting January 11/2017

Ages: 10+

Time: 4:30 to 6:30

Rides provided from Health @ 4:30

Location: PR Boxing Club

Snacks n Refreshments provided

-Learn the fundamentals of boxing

-Learn to defend yourself

-Learn new skills and discipline that are transferable

Contact Shirley or Tyler @ 604-483-3009 ex: 242

Girl's Group

Day: Tuesdays Starting January 10/2017

Ages: 7-14

Time: 4:00 to 6:00

Location: Tla'amin Health Services

Snacks n Refreshments provided

Lots of fun activities:

-Bowling

-Swimming

-Movie Nights

-Cooking

-Crafts

-etc.

Contact Shirley or Tyler @ 604-483-3009 ex: 242

**Have a safe and Merry Christmas and may the
New Year bring you peace and happiness!**

Tuxahmiy Support Group

A place to meet others from Tuesday to Friday form 10 am to noon with a complimentary lunch served every week to discuss various topics in relation to addiction and recovery. Pre-treatment and post-treatment members are welcomed and encouraged to attend.

If you think you need help and would like to talk to someone who understands, this is the place to be. Confidentiality is a priority. Call Nina at 604 483 3009 for more information. "What we cannot do alone, we can do together."

Nina Peers

Addictions/Tuxahmiy support

"What is Christmas?"

It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace."

~ Agnes M. Pharo

Wishing you and your families a very Merry Christmas and a New Year full of blessings!

Shelley Clements

Tla'amin Community Health Nurse

Dental Notice

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.

**Wishing you all a Merry Christmas surrounded
by family and friends. Cheers to Good Health,
Good Will and Prosperity in the New Year!**

Cathy Paul

Words of the Month

Family groupings to help you along with talking to your family members. I have both versions of Orthography and Phonetics to help you in learning how to say our Tla'amin language.

English words to phonetics to orthography.

We have language & basket weaving on Tuesdays at the cultural lodge @ 3:30 – 5:30

Brother/Sister – Nu Klah – Nuł

Younger Brother/Sister – Keh tun – qεχ

Older Brother/Sister Nu Klah- nuł

Older Brothers or Sisters – Nu nu klah tun – nunułtən

Grandchild – Em muth - ?εMaθ

Grandchildren – Em muth tun - ?εMaθtən

Friend – Kaast - qast

Stay Safe and Happy Holidays

Dawna Pallen

There are many reasons to choose to be alcohol free during your whole pregnancy. Fetal Alcohol Spectrum Disorder (FASD) can be prevented. Support each other to make healthy choices during this special time.



**Merry Christmas & Happy
New Year!!**

Parent Support Group

Wednesdays

10:30am-noon – lunch to follow

At the Sliammon Child Development Centre

Work to support children, youth and families!! I would like to wish everyone a happy healthy and safe Christmas and Happy New Year!!!

Cyndi Pallen, Aboriginal Child and Family Counselor

ANNOUNCEMENTS



**Santa Claus is
coming to town!**



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



***Thank you Alterra Power - Toba Montrose Partnership for your financial contribution
for our Community Christmas Dinner***