



# NEHMOTL "Us"

MARCH 2017

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

## Hummingbird Cove Offers Careers in Shellfish Growing Operations

Hummingbird Cove is the site of a new shellfish hatchery near Saltery Bay. The company is a subsidiary of Linghai Shenziting Sea Cucumber Hatchery. Over the past ten years, Linghai Shenziting has been a leading seafood farmer in China's Liaoning province. Pacific Aquaculture's base in Powell River is the headquarters for the parent company's international business.

This new operation is part of a growing shellfish industry in BC. While still small, the industry needs trained people to work in the new facilities. At first the training will be done at the workplace. With the help of schools, courses are being developed to help potential employees get prepared for working in the many different parts of shellfish growing operations. This will make it possible for employees to gain further training and for new entrants to be better prepared when they first arrive for work. At Hummingbird Cove, the initial need will be for people interested in becoming a technician and training for the work of caring for and raising microscopic shellfish to a size that is capable of being transferred to ocean-based growing operations. In the coming months, other opportunities will come as the grow-out operations begin and research on species development and protection begin.

We now make experimental batches of algae which will become food for the baby shellfish. The two main buildings, on the right the one we grow algae in on the left is where the babies grow from microscopic to a few millimeters each. The Main office and hatchery site are the buildings building in the just before Saltery Bay



“ *The criteria for the training is first and foremost a genuine interest in working in the industry. Most people starting will know little of the skills needed but with early training and a development plan for employees, on the job training can begin immediately. We have met with School District 47 about an intro course at high school, VIU about credit and noncredit courses .* ”

### Learn More about Career Opportunities

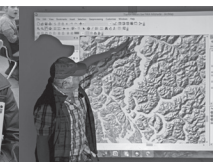
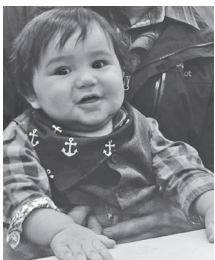
*March 8th*

*5:30 pm*

*Governance House*

Come and talk with the people from Hummingbird Cove Hatchery to learn more about opportunities and to let them know if you might be interested in beginning a career in shellfish aquaculture. A brief presentation will be made followed by an opportunity to ask questions, discuss possibilities and enjoy some refreshments. Please come to the Tla'amin First Nation Governance House to join in on March 8.

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



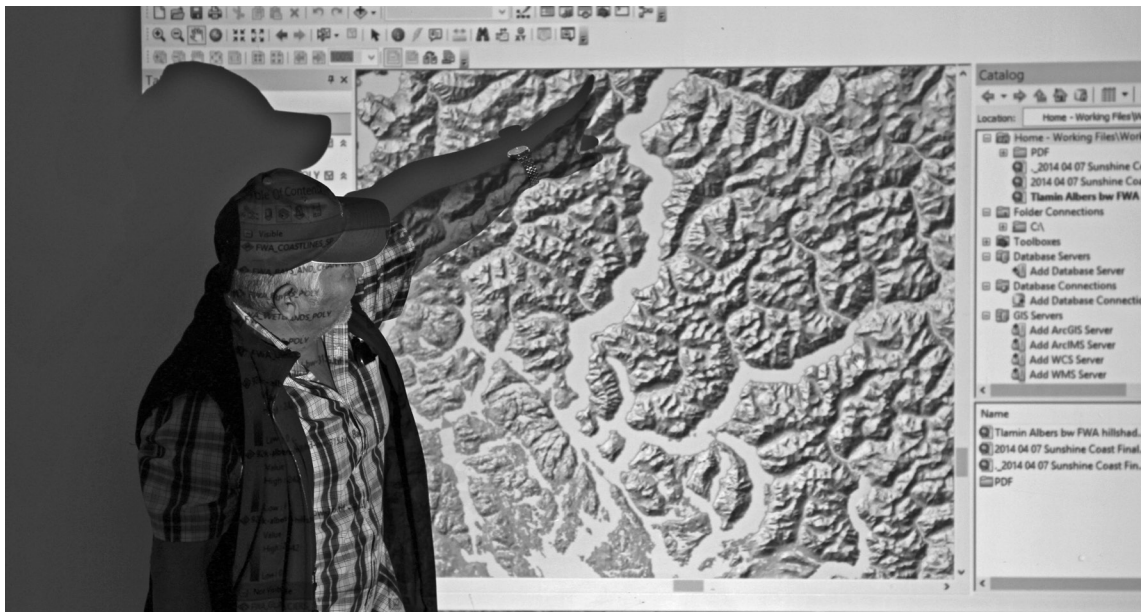


# Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC  
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646



## A small piece of Tla'amin History

*This is the first of a monthly update on the Traditional Use Study Project*

Back in the 1970's Randy Bouchard arrived in Sliammon and created the book Sliammon Life, Sliammon Lands where he interviewed elders and community members that lived in Siammon and talked about our traditional place names and stories that were associated to the specific area. Since then a lot of interviews were conducted through the treaty process that allowed our nation to identify and map out our traditional territory.

Today, Tla'amin and the Powell River Museum have embarked on a two year project to assemble an interactive map that will display place names in the english language as well as the Tla'amin language. In addition, you will be able to get information on the traditional practises in relation to each of the place names that have been identified through interviews that have been documented in the past years.

Led by Betty Wilson and assisted by Randy Timothy and Devon Pielle, the next phase is to enrich the information while recruiting members to keep the process moving forward into the future. "Education is an important part to learn how the different place names are pronounced in our language compared to how the english language has taught us. Our elders are the ones that named the different areas in our territory which is the true way of pronouncing it, and we have to keep that knowlege alive, commented Randy

To get involved in the project contact Betty Wilson, Randy Timothy or Devon Pielle.

## Countdown to Graduation



### BROOKS PLANNER

- **Friday Mar. 10** Last day before Spring Break  
Interim Reports mailed home.  
Wear GREEN Day  
3:15pm Grad Speeches due to Ms. Ellis
- **Monday Mar. 27** School re-opens
- **Thursday Mar. 30** TBA Grad Photo Re-takes
- **Friday Mar. 31** TBA Grad Photo Re-takes
- **Wednesday Apr. 5** 2:15pm Early Dismissal  
6:30pm Parent-Student-Teacher Interviews
- **Thursday Apr. 6** TBA Grad Ceremony Auditions
- **Friday Apr. 14** Good Friday
- **Monday Apr. 17** Easter Monday
- **Tuesday Apr. 18** Last Day of Term #3  
7:00pm PAC Meeting
- **Monday May 1** Music Monday
- **Wednesday May 3** 3:00pm Term #3 Report Cards Issued
- **Wednesday May 10** 10:20am School Assembly #3
- **Monday May 22** Victoria Day Holiday
- **Wednesday May 24 -25** Brooks hosting AA Golf Islands
- **Monday May 29** 7:00pm Brooks Jr. Music Concert
- **Tuesday May 30** 7:00pm Brooks Sr. Music Concert
- **Saturday June 3** GRAD 2017 Celebrations
- **Monday June 5** District Planning Day
- **Thursday June 8** Tla'amin Celebration of Success
- **Monday June 12** Mock Trial – Law 12
- **Monday June 19** Grade 8-11 Awards
- **Tuesday June 20** 6:00pm Film School Screening
- **Wednesday June 21** Aboriginal Day  
Last Day of Term #4

**SPRING  
BREAK**

**March 13-24th**

# Thuy'she'num Tu Smun'eem

*Building a foundation for our youth*

## Summer camp vision

Vancouver Island University and the 'Su'luqw'a' Community Cousins are hosting a 10-day summer camp from August 11-20, 2017 for Indigenous youth (Grades 8-12). The primary focus will be celebrating the education and cultural components that support youth/student's ongoing learning journeys. Elder teachings, land-based learning, exploring VIU's programs and campuses are just a sample of what our summer camp has to offer.



## Eligibility

- Are you a leader in your community, role model, interested in post-secondary education?
- We are seeking twenty-five Indigenous youth from the five surrounding School Districts: Nanaimo-Ladysmith, Parksville-Qualicum, Cowichan, Port Alberni, and Powell River.
- To apply fill out and submit the application form by the deadline: March 10th, 2017
- Successful applicants will be contacted via email.
- The costs for this program are fully covered by VIU & 'Su'luqw'a Community Cousins' supported by the Peter Cundill Foundation.
- Program goals
- Support Indigenous youth leadership and the importance of balancing both cultural and academic education
- Build community of peers from all over the Island
- Incorporate land-based learning opportunities taught by local elders
- Offers a holistic education experience that includes cultural practices.
- To development confidence, leadership, financial literacy, and life skills.
- To support positive social contributions for their home communities
- Please email expressions of interest to Troy.Barnes@viu.ca.

## Contact Information

If you have any further questions, please feel free to contact Troy Barnes  
 Phone: 1-778-678-3063  
 Email: Troy.Barnes@viu.ca



Summer learning opportunities information session on February 20th 2017



Door prize winner Cara Galligos (right)

## Literacy Day at James Thomson



Kim Hackett reads to her son Sam and his friend Daven

Strong literacy and essential skills are so important for children's success at school and adults' success at work. That is why our government is investing in skills development and proudly joining Canadians in celebrating Family Literacy Day.

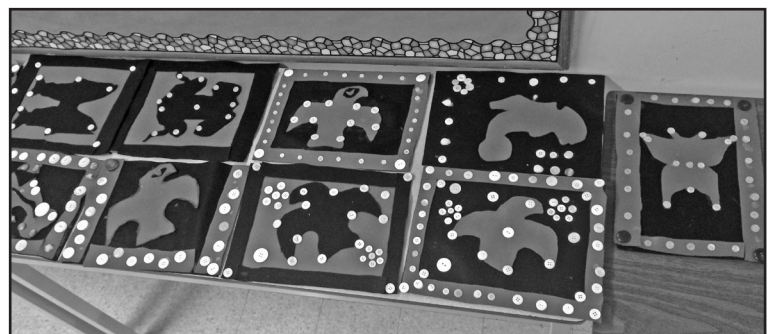


These books have been student favorites at James Thomson

In the grade 1-2 class of Mrs. Diamond and Mrs. Guest are Tla'amin students Mattias Gallagher and Faith Mann-Jones. On January 27th they both had fun using their imaginations through the adventures of Dr. Seuss.



Assumption Students Tia Galligos and Hunter Galligos making button blankets



## James Thomson March Calendar

- Friday, March 3rd:** FRENCH kindergarten deadline
- Friday, March 10th:** Last day of classes before Spring Break
- March 13-24th:** SPRING BREAK!
- Monday, March 27th:** School reopens
- Friday, March 31st:** Early Registration Deadline for SD47 (Grades K-7)

## Highlight's of NVIATS Support to Members of Tla'min Nation

NVIATS mission is to connect people with the necessary training which will allow them to gain meaningful employment. As it is always our bottom line to get people employed, our career advisors find it equally rewarding to counsel and provide support to those exploring careers and forging new life paths. It is especially gratifying when we are able to work in partnership with Tla'min in order to fund training for members who build on their skills who will, in turn, give back to the Nation. We have also added a number of Tla'min clients to our **Labour Pool** in order to connect their skills with local employers.

### **NVIATS Sponsorship/funding of Education and Training to Tla'min Nation Review to Date:**

#### **Job Start Supports**

NVIATS has had the pleasure of funding a large number (approx. 40 since July 2016) of men and women embarking upon new jobs to get the necessary clothing /gear to get on site.

#### **Trades and Technology**

There has been noteworthy sponsorship in the following diverse list of Trades. In many of these areas, NVIATS has supported students through all levels of their apprenticeships.

- **Automotive** - 2 members enrolled in VIU Auto mechanics. Both reported to getting top marks and full attendance.
- **Welding**
- **Hairdressing**
- **Marine**
- **Carpentry**
- **Hatchery Technician Training**
- **Log Scaling**

#### **Early Childhood Education**

Approximately 10 Tla'amin clients are attending Pacific Rim Institute enrolled in the ECE Program. All of these students now have increased their employment status at local daycares.

- Debbi Wilson
- Rachelle Spencer

#### **Academic Upgrading VIU**

Approximately 10 people from Tla'amin sponsored by NVIATS are currently carrying significant course



Can you commit to 6 weeks of training?

Do you like to play with Tonka trucks?

This training is for you!

NVIATS is taking a Call for Interest

### Heavy Equipment Operator



For more information call:

250.286.3455

1211 Cypress St. Campbell River

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



loads at VIU in order to satisfy pre-requisites for entrance into career training certificate and diploma programs. Others are upgrading to satisfy grade 12 graduation requirements.

#### **Business Administration**

NVIATS has sponsored clients to complete Accounting and Finance Certificates as well as Business management courses. A number of these programs are online.

#### **Wildfire Suppression Training**

5 Tla'min members have been approved for NVIATS funding to attend The Wildfire Suppression training Course though VIU. This course Starts in late March and runs for 10 days. Upon completion, participants will be in an excellent position to apply for work in wild fire suppression for all regions of BC and Alberta. There is also a ready to work equipment and gear package included in the tuition for each participant.

#### **Community Health**

NVIATS has supported approx. 5 clients to enter Community and Health related fields through sponsorship to VIU, Camosun College and BCIT:

- Aboriginal Health and Community
- Health Care Aid Certificate

#### **Professional Class Driver's Training (Class 1 and 3)**

A number of Tla'min members have been sponsored in order to obtain stable, local employment in industries such as logging, construction, transport and special industrial projects.

#### **Shorter Courses:**

Security guard training  
Forklift Training  
First Aid  
Foodsafe  
Construction Safety Systems Training

#### **OUTLOOK: NVIATS IN-HOUSE TRAINING COMING TO TLA'MIN SPRING/SUMMER 2016**

Clients from Tla'min have expressed an interest in the delivery of NVIATS Training Programs on site so courses can be accessed easily and with little or no financial or travel hassles.

#### **NVIAT'S Signature Driver Training**

This three-day theoretical training covers all necessary components to prepare the student for the Class 7 'L' test. There will be two instructors to help support the learning objectives and computers supplied to practice online tests before the

final. On the third day NVIATS staff will transport students to the Service BC office to take the online exam. All expenses, including exam covered by NVIATS.

#### **Foodsafe**

- A number of clients have taken the Foodsafe Level 1 Course through VIU, Powell River Campus. NVIATS will be able to offer this course taught by NVIATS instructors at more convenient location such as Tla'min Reserve at a slightly slower pace with more visuals and hands- on training for anyone who may want to work in food service industry requiring more explanation of safe food handling practices.

#### **Basic Computer Use and Social Media Course**

- Topics covered:
- How to use e-mail, sending attachments, uploading and creating accounts.
  - Using internet and understanding MS applications
  - Introduction to Facebook, Twitter and Linked -In media.

# The Lund Pub Is Now Family Friendly

## GREETINGS FROM THE LUND HOTEL

The Historic Lund Hotel continues to enjoy success this winter. We are proud to have recently hosted the Tla'amin Nation staff Christmas party on December 9. Although the winter weather played havoc with the roads, a great time was had by those who made it out and it was wonderful to see so many smiling, happy people in our Pub and Restaurant.

The hotel and the team continue to get recognized for the great service we provide. Professors and staff from Vancouver Island University are becoming regular customers. We have now hosted two different full day meetings from Destination BC, with more planned for later this year.

We would really appreciate more business from the Nation's offices. It is kinda' like owning a GM dealership and having all your staff driving Fords when bookings are made at competitor hotels in Powell River. Please, if you work at the offices in Sliammon, please direct all your business visitors to come stay with us in Lund; we will look after them and give them a great rate! Of course we would also like to host all your meeting business that we can accommodate. The kitchen team is doing a great job with meals and coffee breaks. You can help make sure we have work for your friends and family who work out at the hotel. Thanks.

Word is out to the local community that we are open for business and we have had a number of out-of-town family and friends staying with us. We even have people coming out and staying with us for weekend getaways.

Our new menu and great food is not the only thing to do in the Pub. We also have a pool table, a dart board and a recent addition an 'old style' video game centre with more than 50 classic games to enjoy. So bring a few quarters along and have some fun. The Pub is now Family Friendly so people under the age of 19 can be in the pub when they are accompanied by their parent(s) or guardian(s).

For sports fans, our new High Definition Satellite television service and new TVs make watching the games brighter than ever. Football, hockey and other sports have never looked so good.

The Team at the hotel have been keeping busy painting and preparing the hotel for another busy summer. And almost all the staff participated in our first EMERIT Service Best training session. We just have had new beds delivered for all the rooms in the New Wing so our guests should continue to improve our ratings on Trip Advisor this summer.

And please make no mistake, moving the Trip Advisor scores for the hotel from the very low range last year to the very good-excellent range this year means we will have a great summer with more guests and better rates:

"Spent 20 days here and was very comfortable . Very professional staff, clean rooms, comfortable bed, fresh deli at hotel and groceries . Also a pub in hotel. Steps to full service marina. First class."

These types of comments are the VERY BEST advertising we can do. Thanks to the entire team at the hotel for helping make this happen!



## HISTORY OF LUND

"Since the beginning of time . . .", the Lund area was inhabited by the Coast Salish people where they enjoyed the abundance of berries and shellfish, and it was referred to as Tla'Amin.

Lund's first European settler was Charlie Thulin (too-lin) who, in 1889, named the harbour "Lund" after a city in his home country, Sweden. He built a dock on the harbour and set up a small store to supply passing boats. Six months later, his younger brother, Fred, joined him. Fred was in his late-teens and didn't speak English so when Charlie went to pick him up at the Union Steamship dock, he discovered young Freddie had a shipping tag tied to his arm.

While they were logging the area, they discovered a demand for accommodations so they built the Malaspina Hotel on the site where Dave's Parking is currently located. It later burned down so a new hotel was built where the current Lund Hotel now stands. As an interesting note, while they were demolishing the remains of the Malaspina Hotel, a skeleton was found in the cement pad under the front steps.

In 1929, the local residents wanted to build a community hall. They formed the Lund Community Club and beachcombed some logs. John Arpana on Sevilla Island had a mill and he milled the logs for the cost of the fuel that powered the mill. He also kept some of the lumber for building boats.

The people of Lund started building the community hall in 1929 and it was erected completely by volunteers. It had a hardwood floating dancefloor, banquet kitchen and lower level. The Thulins donated the property to the Community Club but unfortunately the property exchange was never registered so when the Thulins later sold the property, the community hall was sold with it. Today the old hall still stands uphill from the Lund Hotel but is in a sad state of repair and no longer usable.

# Be Prepared: BC Has Entered Earthquake Season

*Canadian Press, February 24, 2017*

A series of small earthquakes off Vancouver Island in recent days likely aren't a precursor of bigger shake ups to come, but are a reminder of the complex geological zones along coastal British Columbia, says a federal seismologist.

The U.S. Geological Survey reported a magnitude 4.9 quake occurred Friday morning off Vancouver Island, while a 4.2 quake was recorded on the Olympic Peninsula in Washington state on Thursday.

Wednesday, there was a 4.4 temblor off western Vancouver Island and a 4.2 quake in Washington State, southwest of Seattle.

"That area has already been known to us to be very seismically active," Honn Kao, a Natural Resources Canada research scientist, said Friday. "Having earthquakes in that particular location is not very much of a surprise to us. What happens at that place is it is a tectonically very complicated region."

There were no reports of damage or injury in any of the recent earthquakes.

On average, Kao said there's an earthquake in the same area every few days, but they are much too small to feel.

In 2014, there was a 6.4 magnitude quake in Nootka Sound on the central west coast of Vancouver Island and Kao said residents reported feeling motion like they were on a swing.

He said Friday's quake was in the Pacific Ocean, 158 kilometres southwest of Port Hardy on Vancouver Island, in an earthquake zone where three geological plates meet.

The movements of the North American, Juan de Fuca and Explorer plates result in regular earthquakes, he said.

Kao said it is not likely the recent earthquakes are connected to each other, noting the distances between them are too great.

Seismologists predict the movements of the Juan de Fuca and North American plates will one day result in a major earthquake on much



of the West Coast, including Vancouver Island. But Kao said these quakes likely aren't a sign of stronger shaking to come.

"At this moment we really do not have enough knowledge to predict how the big one can happen and when it is going to happen," he said.

Kao said he agrees with the forecasts of seismologists who say the odds of the major earthquake and tsunami hitting the West Coast within the next 50 years are one-in-10.

The last major mega-thrust earthquake to occur off Vancouver Island struck more than 300 years ago on Jan. 26, 1700.

Seismologists say the magnitude 9 earthquake caused violent shaking for several minutes, followed by a tsunami wave that destroyed much of the western side of Vancouver Island.

About nine hours later, a tsunami the height of a four-storey building hit the Japanese coast on Jan. 27, 1700, destroying all in its path.

Julianne McCaffrey, spokeswoman at Emergency Management B.C., said the recent quakes are reminders that residents should prepare earthquake survival kits or check their current kits, just in case.

"Every earthquake is an example of why we as British Columbians need to be prepared," she said. "Certainly, it's a trigger for us to go through our plan and our kit. Just this morning before I left for work, my partner was going through our kit, again."

McCaffrey said earthquake survival kits should have enough supplies to last about three days, including water, protein-rich foods and first-aid items.

## 10 Essentials for your Earthquake Kit

1. Water — At least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
2. Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
3. Manual can opener
4. Crank or battery-powered flashlight (and extra batteries)
5. Crank or battery-powered radio (and extra batteries)
6. First aid kit
7. Extra keys to your car and house
8. Some cash in smaller bills, such as \$10 bills
9. A copy of your emergency plan and contact information
10. If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)



# Health and

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

# Wellness

## Healthy Happenings

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



Tla'amin Health continues to churn along with all programs engaging community and beyond. We continue to merge services with Vancouver Coastal Health, First Nations Health Authority and Powell River Divisions of Family Practice.

As we continue to review services that are offered we identify gaps in care and also continue to listen to the community's voice and are working towards more specific areas. We are excited that we have weekly counsellor sessions for those who are suffering from anxiety and/or depression as well as chiropractic and dental services. Our Nurse Practitioner clinic is fully operational and it is great to know that so many community members continue to feel safe and engage for support and services here.

For a list of many of the services please see our newly updated website at [www.tlaaminhealth.com](http://www.tlaaminhealth.com) or call 604-483-3009 to book any service you feel would benefit you or your family; I would also direct you to the newsletter to read more about the Elder's program, CDRC activities, the Winter Buddy Challenge and the Strong Women group.

### We Will Be Welcoming Our Babies Born In The Year 2016 Into Our Community.

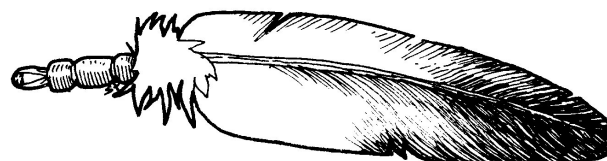


**Sunday April 2**  
**1:00 - 4:00**  
**Salish Center**

Open To All Community Members.

Please Come And Show Your Support For Our Newest Members. It Takes A Community To Raise A Child.

## Elders Corner



By **Darron Cound**,  
 Elders Coordinator  
 (604) 483-3009 ext 226

### March 2017 Elders Corner

This is the month we generally regard as the Renewal Month. Spring starts on March 20, and with it, a new hope for the year. This spring will bring new projects to our Elders Program, such as gardening, and learning more about growing good food, and sharing the knowledge with our youth.

#### Elders Events for March:

- Tuesday March 7: Elder Luncheon-Presentation by Phil Russell (11am-1pm)
- Thursday March 9: Community Garden 10 am-12pm
- Friday March 10: Walking at the Salish Center 11am-12pm
- Tuesday March 14: Elder Luncheon
- Tuesday March 14: Afternoon Free Rec Center Swim. Call Darron for transportation.



- Thursday March 16: Powell River Seniors Together Luncheon at PR Rec Center. Call for transportation (space is limited)
- Friday March 17: Walking at Salish Center 11am-12pm
- Tuesday March 21: Elder Luncheon. 11am-1pm
- Tuesday March 21: Afternoon presentation on composting for gardening. Come and learn how to make your own rich compost for successful gardening with presenter Ioni Wais.
- Thursday March 23: Community Garden 10am-12 pm
- Tuesday March 28: Elder Bingo and Luncheon.

## FAMILY SUPPORT & WELLNESS PROGRAM

*Kway- ish Nug-Up-Tiy  
(Standing up Ceremony for Women)  
February 16, 2017*



Elder, Elsie Paul and Jennifer Smith, FNHA Community Engagement

By Sally Louie

'Honouring our Women' took place at Salish Centre with 20 community members and witnesses from the Powell River agencies that participated. The purpose of the event was to have an awareness about violence against indigenous women and girls but also to each pledge to live violence FREE and to be actively involved to STOP violence against the women and girls in our community.

Funding for this event was received from First Nation Health Authority and was an initiative that came from Esk'etemc Elder Fred Johnson, using Commitment Sticks to signify sacred responsibilities we have for the health and safety for our indigenous women and girls.

Positive feedback from this event is to continue and hold future 'Honoring our Women' ceremonies, using the Commitment Stick and gather our younger generation of girls along with their mothers, aunts, grandmothers inclusive to all women in our Nation and also to include into a Men's Gathering.

Thank you to Tyrone Wilson one of our Legislators for attending and assisting with traditional brushing along with John Louie. Jennifer Smith, Community Engagement Coordinator, FNHA for attending and a big thank you to staff, Cathy, Cyndi, Shirley, Jaime and Patty for all your help.

## Winter Wellness Challenge

*Did you make a New Years  
Resolution?*

If it includes exercising, we have a new activity. We have a 6 week buddy/partner challenge starting March 2017



### Sign up with a Buddy.

Sign up with Dawna Pallen, Health Promotion @ Tla'amin health, with your buddy/partner.

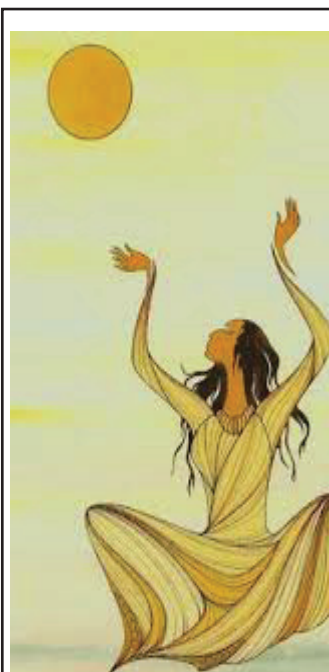
We encourage you to partner up with a buddy, to support one another to be more active 2 – 3 times a week, for 6 weeks.

You can use the recreation complex on Tuesdays & Wednesdays. You and your buddy must be signed up with Dawna to use the PR Complex exercise room, pool etc. When you have signed up, I will forward your name/s to the complex you can use the exercise room etc.

This can include healthy activities, walking in the community, recreation complex, etc. and we encourage you to keep track of your activities with the sheet we will be providing for you. At the end of the programs, we would like to have a gathering of some snacks etc. to share our success, challenges over the 6 weeks

We will provide you with a sheet to keep track of your activities on a weekly basis

Put your name in for draw at the end of the 6 week challenge. Contact Dawna Pallen @ Tla'amin health @ 604.483.3009 Ext. 244



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

**Next gathering is on Wednesday, March 29th from 430 PM – 630 PM.** We will be discussing art therapy. Dinner and door prizes included!!

Please register with Shelley or Kim at Health. ***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.***

## Learning Our Tla'Amin Language

### Words of the Month

#### Head

Phonetics -Moh ohs  
Orthography – moʔos

#### Nose

Phonetics - Muk sen  
Orthography – məqsɛn

#### Hair

Phonetics - Muk ken  
Orthography – maqɛn

#### Eye

Phonetics - Kah woom  
Orthography – qaʔwum

#### Mouth

Phonetics - Tho then  
Orthography – θoθɛn

**We have Basket Weaving and Language on Tuesdays at the Cultural Lodge from 3:30 – 5:30, Everyone is welcome**

Dawna Pallen  
Health Promotion

# Influenza

## Why get vaccinated against influenza (the flu)?

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

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

## How does the flu vaccine work?

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

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

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

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

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

## Who should get the flu vaccine?

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

## Who is eligible for a free flu vaccine?

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

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

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

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

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

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

## Special consideration regarding egg allergy:

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

## When should I get vaccinated?

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

## Where can I get the flu vaccine?

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

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

## Why do I need a flu vaccine every year?

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

## **For more information about the flu vaccine, who should and should not get it, the benefits and possible reactions see the following:**

- HealthLinkBC File: Inactivated Influenza (Flu) Vaccine
- HealthLinkBC File: Live Attenuated Influenza (Flu) Vaccine
- HealthLinkBC File: Why Seniors Should Get Influenza (Flu) Vaccine
- HealthLinkBC File: Influenza (Flu) Immunization: Myths and Facts

## **About the disease**

## What is influenza (flu)?

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

Join us for

*Car Seat* Safety  
**Session**

Learn how to install your car seat correctly from one of our  
BCAA certified Car Seat  
Educators

WIN A FREE  
CAR SEAT!

3:00PM-5:00PM

At the CDRC

**MONDAY MARCH 27TH, 2017**

\*FOR TLA'AMIN MEMBERS WITH CHILDREN BORN BETWEEN 2011-2017\*  
CAR SEATS PROVIDED FROM BCCA AND UNITED WAY

## Meeting Minutes of the Executive Council

February 1, 2017

Government House Chambers - 10:01 am - 12:30 pm

**Attendance:** All Executive Council

**Resource:** Steve Hunter and Judith King

1. **CALL TO ORDER:** Hegus Clint Williams called the meeting to order at 10:01am

2. **APPROVAL OF MINUTES:** January 25, 2017 minutes

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

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

**Moved by** Lori Wilson  
**Seconded by** Larry Louie

4. **MOTIONS OF COUNCIL:**

1) TNO-EC #03/2017 - Approval of Trista Tom mortgage guarantee with Bank of Montreal.

**Moved by** Lori Wilson  
**Seconded by** John Hackett

### Special Projects Presentation 1:

Marlane is here to advise Executive Council on her research. She is hoping the work she has done provides information to inform the leadership table. Her thesis is on transitioning Tla'amin Nation Elders into care facilities which are off-site of Tla'amin Lands. She identified the need to develop an understanding of leadership capacity and the willingness of partners to affect change.

The Organizational Leadership Project is cyclical in nature and relies on a wholeness concept which identifies the pain of transitioning Elders to complex care. Marlane looked into the issues and challenges of this task and sought to determine how Tla'amin can encourage stakeholders to embrace organizational change necessary to fully support a better transition for Elders. Additionally, she questioned how do we ensure organizational change becomes an integral part of the organizational culture.

### Critical thematic elements of her findings include:

1. **Pre-Transition:** Establishing a broader context of "home"

2. **Transition:** Fostering a safe space

3. **Staying together:** Strengthen and maintain healthy connections

4. **Look beyond the legacy of residential schools**

Marlane suggested that Tla'amin create programs and services for Elders so that early on in the process - they have a say in what they are going to do when they must go to a care home. She noted that memory is not just about the past, it is about the significance of the past to the present and the future.

### Health Director Presentation 2:

Brendan Behan attended to give an update on Health activities. He has been Health Director for 12 months. There have been no grievances in the past year and significant improvements. Cognitive Behavior Therapy (CBT) is one program that he has initiated. Brendan is looking for more funds to hire additional people because their current staff are maxed out. Health will be over budget by year-end. The Jeh Jeh program is also over-budget. Clint suggests planning for the programs that are underfunded. It was noted that funeral support funding will be the responsibility of the Nation and any compassionate grant allowance will be paid through Health. There will be a one-page advisory on funerals.

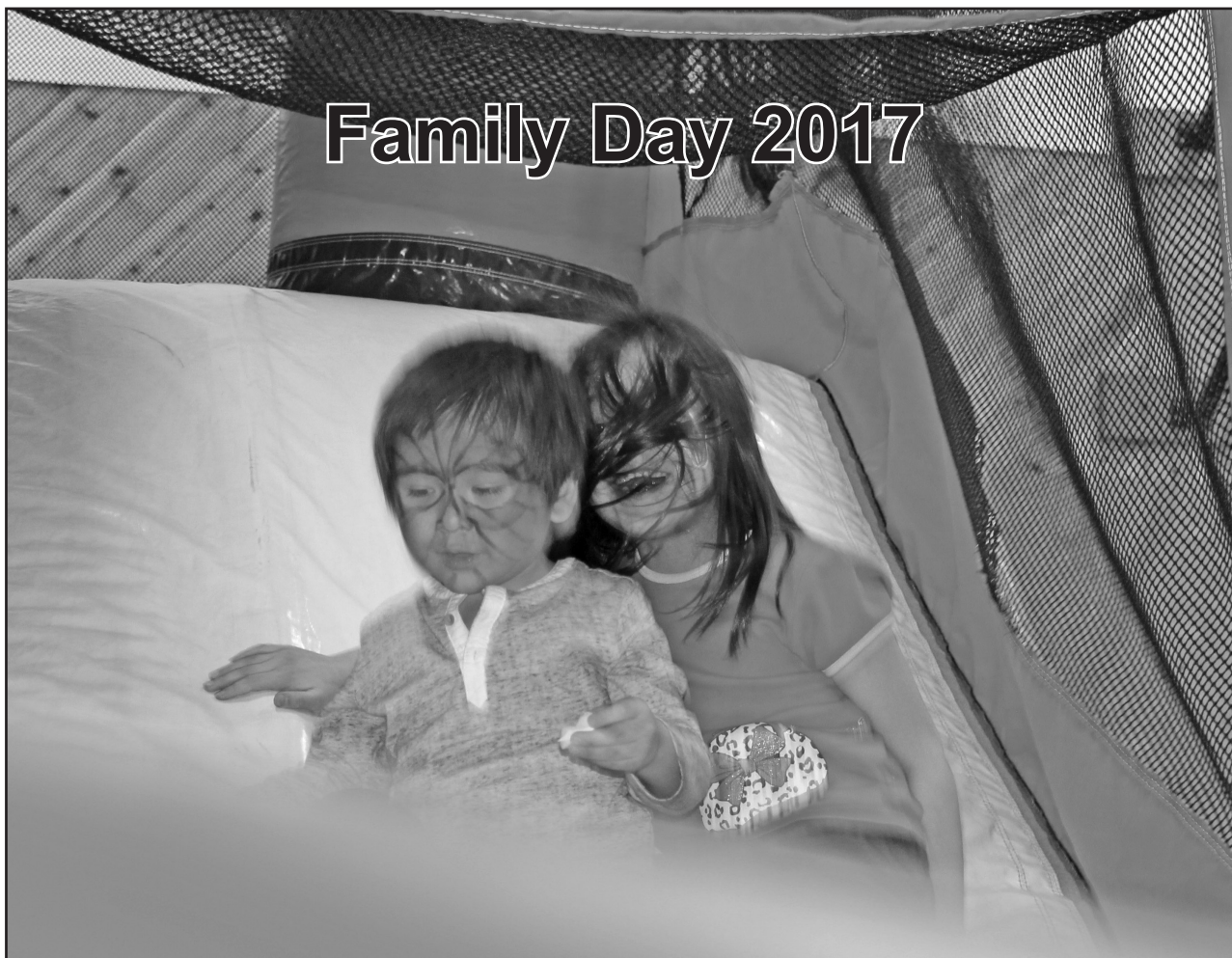


### Public Library Presentation 3:

Terry Noreault attended the Council meeting. Terry came to talk about the Library's relationship with Tla'amin. Powell River Public Library is a municipal library and there is a change in the relationship for Tla'amin as a Treaty Nation. As a self-government, in order for Citizens and Lessees who reside on leased lands, there must be a service agreement in place. The library could use an agreement by per capita (\$62 per person) or a fixed fee. The term of the agreement is proposed for 4 years. Terry indicates that they would like to reach out and do a better job with library services to the Tla'amin Nation members. Discussion began on a pay for service at fixed rate of between \$5,000 - \$20,000. The amount is to be determined. The Council will get back to Terry on the agreement. Discussion began about getting more youth members involved in the library. For instance, outings to the library on a monthly basis for all interested students. Discussion began on transportation issues for residents and the best way to help people get to the library and the Complex. It was suggested that Council acquire an airporter bus for helping people with their transportation needs.

**Expanded Regional Recreation Initiative Study (ERRIS) Presentation 4:** Ray Boogards attended. He gave an over view of the recreation study. He mentioned the survey got a lot of response from different groups from Saltery Bay to Lund. Enhanced amenities include the Complex and its upgrades. A new weight room equipment will be available soon. They are looking to

**Executive Council** (Continued on page 11)



# Meeting Minutes of the Executive Council

## February 1, 2017

### Governance House Chambers - 10:01 am - 12:30 pm

**Executive Council** (Continued from page 10)

involve all people in the Region. He hopes to develop a maintenance plan to address Millennium Park opportunities. The first phase of action includes where we collectively want to go as a community. Barriers to participation are being broken down and underprivileged residents will be able to participate in the programs. Ray noted that one significant barrier to participation is that Tla'amin members don't feel part of the Regional District. It was suggested that the Salish Centre could be a huge resource for Tla'amin and Area A residents.

**5. NEW BUSINESS**

**5.1 Housing:**

Council reviewed a January 13th letter from Trista Tom regarding her request to purchase land beside her new house at 6552 Harwood Drive. The decision will be deferred to the Lands Department with a condition indicating a permit can be completed. Permit allows Trista to use the land for a garden but not to own it.

**5.2 Public Works:** The local Ford dealer is completing the order for a F450 Super Cab truck which will replace the old village maintenance vehicle and be delivered sometime later.

**5.3 Fire Department:** Floyd requests a meeting with the volunteer firefighters.

**5.4 Culture:** Open house will be held at the Elders Lodge on Feb 2nd.

**House Posts:**

**Land and Resources:** There was a Natural Resources Committee meeting and they will participate in the February 23 Open House. List of recent Lands staff activities will be highlighted in the February Neh Motl.

**Finance and Administration:** John is setting up a meeting to do budgeting and he give an update afterward.

**Tla'amin Management Services:** Clint discussed the Hong Kong trip. School District #47 is going to fund a videographer to film the event in April. Additionally, the City asked if Tla'amin wants to invest in a video while in China to promote Tla'amin Land and Resource activities. It was suggested the video can be put on the website.

**Naut 'sa mawt Tribal Council:** Lori will attend the Victoria meeting at Songhees Nation.



**Regional Emergency Executive Committee (REEC):** The next meeting is on March 1st at 10:15am.

**Hegus Report:**

1. Clint distributed an email concerning a workshop in Saskatchewan. Clint asks if anyone wants to go at the end of March.
2. Bank of Montreal meeting took place. Clint gave some highlights.
3. Dates for visiting the Longhouses have been set for the trip. There is a fishing vessel in Port Alberni that may be good to preview.
4. Hong Kong video discussed.
5. Rotary Club wishes to build a relationship. They may come to Government House for an evening meeting. Clint hopes that some Executive Councilors will attend.

**Other Business:**

1. A ship-building specialist came to talk to some of the Council before the Council meeting.
2. Murray Browne is coming to Tla'amin on February 2nd to talk about the Building In-

spection process. There are a lot of issues to reconcile. The process may be going the way of the City's process. All Councilors are invited to attend. Discussion began on proposals for inspections.

3. The Carol Heffernan property purchase/ sale paperwork is being completed.

**ADJOURNMENT**

**Moved** by Lori Wilson  
**Seconded** by John Hackett

Meeting adjourned at 12:30pm.





Cute and pretty,  
beautiful and lovely.

Charming and bubbly,  
innocent and friendly.

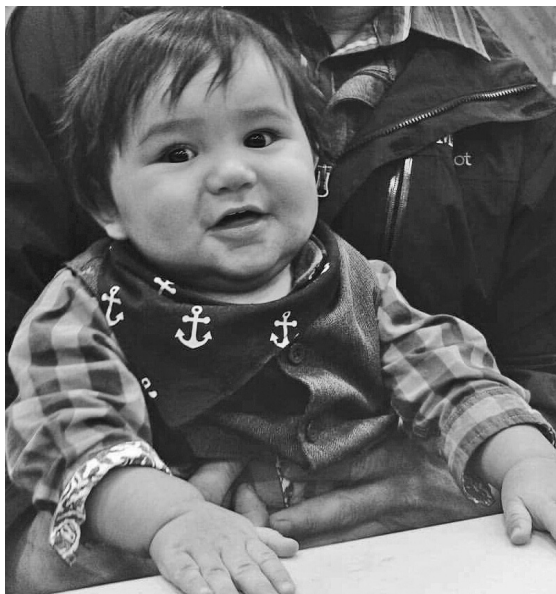
Dear Princess, you are  
all of the above, end-  
less for you is our love.

**Happy 8th Birthday  
Pretty!**

Love, Forever &

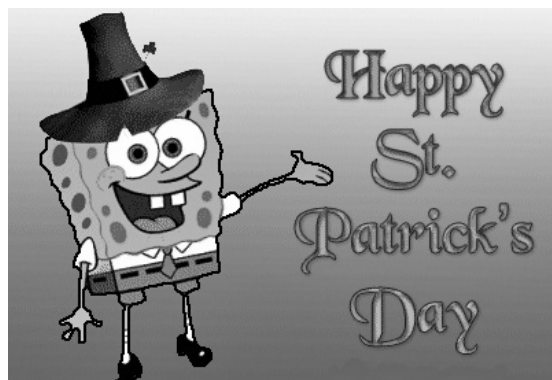
Always,

Daddy, Mummy, Jacob  
and Mattias



*Happy 1st Birthday Julian  
Harold Williams*

*Love Mom and Dad*



**March 17th**



## Want a Faster Tax Refund?

### *Mia's Income Tax Preparation*

4950 Waterfront Road  
Phone (604) 483-4437

Basic Tax Preparation \$45  
Senior and Student Basic Rate \$40

T4, T4A, T5007  
Efile to get a Faster Refund

**Available for Pickup**

## Heartfelt Appreciation

I would like to send out a very special thank you to all the people that sent me heartfelt wishes and prayers during my time of need. The amount of people that reached out to me was overwhelming and very powerful medicine.

Doreen, son and granddaughter Sadiemay





## Wildland Fire Fighting Training

March 13—24, 2017

Gain the skills required to work as a wildland firefighter in B.C. Wildland firefighters are becoming more in demand year over year due to the hot and dry weather patterns we have been experiencing.

#### **The training**

Our 10 day training program prepares you for the challenging job of forest fire fighting and provides you with the basic knowledge and skills to combat wildfires. Successful participants will leave with the certification required to apply to the Ministry or Wildland Fire Fighting Contractors to gain employment as a wildland firefighter. The training also includes all safety gear required for the program.

#### **2 easy ways to register**

Call us  
604-485-2878

Drop by  
100-7085 Nootka St.

#### **Training will cover the following:**

- Leadership and Teambuilding
- OFA Level 1
- Transportation Endorsement
- S100 Certification (basic fire suppression & safety, fire line communications, portable pumps and water delivery, burn off and back burning)
- Helicopter Safety Awareness
- GPS & Fire Mapping
- Basic Chainsaw Operator
- WHMIS and TDG Training

10 sessions

Mon—Fri, Mar 13—24; 8:30 am—4:30pm

\$2,700. Includes all safety gear required (chaps, hardhat assembly, pressure bandage, whistle, Hi-Vis shirt, safety boots), and bagged lunch each day.

Seats are limited

#### **Refund Policy for CE classes**

Fees are refundable if you withdraw at least two weeks before the course starts. Note that we are unable to issue refunds after those deadlines.

A full refund is issued if a course is cancelled.



**Week six our little Ninjas are learning the art of blocking punches**