



NEH MOTL "Us"

APRIL 2017

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

Tla'amin Celebrates the Successes of a Self-Governing Nation

By Steve Gallagher
Neh Motl Editor

When the clock struck midnight on April 5th of 2016, a new chapter in Tla'amin history was realized that took over twenty years in the making. A journey that began in 1993 when the BC Treaty Process opened its doors for first nations across the province.

The lengthy hard fought and intense negotiations took the efforts of six different Sliammon Chiefs, numerous councilors, treaty negotiators, researchers, managers, advisors, legal counsel, board members, community members, and vital support staff.

On April 5th we celebrated the first year of freedom from the Indian Act. This legislation is Canada's creation to run the affairs of Indians while introducing the removal of traditional hereditary names, making potlaches and ceremonies illegal, and most significant of all, the introduction of residential schools aimed at decimating our language and culture, not to mention the countless incidents of abuse.

On September 10th of 2016, Tla'amin voted in Clint Williams as our first Hegus alongside eight Legislators. Ironically, Clint's late grandfather Charlie Peters was the first elected Chief recognized under the same Act that imposed how the band council system should operate. Clint was destined to be the last.

Tla'amin will now govern and make decisions on its own affairs without waiting for approval from the federal government. The burning of the Indian Act outside our Governance House on the eve of effective date was a turning point for our nation, while drumming and singing blessed our new journey in the spirit of our ancestors.

Hegus Clint Williams

This year has truly flown by and I find it hard to believe that we are already celebrating the first year of our return to self-government. As we celebrate this day we will pay respect to our Ancestors, Elders and future generations as we all share the dream of providing for a brighter future for all of our people.

April 4th, 2016 was a historic night as we conducted the festivities in our unfinished Governance House



Rising to the challenge were Nicholas Simons, Hegus Clint Williams, and Phil Russel in the competition song

as we welcomed in the new world, I still remember us lighting the fire that evening as there was many nerves, and hoping that everything would proceed smoothly. As midnight approached and the songs were shared around the fire, the most powerful moment for me was watching our people getting to burn pages of the Indian Act. This event seemed to be very therapeutic as there have been some awful things that have happened to our people while we were under the Indian act, I hope that our people in attendance also felt the same way.

During the first six-months we were working at implementing our new Laws & Regulations and also overseeing the completion of the new building, with an election added into the mix made for another large challenge. This was the first election underneath of our new election law, this new process was a big change from what we had traditionally been accustomed to. As the Tla'amin Nation we now have the ability to correct laws & policies that we feel are not representing our community in a good way, we have the ability to amend and adjust what we feel is no longer working for us.

I am personally very grateful to the Tla'amin people for electing me as our first Hegus, I have always been so incredibly proud to be Tla'amin! And to be elected to carry on with this work means so much to me as I truly love this community.

Emote – Che che ah tahn nah pesht

"Dealing with change is generally not easy, said CAO Rod Allan, and this year has been no exception. After some very busy years preparing for the effective date of the final agreement, some of us looked forward to a bit of a more normal routine after April 05, 2016. However, we were awakened to reality by the fact that implementing all the many changes is at least as busy as the preparation work was. Added to that has been the move to the new office location, so it has been a trying year for all staff."

Volunteer firefighter Tyrone Wilson was voted onto the Executive Council for our Public Works House Post that consists of housing, village maintenance, water treatment and fire and emergency services.

*Celebration
(Continued on page 3)*

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Message from the Hegus



Although the first day of spring was March 20th 2017, we continue to wait for the warmer temperatures and pleasant weather that we all expect this time of year. This winter does not want to go away and keeps on hanging on with these chilly temperatures, these colder temperatures also make for more expensive hydro or heating oil bills. With this in mind, we have recently

heard of a great program that helps entire communities on becoming more energy efficient by updating their housing heating systems with heat pumps. We will pursue this new program and try to deliver it here in our community, we will keep you updated on any progress that we make.

Keith Carlson on behalf of the University of Saskatchewan recently invited me to attend a symposium on **Indigenous Digital Asset Management Systems**, this was a very informative session that involved librarians, land use planners, archivists, University faculty members and other first nation's communities from the surrounding Saskatchewan area. The discussions were focused on safely preserving important documents and digitizing them for safe and protected viewing. We are in need of beginning this important work as we have some very valuable resources to protect such as our Traditional Use Study and other supporting pieces that consist of old interview tapes (reel to reel, Cassettes) and CD's that are in a very fragile state and are at risk of becoming unusable. It was frightening to hear of some examples of how modern technology has created problems by progressing so quickly in development that it is making some of the other fairly modern technologies outdated and useless. The ironic part of this is that some ancient maps and books are still possible to view and will continue to be as they are hard copies, the old technology is still extremely valuable and will always continue to be. As we try to preserve and protect this valuable information we must select a technology that will not become obsolete and useless in the future, this is the job of an archivist or librarian to stay on top of. I hope that we can begin this important work in the very near future and develop and train individuals to carry out this role for us.

The 41st Annual Elders Gathering will be held in Campbell River July 11th – 13th 2017 at the Strathcona Gardens Recreation Complex. We would very much like to have our elders attend this event as it is a very short and enjoyable trip from our community; we will seek an individual to coordinate this event as it is a large commitment to make all of these arrangements, we will hope to have a temporary job posting in the next edition of the Nehmotl to seek an individual to coordinate this event.

On behalf of our leadership, we would like to propose hosting a feast and conducting a blessing for our community; we wish to host a feast of traditional foods, drumming and dancing early in the month of May. This long winter has created some tough times for some of our families in more than one way and we would like to gather in a good way to lend our strengths to our Jeh Jeh's by coming together as a community for this one day. We will firm up a date and share it with you all ASAP. If you have any questions or concerns please feel to call or email: (604) 483-9646 extension 107 or clint.williams@tn-bc.ca

Tla'amin Governance House Updates

4779 Klahanie Road,
Powell River, BC
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646



Recent activities in Lands & Resources

- Our Fisheries staff has regular scheduled teleconferences & meetings DFO. Community notices and advertising for leasing out our Nation's licences for 2017 seasons. A Fisheries Sub-Committee has been formed to focus on detailed steps to support our staff in Fisheries; and will meet once per month.
- Enhanced Resource Management Areas – Forestry in our Treaty Settlement Lands: finalizing our Forestry Laws are still in progress. An Invitation-to-Bid on our first Forestry cutblock was sent out to eight reputable companies in the forest industry; one quantitative scale and one qualitative scale was developed using our community values and criterion to evaluate the bid proposals. A&A Trading Inc. ranked first in each evaluation and are the successful bidder.
- Tla'amin has been meeting with the BC Provincial Government each month to discuss a "Shared Decision-Making Agreement within the Theodosia River Watershed." These meetings have been overlapping with our concerns on our "Reasonable Opportunity Agreement" and our "Business-to-Business Partnership Opportunity" also with the BC Provincial Government, important Agreements as promised in our Treaty Agreement. Negotiations has been incremental.
- Fisheries Department held a Swift Water Training Course for our seasonal workers. All participants successfully completed the course.
- Tla'amin attended an "Energy and Food Security Workshop" hosted at T'Souke Nation on March 14 & 15, 2017.
- Tla'amin Taxation Authority Board has been meeting every 3 weeks - Initial budget setting and Leasee management obligations is the focus of discussions.
- Tla'amin Executive Council Tyrone Wilson and Legislator Shawn Louie attended the "Tour of Vancouver Island Solid Waste and Recycling Facilities," on Friday, February 24th, 2017 host by PR Regional District.
- Lands Director Cathy Galligos and Tla'amin Holdings CEO Kelly Rankin attended an important "Geoduck Research Meeting" on March 9, 2017 in Nanaimo by DFO.
- Fisheries & Oceans Canada has provided Tla'amin a copy of their "Integrated Fishery Management Plan for the Scallop by Trawl Fishery." We responded and provided feedback.
- Water Treatment Plant: last year's new hire Mary Peters is taking the required courses for certification.
- Reminder to people who have various Harvest Permits: please report back to the Lands Dept. We need to document what was harvested, how many were harvested and in which area? **We are the primary land & resource stewards of our territory, let's do a good job.**

If you are interested in discussing any of this activities or have any questions please come see me, call me or email me. Emote!

Lori Wilson (Sparrow)
Office # 224, 2nd floor at 4779 Klahanie Road
(604) 483-9646 extension 108
Lori.Wilson@tn-bc.ca

Community Development

Celebration our 1st Year of Self-Governance

By Roy Francis

Celebration

(Continued from page 1)

"Communication plays a very important role within these departments, working together on how to make things better within our community is our number one priority. Since we approached the first year as a self-governing nation as "One Heart, One Mind and One Nation" Tyrone commented.

Larry Louie, long time truck driver, was first elected on Council back in the early 70's, and now sits on the Executive Council overseeing Community Services for the nation.

"When I was first elected there was no real political process to define roles and responsibilities. The Chief would develop portfolios based on how much money

was available for important matters like housing for example, and assign a council member to oversee it through a vote.

Through our self-government, the House posts model ensures that there is a structured standard designed to define roles and responsibilities. All programs and services have the support of working groups or committees which provides broader collective decision-making. We can now rely on our Hegus and Legislature to make decisions we should have been making a long time ago."

There was a day when an Indian needed a permission slip to leave the reserve to harvest food, but nowadays, if anyone wants to do business on our territory they must come and talk with our government to seek permission. The Indian Act was established in less than a decade of the creation of Canada who turns one hundred and fifty this July on native land.



It's been a year already since the Tla'amin Final Agreement has come into Effect. We have moved from being an Indian Act band to become a Self-Governing Nation. While the transformation continues, it has already brought significant change to Tla'amin.

The Sliammon Treaty Society has been retired. The office officially closed March 31, 2017. I want to acknowledge all of the extraordinary work from a very dedicated team. The work has paved the way for a very bright Tla'amin future. We wish all of our team members well in their new pursuits.



Changes in play Self Government

- We have elected our first Tla'amin government outside of the Indian Act
- 2 year terms have changed to become 4 year terms
- The longer term enhances the stability of our government
- We have enacted our own laws to establish new operating standards for our leadership

Land Ownership

- Tla'amin now has clear title to more than 8000 hectares of land
- We have created land titles for Tla'amin Citizens
- We have created home ownership interests for Tla'amin Citizens
- Home owners and land owners now have access to financing to build new homes and to renovate existing homes
- Our land base continues to grow with additions of new lands – and future acquisitions

Business Development

- Tla'amin now has 100% ownership of the Lund Hotel
- We have formed a series of new limited liability partnerships
- Tla'amin is building its own log dump on lands below the old golf course in the PR Townsite
- We are now generating revenues from our forest resource on Tla'amin Land

Infrastructure Development

- We have completed construction of our new House of Governance
- We have re-designed our organization to be more efficient
- We have built a plan to upgrade our water and sewer services; we intend to connect our services to the City of Powell River

“ We have outgrown the Indian Act and are doing very nicely in a very new environment. Tla'amin will continue to grow at a pace that is very comfortable for us; there is plenty of room for new growth and we have very good reason to be optimistic and positive about our future. We are looking forward to the year in front of us. ”



Open House - April 5th, 2017



Information Technology Coordinator Required

We are looking for someone well versed in existing and emerging information technologies. This individual will be expected to maintain and coordinate systems across several offices while ensuring that best practices are maintained.

Responsibilities include, but are not limited to:

- Manage, coordinate and enhance existing and new systems
- Recommend information technology strategies, policies, and procedures
- Identifying problems, evaluate trends and anticipate requirements
- Provide quality service and adhere to organizational standards
- Maintain up to date technical knowledge
- Coordinate priorities between the IT department and user departments
- Other duties, as assigned

Requirements:

- Minimum of 3 to 5 years experience in a Systems/Network/Support Administrator position
- Diploma or Certificate in a relevant discipline
- Excellent technical knowledge of information management, information analysis and computer hardware/software systems
- Ability to work independently or in a small team environment
- Outstanding trouble-shooting ability and able to resolve issues in person or remotely
- Ability to manage, coordinate and enhance existing and new systems
- Hands-on experience with computer networks – installation and administration
- Excellent communication skills and comfortable explaining complex systems in simple terms
- Highly organized, and adept in decision making and problem solving
- Understanding of complex information and requirements
- Ability to prioritize and flexible enough to adapt to changing plans
- An ability to work to tight deadlines and within constraints
- Detail oriented, diplomatic and dependable



Important Notice

- The Nation is looking for expressions of interest from Tla'amin people who are interested in sitting on a Working Group or a Committee as Community Representatives for the following:
- Housing Committee
- Lands & Resources Committee
- Social Development Committee
- Treaty Implementation Working Group

Please forward your name, contact information and a brief reason why you are interested to:

Housing Committee – tyrone.wilson@tn-bc.ca

Lands & Resources Committee – lori.wilson@tn-bc.ca

Social Development Committee – larry.louie@tn-bc.ca

Treaty Implementation Working Group – roy.francis@tn-bc.ca

Or, drop your information off to the attention of Tyrone, Lori, Larry or Roy at Tla'amin Governance House - 4779 Klahanie Road

No experience is needed. You are welcome to participate.

EMOTE !

If you are interested **and qualified**, please provide your resume with a covering letter as follows:

By E.mail: hr@tn-bc.ca - Subject: I.T. Coordinator Position
OR

By Fax: 778.762.5240 - Attention: I.T. Coordinator Position
OR

By Post or hand delivery: 4779 Klahanie Rd, Powell River, BC V8A 0C4
Attention: I.T. Coordinator Position

Application Deadline is noon on Friday, April 28th, 2017

No phone calls please.



**Garbage Pick Up for Good Friday
April 14th HAS BEEN CHANGED to
Thursday April 13th.**

Qam&s ?əms tala Settlement Trust

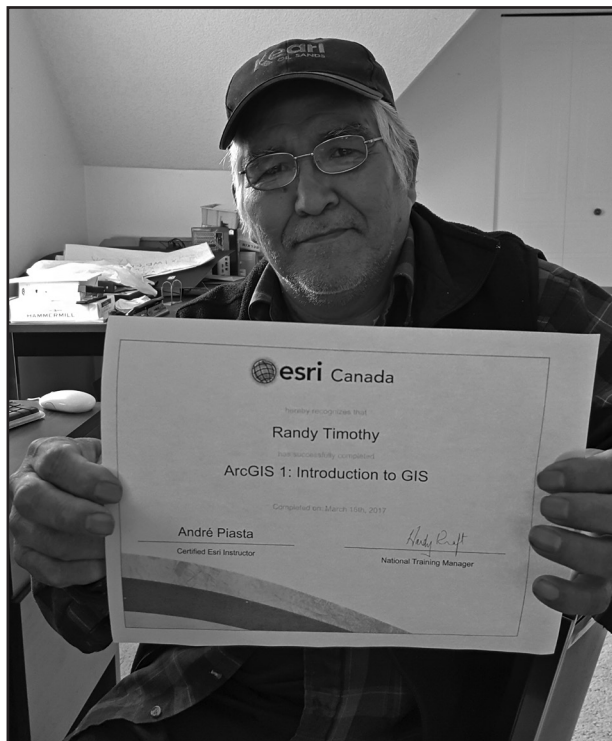
“Our money is put away safely”

**Deadline for Economic Development
Stage One Application is: March 31
– April 13, 2017**

Please email any questions to nora.dickey@tn-bc.ca

Randolph Sr. Completes Course

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



So as part of the place names language project, partnership between Tla'amin Nation and the museum, we got a grant to document as many of the traditional territory place names as we can uncover, the end result will be a map with all the places documented and written in the orthography - and a digital counterpart - a geodatabase storing the information and an interactive map where people can hear the words and listen to stories, myths and legends about that area.

The digital component requires the use of a Geographic Information System (GIS) - industry standard seems to be ArcMap made by Esri. A gis system stores information associated with a place or location.

So the museum signed us up for a 2 day intensive course by Esri - Introduction to GIS. The course went for 2 full days (14hrs) and we worked through a 340 page booklet. Everything was online, we had instructor led lectures and a virtual lab where we got to learn the basics about how to use esri arcmap.

Hoss is 66, and the course was intimidating it wasn't simple computer stuff it was intensive - and a bit rushed for hosses liking. It was complicated we had to cover things like math concepts behind how they create geographic coordinate systems, and different projection systems overlaid on that to calculate various aspects (like distances, areas, shapes, direction) and how none are perfect systems because the earth isn't a smooth ball) and by the end we had learned how to analyze which facilities in a particular us county would be most affected by a category 3 hurricane storm surge (flooding) and produce/create the maps to go along with it.

So the idea behind this peice is let the youngsters know that anything is possible, you just gotta dive i to it and try.

Carmem galligos is also studying civil engineering at Univesity of VIC and part of her course was GIS training, and she was happy to hear about her papa taking GIS training and trying new things.

Just to show the kids that u can do anything. Thumbs up.

Lands and Resources Department Update

Harwood Island (Ahgykson) Cabin

Bookings:

We are now taking bookings for the cabin at Ahgykson. The Spring, Summer and Fall seasons get very busy so we are instituting new rules for booking this year:

- The maximum a family (household) can book is for one week in the summer months (7 days which includes one weekend).
- You can book for shorter stays – if the cabin is available.
- Pack in and pack out your garbage, empties and personal belongings
- Absolutely no smoking in the cabin – and ensure you have a can or something for your butts if smoking outside
- Only Tla'amin Citizens or members are eligible to book

Please contact Serena Barnes at (604) 483-9646 Ext. 120 to book. Also, please notify Serena if you cancel.

If you wish to book additional time, this will be based on whether or not there is space to book (ie. Nobody else has already booked the cabin for when you want it). The Theodosia cabin is also available for booking – same rules and procedures. Must have your own transportation to and from Theodosia and Harwood.

Spring Clean Up:

We will be setting a date for the Spring Clean Up soon (end of April – Early May). Therefore I am accepting resumes/applications for helpers. Please indicate if you have a truck and a valid driver's license. Resumes/applications can be delivered to the front desk or to Denise Smith.

Firewood:

You must have a firewood permit in order to get firewood on our Lands. If you are going out with a group, each of you must have a permit. If your permit is expired, please see me and I can renew it for you. Reminder: Absolutely no cutting trees down (this includes snags) and absolutely no sale of firewood is permitted.

Enhanced Construction Craft Worker Program @ Viu

14 individuals from each Tla'amin, Klahoose and Homalco started on March the 20th an 11-week Enhanced Construction Craft Worker program at VIU. The program is a Red Seal trades program and prepares individuals to work on construction sites in residential, institutional, commercial, and industrial settings, including utilities, hydroelectric dams, roadways, bridges, tunnels and the like. The program includes a 3-week Essential Skills component as well as a Pathway to Employment component, where each student works with an Program Employment Navigator in a 1:1 setting to help secure employment at the end of the program. The program is sponsored by NVIATS and made possible through an agreement with the Klahoose Nation.

In Recognition of your 1-year Treaty Anniversary!

Vancouver Island University, staff, faculty and students extend our congratulations to the Tla'amin Nation on the one-year anniversary of your effective treaty-date.

May your people and nation continue to grow in prosperous ways as you continue your journey as a self-governing nation. May we all continue to collaborate and partner in good ways in support of the health and well-being of all Tla'amin citizens.

With gratitude,
VIU - Powell River Campus



What's Happening at Your Historic Lund Hotel

By Kurt Pyrch

Spring is upon us and we are getting ready for another busy summer. But there is a lot to do before we are ready and we have been busy and hard at work through the winter to get us where we are now.

Last year started a major clean up in and around the hotel. A lot got done and a lot got accomplished, including improvements in guest service and satisfaction. But there is still so much to do. This year we will be looking to further those gains and take the hotel up another notch closer to where it should be.

It has started with a partial renovation of twenty of our thirty one guest rooms. These would be the ones above the General Store. The rooms were stripped and then deep cleaned and finally a new coat of paint on the walls to completely modernize the look and feel of the rooms. The rooms are fresh and clean and inviting. And to top that off, we put new beds in each of the rooms to bring the bedding to a true modern hotel standard. In fact, the beds in your hotel are now the same standard as the Hilton signature mattresses. The same quality as you will find in Sheratons and Marriotts around the world. Although the rest of the rooms don't need painting this year, new beds will also be going into the last nine rooms in the Historic building later this spring. New beds will go a very long way to improving guest satisfaction and their sense of value when they stay here. After all, hotels sell a place to sleep, not a place to toss and turn on an uncomfortable bed.

In addition to the guest rooms, work is beginning in the meeting room area of the hotel and we hope to continue into other public areas like the Lobby and Restaurant as the year progresses.

Sometimes it is not just that the work gets done, but of equal importance, 'who' does the work. We could have hired contractors from outside, but instead we were able to do 90% of all the work in the rooms with our existing staff. This was one of the ways we were able to keep people employed and paid through the slower winter months.



We are happy to announce that we have received a "Guest Review Award" from 'Booking.com', one of the world's largest online booking sites.

This award is based on guest reviews from the previous year. A rating of 8 or higher is like a 4-Star rating and that, frankly, is something to be proud of. But it also tells us



that we have room for improvement and that is exactly what we are going to do.

So now let's look at what is coming up in the near future.

First, we are making plans for our summer staffing and busy season. We are happy to have welcomed back a number of staff who were here last year, but we will still be looking forward to filling a few more spots as we get busier. Do you like to cook? Do you want to cook? Do you dream of being the next Guy Fieri or Gordon Ramsey? Well, we can't promise you fame and fortune, but we can offer you an opportunity to practice your cooking skills and gain experience in a kitchen that is fast becoming known for its great food. We will be looking for some cooks, prep-cooks / dishwashers to join our kitchen team. If you are interested, drop us off a resume' or if need be, you can email your resume' to: generalmanager@lundhotel.com

We will also be looking for staff in our General Store and Gas Dock and Housekeeping. If you are reliable and hard working and want to be part of a great team, get us your resume' and let us know you're available for work. We're looking for some staff now and will be filling out our staffing as we get into June.

Where last year we focused on cleaning, this spring and summer we will be focusing on fixing and enhancing things that directly improve the customer experience. There's going to be a lot going on here and we hope you enjoy the progress and improvements as we make them.

And now; What's coming up soon. We will be opening for breakfast in late April or the start of May. We also plan to be doing Sunday Brunch's at the hotel. We are currently working on some great new menus and will have them ready for the new season. Watch for announcements on

new specials and happenings. And of course watch for us here in Lund at the "Lund Shellfish Festival" from May 26, 27 & 28.

For those of you who have not met me yet, my name is Kurt Pyrch and I am the General Manager here at The Historic Lund Hotel. I consider it a privilege to be working with such a great group of people and look forward to a busy summer here in Lund.

And now in closing I have to mention how proud I am of something that we have recently accomplished. We were able to get a team booking here at the hotel for a major Bantam Hockey Tournament recently held in Powell River. When I first heard about it I spoke with the tournament organizers who were a bit skeptical about sending people 'way out to Lund'. To be honest, they had never even considered the Historic Lund Hotel as a possible place to send people. But we pushed and managed to get a team booking. A great group of kids and adults from Port Moody who, as it turned out, won the tournament.

The staff here at the hotel worked long and hard hours to pull it off. We managed to create breakfast and dinner buffets to suit the specific needs of the team players. We were looking after them early in the morning and late at night. For five days we were there when we had to be. And it worked. I have been contacted by several people who have told me how happy the team was with the hotel and the food and service they received while here. One of those people was the head of the tournament organizing committee who made a point to call me. She said; "We had never considered the Lund Hotel before, but after hearing what you did for the team and how you did it, you will always be part of our tournament options in the future." And that, says it all.

Did You Know There Is A Restorative Justice Program In Your Community?

Attend A Free Information Workshop To Learn More About The Restorative Justice (Rj) Program

Wednesday, April 19, 2017

2:00 – 3:30 PM

Elm Room, POWELL RIVER RECREATION COMPLEX

Crime is a violation of the law but is also a violation of people and relationships and a disruption to peace in a community. The criminal justice system deals with offenders, while restorative justice processes address the needs of victims and the community and holds offenders accountable to those people for the harm they have caused. It can bring victims, offenders and the community a more satisfying experience of justice.

This happens through facilitating a dialogue that addresses victims' needs and holds offenders meaningfully accountable for their actions. In a restorative justice process, offenders must first accept responsibility for their role in an offence and the harm they have caused. Victims must also voluntarily choose to participate. Communities or community members are often actively involved in the process as interested stakeholders, supporters, or facilitators.

PLEASE REGISTER: Cst. Kerri CHARD kerri.chard@rcmp-grc.gc.ca 604-485-6255 or Jane WATERMAN, program coordinator tjwaterman49@gmail.com 604-486-7768

Support for your Child at Brooks

This year I am again pleased to continue my counselling and leadership work with First Nation students at Brooks Secondary School. First Nation students and parents are welcome to contact me on Tuesdays and Thursdays regarding:

- Course planning
- Personal issues or concerns
- Information on graduation and university/college entrance requirements
- Career exploration
- Information about Grad and Scholarships
- Information about and referral to community resources
- Student leadership opportunities

I appreciate your support in making your child's time at Brooks Secondary School as successful as possible and I look forward to working with you and your child.

Gerry.Brach@sd47.bc.ca

Brooks: 604 483-3171

(Cell) : 604 414-4675

Tutoring at Brooks Secondary School

Every Tuesday & Thursday from 3:15pm-4:30pm

Tla'amin Post Secondary hours

Friday 830am-430pm

Email: postsec@tn-bc.ca or 1-604-483-9646 ext.125



Tla'amin Nation Home Finance Program

Tla'amin Nation has partnered with First Credit Union to provide financing to their Community members for the purpose of home purchases and new home construction on its Designated Lands.

Eligible Persons

Any registered Citizen of Tla'amin Nation

Eligible Property

Any Tla'amin property that is classified restricted fee simple (only eligible to be sold to other Tla'amin Citizens)

Applications

Our lending service specialist Susan Cooper will manage your application. For further information or to apply please call 604-483-8692 or 604-483-8687 to schedule your appointment.

Terms and Offerings

1. Loans up to \$250,000
2. Fixed or floating rate loans from 1 to 5 years at *Preferred Member Rate*
3. Life, disability and critical illness insurance are available to protect you from loss
4. Standard lending criteria will apply
5. All applicants will be required to be or become a member of First Credit Union and operate a personal banking account
6. Standard lending fees apply

YOU ASKED FOR IT!!!

Tla'amin Housing Department is pleased to offer Interac payments for your rent now. NO need to go into town or the bank machine for cash.

Please come in during office hours and use our convenient option to pay your rent. Cash and Cheques still accepted, of course!



Voting in B.C.

Voter Registration Notices are in the Mail

FOR IMMEDIATE RELEASE
February 14, 2017

VICTORIA – Voter registration notices are being sent across British Columbia starting today, marking the beginning of Elections BC’s efforts to update the voters list before the 2017 Provincial General Election.

“We’re mailing over 1.9 million notices across the province to ask eligible voters to register to vote or update their voter information,” says Keith Archer, B.C.’s Chief Electoral Officer. “Registering to vote is easy online at elections.bc.ca/ovr, or by calling 1-800-661-8683.”

The notices also indicate the new electoral district for each voter, which will come into effect when the election is called. There will be 87 electoral districts for this election, up from the current 85. More information about the new districts, including an interactive digital map showing their boundaries, is available at elections.bc.ca/resources/maps.

Starting on March 8, Elections BC will actively look to register voters throughout the province. Registration drives will be held at high traffic locations in each electoral district, including shopping malls, community centres, and at every post-secondary campus in B.C. Enumerators will make door-to-door visits in selected high mobility neighbourhoods, new subdivisions and residential complexes.

“We want to ensure the voting process is as accessible as possible,” says Archer. “Updating the voters list is an important part of that goal.”

Voters registered before the election is called will receive a Where to Vote card from Elections BC, making the voting process faster and easier. Registration online and by phone is open until midnight on April 11, 2017.

For more information, visit Elections BC’s website at elections.bc.ca.

Mathew Wilson BC Liberal Candidate Powell River Sunshine Coast Riding

Certainty and opportunity, these are your words as Tla’amin is on the forefront of First Nations in British Columbia in the new partnership between First Nations, neighbouring communities and other levels of government. I see that you are no longer tenants on your own land, you are owners of your own destiny. When I witnessed the enactment of the Nisga’a Treaty in the BC Legislature by my father Gordon Wilson, as Minister of Aboriginal Affairs, I celebrated and in 2016 when the Tla’amin Nation signed on to treaty, I felt this power come home.

I’m pleased to be invited by Neh Motl editor Steve Gallagher to provide comments celebrating the first year of your signing of Tla’amin Nation’s treaty.

In my meetings with Hegus Clint Williams and other elected representatives, I have witnessed the commitment, passion and knowledge they have for their responsibilities and the tremendous amount of work you have all done over the past 12 months. I understand Specific Claims still need to be settled as negotiated by the Treaty team and believe that will be done to the benefit of your Nation.



Forming and maintaining strong partnerships with other levels of local government and companies is important, as you have accomplished between Thichum Forest Products and Goat Lake Forest Products. I look forward to seeing other partnerships forged.-

Tourism, including your Nation’s full ownership of the historic Lund Hotel, will be enhanced as your culture experiences a renaissance which we see in the rising of the totems, the establishment of food gardens, and the restoration of weaving skills.

I wish you a bright and hopeful future.

Emote

Mathew Wilson

Rachel Blaney, MP North Island-Powell River

I write to congratulate the Tla’amin Nation on a successful first year of self governance.

The strength and determination demonstrated by the members of the Tla’amin First Nation throughout the years lead to a treaty to restore self-governance, to benefit all.

As Hegus Clint Williams pronounced: “Our treaty will benefit all of our citizens, and especially our children-our future leaders who will grow up in a world of possibility and opportunity. Our lands and our rights are secure, our partnerships with our neighbours are strong, and our community is on a journey of healing and hope. Our future is bright.”

Your are well on your way to this bright future and I wish you the very best as you continue on this journey.





**Nicholas Simons
MLA for Powell River
Sunshine Coast**

Tla'amin Nation

One year has passed since the effective date of the historic Treaty, officially restoring self-government to the Tla'amin people that had been exercised forever - until the Indian Act.

It was an exciting day, when everyone's thoughts were cast back to the years of negotiating and the hard

work that led to that moment; also to the people involved, their hopes and their dreams, and to their difficult journey.

Hegus Williams spoke about his hope for the future of his community, invoking the memory of his grandfather who was the first chief under the Indian Act.

Key witnesses were called forward, given the responsibility to remember and pass on the story of the day, including former Chief Treaty Commissioner Sophie Pierre and former Mayor of Powell River, Stewart Alsgard who is widely credited with being a leader on the Municipal side of

Local Government and First Nations relationship building.

The Treaty was in the making for 22 years; the pride of accomplishment was clear on the faces of all the people who came to celebrate.

A key comment came from Grand Chief Ed John, when he pointed at the empty chairs of the recently departed Federal and Provincial ministers and said "this is not just Tla'Amin's treaty, this is British Columbia's and Canada's treaty as well."

A year old now, the Treaty represents an historic understanding that is designed to provide certainty so that changes in the political winds or economic interests will not diminish our strengthening relationship. It is the responsibility of all legislators and representatives in all governments, on behalf of their citizens past, present and future, to make sure we honour this intent.

Maybe it is too soon for either those most hopeful or most wary of the Treaty process to know what the future holds. But if the Treaty represents one thing, let it be that the Indian Act, a reminder of the policies and attitudes of the past, was torn up and burned, and the re-assertion of Tla'amin authority was under way.

But the journey is not over. Just as our societies and our cultures evolve, so do our relationships together. Treaty is one representation of our relationship, but so are the bonds of friendship that have grown between our communities as we acknowledge and learn from the wrongs from history and choose a brighter path together.

Emote to everyone involved,

**Message from the Honourable
Carolyn Bennett,**

**Minister of Indigenous and Northern Affairs,
Congratulating Tla'amin Nation on their First
Anniversary of Treaty**

I wish to extend my congratulations to Tla'amin Hegus Clint Williams and community members on the first anniversary of the Tla'amin treaty.

One year ago today, I was in your community for a totem pole blessing ceremony, on the gorgeous northern reaches of the Sunshine Coast. It was an honour for me to participate in the treaty celebration as

meet the growing staffing needs of your community and house Executive Council meetings and a number of programs including Forestry, Lands and Resources, and Social Development. I also want to applaud you on another exciting initiative, the opening of a new subdivision for Citizen housing.

Your commitment and tireless efforts to accomplish these things are admirable. An Implementation Committee has been formed to discuss treaty implementation and resolve any issues that may arise. I want to emphasize that the Government is committed to working in true partnership with you, including through the Committee, to fulfill our obligations as a treaty signatory to the benefit of Tla'amin Nation and all Canadians.



L-R: Hegus Clint Williams, Minister Rustad, Minister Bennett and former Councillor Dillon Johnson at the Totem Pole Blessing Ceremony April 5, 2016, Tla'amin Nation.



City of Powell River

"The City of Powell River offers warmest congratulations to our friends, neighbours and partners, the Tla'amin Nation, on celebrating their first anniversary of finalizing their treaty. We anticipate that the years ahead will reward you for the efforts you have so carefully fostered on this remarkable journey. As always, we wish you well as our governments move forward together."



Emote!

we set upon a path beyond the Indian Act towards true reconciliation and a renewed relationship with your First Nation, based on recognition of rights, respect, co-operation and partnership.

I am thrilled to hear that your community has, since then, opened a new cultural, social, and political hub – the Tla'amin Government House. I understand this new building was designed with the future in mind, to

Legacy of a Grandmother

An Interview with Les Adams

By Steve Gallagher
Neh Motl Editor

I was driving by the highway on rainy afternoon and noticed there was some herring strung up by Les Adams carport. I heard a soft complaint from a neighbor about a rancid smell that was lingering in the air for the past few days, so I definitely had to check it out and smell it for myself.

When I pulled up to his property there were a couple of his grandsons attempting to build a wheelchair accessible porch for their grandmother Janie Adams, who I remember as a young teenager cooked one of the finest clam chowders on the reservation. I asked her for her recipe, but to no avail, as she told me it was retired. As I hung my head in disbelief, I often wondered about where our grandparents learned their traditional trademarks when it came to putting food in the bellies of their children, grandchildren and great grandchildren so they would never go to bed hungry.

As I entered the house of my god parents, the first thing I noticed, and to no surprise, was Janie getting a head start on her Spring cleaning with the help of her granddaughter Devin. "Put it over there" Janie said, and I could not help but laugh because Janie is so particular when it comes to arranging and moving precious monuments in her teepee. She is a safe keeper of everything you might need one day, "This is just in case" she would tell me. I told her that if ever the "Big One" would happen that I would dash up to her house because everything anyone would need would be in her house and we would be able to survive way past seventy two hours. I love to make her laugh when she is so serious.

So when I sat down with my godfather we got to talking about his memories that I was so fortunate to journey through my imagination about when he was a Chi-Chuy. This is my story.

When Les Adams was a young boy at ten years of age he was given a ten foot dugout canoe by his grandmother Sarah Adams. Sarah a hard-working woman who provided for Les and his aunties by harvesting a variety of clams, different species of fish such as herring and gathering roots for baskets and firewood. Living off the land was the traditional way of life for his family where money really had no place in the monetary sense.

Les recalls that although he was too young to help his grandmother at the time he was able to watch and learn the skills that Sarah brought to the table by the way of butter clams, horse clams, herring eggs, deer and ducks. "Before there was such a thing as freezers we would hang food on racks to wind dry, later to be stored in the attic where it is not damp. The herring eggs



Grandmother Sarah Adams in the cold winter of 1952-53 keeps warm. You can see her sun drying racks in the background that would secure winter food for the family.

would later be soaked in the river for a day and it was good traditional feast fried up with salmon and salt. Other times we would just boil them for a few minutes because they cook really fast", remembered Les.

Savary Island was where Grandmother Sarah would bring Les to gather roots and clams to bring home. In the event they would have to stay the night, Sarah would build a big fire under big rocks so when they heated up everyone could keep warm overnight. Les recalls travelling on his dugout to other areas like Harwood, Hernando and Mary Island. It was not only as sad but a huge loss that day when Grandmother Sarah passed away at the age of 83.

When we went out on the dug outs we were taught never to travel alone. Les recalls being out on the water his early years with Louie Tom and Stan Peters. "We were taught never to go straight out into the ocean where the current can flip your dugout, so we always paddled close to shore just in case one of us got into trouble," said Les.

"I do remember one incident that happened to me when I was outside Scuttle Bay raking herring. There was a gas boat that had lots of herring on board and they called me over and started filling my dugout until it was really full and then they took off.

I damn near would have sunk if it wasn't for Florence Dominic who came out in her dug out and helped me get to back to shore." Laughed Les. For years to come Les would always frequent his fishing grounds but not in the dugout but by gas powered fishing boats.

The passion Les had for the water would later continue on when he became the skipper of the forty-foot tugboat named Tee-Shu in 1979. Tee-Shu was short for Teeskwat, another tug that was later struck by a freighter outside of Harwood near 1954. In 2001 Les retired as Captain of Tee-Shu after 30 plus years.

Les and Mary Adams will be celebrating their 58th wedding anniversary in April and have 15 grandchildren 10 boys and 5 girls and 7 great children 4 boys and 3 girls. Leslie enjoys his hobbies of watching Young and Restless, making wine (all the blackberry pickers know this!) and Janie continues diligently spring cleaning her house with the help of Devin.



One year anniversary of self-government

One year anniversary of self-government

By the time this is published Tla'amin will have just passed the first anniversary of self-government and freedom from the constraints of the Indian Act! It has been a historic year.

Dealing with change is generally not easy, and this year has been no exception. After some very busy years preparing for the effective date of the final agreement, some of us looked forward to a bit of a more normal routine after April 05, 2016. However, we were awakened to reality by the fact that implementing all the many changes is at least as busy as the preparation work was. Added to that has been the move to the new office location, so it has been a trying year for all staff.

I would like to greatly thank the community for the understanding and support that has been shown as we have been going through these changes. I would also like to thank staff for their diligence in working to effect these changes with as little disruption as possible. We are not quite done with making the necessary changes yet, so please continue to bear with us.

On a personal note, I am truly honoured to be some small part of this huge undertaking. The past few years have definitely been demanding, but also very rewarding when the positive results are seen. It's really exciting to see the Nation moving forward into a positive future. I believe that we will see a well deserved, prosperous future for the people of Tla'amin.

Emote.
Rod Allan
C.A.O.



Painting Inspired by 30 Families Forced to Live on a Rock in the 1800's

Skardon Island is really just a small rock island with a few trees at the entrance to Pender Harbour, BC. If you check on Government maps you'll see that it's listed as "Skardon Island Indian Reserve".

So many times in conversations with people on the matter of reconciliation with First Nations people, I hear the words "Why don't they just get over it?" I'm always frustrated in hearing that in that none of us truly "get

over" what's happened to us in the past. We all work at it as best we can but it always takes time. I have long been associated with First Nations people. Luckily my work many years ago allowed that to happen. I'm now personally and intimately aware of the issues of Residential Schools, the Reserve system and all the other bureaucratic and systemic abuses of the First Nations people over the years.

But, even with all that knowledge I must admit to having been emotionally shocked at what I saw in Pender Harbour this past year. On a delightful day of paddling with school kids in traditional canoes in the Pender Harbour area we came up to this rocky island – Skardon Island. That's when I learned that in the late 1800's this became an "Indian Reserve". With no water, no firewood and certainly no resources as a food source, up to 30 families were relegated to live there. This would be their "home" now, while the European population would take over their long traditional land for their own purposes. With over 300 meters to shore, how uncomfortable this must have been for all who lived there.

I've seen this island a few times since, as I've paddled in the area. I'm always moved as I paddle around its barren, rocky shores. I found it hard to imagine a single family living there on a permanent basis. I couldn't envision 30 families forced to live there. Then I saw the photograph to prove it. I've attached that photograph to this story. I hope my painting of this serene island at first struck you as beautiful. I hope now that you know of its history, you can understand why First Nations people are taking a bit of time to "GET OVER IT".



Tla'amin Management Services LP

We are pleased to announce the following positions have been filled:

- **Front Desk Administration**
Leanna Tom leanna@tlaaminbusiness.com
- **Property Manager**
Erik Blaney erik@tlaaminbusiness.com
(to be set up soon)
- **General Manager – Lund Hotel**
Kurt Pyrch Kurt@kurtpyrch.com
- **Accounting Clerk - Jodie Gallagher**

The position of "Assistant Manager" for Lund Hotel has been withdrawn at this time.

Email address for Kelly Rankin, CEO is kelly@tlaaminbusiness.com

Elaine Tom
Office Administration
TLA'AMIN MANAGEMENT SERVICES LP
(604) 483-7777



Ed Hill did this painting titled "Get Over it" to educate people about first nation issues

Open House - April 5th, 2017



Wuwoom Festival



Successful year for this multicultural event

Happy to say, this **Wu Woom Festival**, a multicultural showcase and fundraiser, was a success!! This event was open to the community of Powell River and Tla'amin and held at Tla'amin Salish Gym, March 18, 2017. Our goal was to celebrate cultural diversity within the Powell River community through songs, dance, and food.

To begin the evening, our Tla'amin drummer's and singer's processioned in, opening evening with traditional song's of Tla'amin and songs from (Lillooet and Squamish) singers joining us for this special evening.

The evening was then filled with performers from all walks of life sharing musical acts, songs and dance, from their cultural background.

"Thank You" to Tla'amin Community Health/Nation, and merchants of Powell River for the support, making this evening a success!!

Filming Phil Russell

Tech Support Alex Sutcliff

Kitchen Randolph Timothy/Jordyn Paul

Reception Cathy Paul

Set Up Randolph, Phil, Jordyn

Making Signs Cyndi, Theresa, Randolph, and Jordyn

Food Preperation Cyndi, Leanne, Trevor, Brandon, Jordyn, Theresa

Sponsors: Save On, Mitchell Brothers, Paper Works, Locker Room and Patricia Theater.



OPEN HOUSE

April 8 • 5 to 8 pm
LUND HOTEL, LUND

Everyone Welcome • Refreshments will be served



Meet
DALLAS SMITH
Key Architect of the
**GREAT BEAR RAINFOREST
PROTECTION AGREEMENT**

- Founder of Nanwakolas Council - a coalition of Kwakwaka'wakw First Nations
- Outspoken Advocate for First Nations and Coastal Communities, on Premier's Council on the Environment

- Board and Committee Member of Island Coastal Economic Trust, coastal Sustainability Trust and Coast Opportunity Fund
- BC Liberal Candidate for North Island in May 9 Provincial Election

Photo Credit
National
Observer

Hosted by Campaign to Elect Mathew Wilson,
BC Liberal, Powell River-Sunshine Coast Riding.
For more information, contact 604-489.1999
mathew.wilson@bcliberals.com

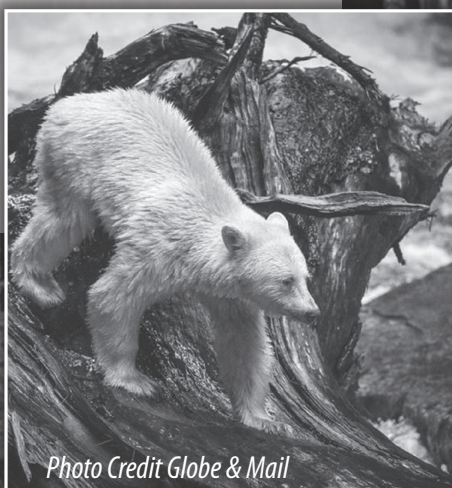


Photo Credit Globe & Mail

Health and

Healthy Happenings

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



To Hegus, Legislature and all of Tla'amin Nation I wish to send my congratulations for April 5th, the First Anniversary of treaty effective date.

As this anniversary date was approaching, I took pause to review what some of the accomplishments within Tla'amin Health in the past year and feel it is important to reflect on our learnings and positive achievements as we continue our commitment to establish the best possible health care for the people of this community.

Tla'amin Health staff continue to elevate our own expectations of service and programme offerings. While *Strong Women* continues to be a major draw, so do many other areas of work such as the *quit smoking group* from Public Health, *cooking with kids*, our child services from the CDRC, etc. We are quite proud that Sara our NP came to work in our community to fill a very significant role for this organization, and all of the nursing services remain committed to meeting, treating and supporting all community members as needed.

Everyone in the addictions and wellness team remains committed to meeting everyone in their journey and support is offered in a non-judgemental form. We have a permanent clinical counsellor Rick

that comes to offer confidential services to the community focusing mostly on Anxiety and Depression and having his services right here within the community has had significant uptake and successes. Our visiting dentist Dr. Machin continues to see and treat people right here and there is a great trust built with him from staff and community.

We have had great outcomes from our partnerships through Jeh Jeh Circle of Care { a partnership agreement of sharing resources with Vancouver Coastal Health, First Nations' Health, Sechelt Nation and Tla'amin Nation } and from this we have a full time Chronic Disease Nurse Kim, a Youth Coordinator Tyler, and Elder Coordinator Darron, as well as a part-time Social Worker/Counsellor Andre; all of these people have had amazing outcomes that the nation can be extremely proud of.

As of late, we also now have a chiropractor coming to Tla'amin Health regularly and feedback has been incredibly appreciative by all the people who are or have been treated by Dr. Buhay and excitedly we will now also have a dietitian coming once per week, again through our relationship with VCH; it is expected that she will be doing group teaching and one-on-one counselling teaching.

There have been challenges but it has been a very successful year for us at Tla'amin Health. In my recent meeting in Vancouver earlier this month with First Nations Health Directors' Association, I can safely say that we have an amazing local team and Tla'amin Health continues to be a provincial leader in community health planning and implementation for services and programmes.

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

Wellness



Elders Corner

Emote! Spring is finally here a (almost) and everyone is getting ready for the good weather and getting outside. Moving around and keeping active has been prevent many diseases that are brought on by being sedentary. Diseases such as; arthritis, heart disease and diabetes. Activities can be as simple as a gentle walk in the spring air, or working in the garden. Getting into nature also helps relieve stress and improves your mood.

Community Garden Update: We are setting up for the new growing season, and are currently expanding the community garden. If you are interested in gardening, or would like to learn more about composting, or maybe you are concerned about how to access healthy food, contact Darron Cound or Ann Paul. 604 483 3009

Elder Luncheons:

Tuesday April 4: TBA 11am-1pm

Tuesday April 11: Elders visit from Cranberry (Social) With Guest Speaker. 11-1pm

Thursday April 16 Seniors Together Luncheon: 11-1pm at Rec Center (limited seating, call for reservation)

Tuesday April 18: No EDP (Easter Holiday)

Tuesday April 25: Elder Bingo/Lunch 11am sharp, noon lunch



PROGRAMS & SERVICES

THURSDAY, APRIL 27, 2017 | 9:30AM TO 12:00PM

TLA'AMIN NATION HEALTH AND WELLNESS DISCUSSION

SALISH CENTRE COMMUNITY HALL

Traditional prayer and drumming to open | Light lunch offered from 12pm to 1pm



First Nations Health Authority
Health through wellness

Cultural Safety and Humility in Health Services Delivery



KEYNOTE SPEAKER
CHIEF MEDICAL OFFICER, DR. EVAN ADAMS
FIRST NATIONS HEALTH AUTHORITY

Join Dr. Evan Adams for a keynote presentation about health, wellness and the connections to self-determination. Learn about an innovative campaign aimed at making public systems and institutions safer for First Nations and Aboriginal people. You will be invited to make a personal commitment to support Tla'amin community members.

THURSDAY, APRIL 27, 2017 | 1:30PM TO 5:30PM

TLA'AMIN NATION HEALTH FAIR

TLA'AMIN HEALTH CENTRE



Our Tla'amin Health Team will be sharing health information and literature on various topics including:

- Chronic Disease / Health Conditions
- Family Wellness
- Health Promotion
- Mental Health and Wellness
- Child Health
- Traditional Wellness
- Spiritual Healing

Staff available to provide health and wellness screening.



Prizes for community members | Healthy snacks and refreshments will be available.

For more information contact Sandra Tom: 604-483-3009 Ext. 224

Lunch Hour Health Session: Understanding Diabetes

When: Every 2nd
Wednesday of the month
Next date: **April 12th from
12:00- 1:00**

What: Enjoy a nutritious lunch while learning about a different health topic each month. The focus will be on prevention, early recognition and management.

Where: Tla'amin Community Health boardroom

How: contact Kim Markel at Tla'amin Community Health at 604-483-3909 ext. 252 by Monday, April 9th to register

Why: An ounce of prevention is worth a pound of cure



Type 2 diabetes is a chronic, or life long, condition in which the body cannot produce enough insulin or cannot effectively use the insulin that is produced. Insulin is a hormone produced in the pancreas that allows glucose (sugar) to enter the body's cells where it is converted into energy that is needed by tissues and muscles to

function. A person with diabetes does not absorb glucose properly, therefore the glucose remains circulating in the blood damaging body tissues over time.

There are many factors that increase a person's risk for diabetes, some of which can be changed and others which cannot. Factors that cannot be changed include:

- Being a member of a high-risk group (Aboriginal, South Asian, Hispanic, Asian, or African descent)
- Having a parent, brother or sister with diabetes
- Age

Thankfully, many risk factors can be changed. These include:

- Having high blood pressure
- Being overweight, especially if that weight is mostly carried around the tummy
- Having high cholesterol or other fats in the blood
- Being inactive
- Eating a diet that is high in sugar

Being thoughtful about diet and exercise are key to reducing the risk of developing diabetes and essential to the management of diabetes. Small simple changes can greatly improve health; here are some suggestions.

- Chose water instead of juices, pops and sodas
- Chose whole-grain breads, brown rice and whole grain pasta rather than white
- Chose unsaturated fats (olive oil, canola oil or sunflower oil) rather than saturated fats (butter, and animal fats)
- Eat at least 7 servings of fruit and vegetables per day, including dark green and bright orange options
- Use the stairs instead of the elevators
- Walk or cycle instead of driving
- Limit time sitting at a computer or watching television

Signs and symptoms of diabetes include slowed healing, frequent urination, thirst, blurred vision, lack of energy and weight loss. If you have any of these symptoms it is important that you connect with your doctor or nurse practitioner for testing. Even if you don't have any symptoms, if you are 40 and older, you should be tested for diabetes at least every three years.

At Tla'amin Community Health we offer a variety of services that aim to prevent, diagnose and manage diabetes. Please connect with the nursing team for more information.

Kim Markel, RN



**By Brenda Pielle
Youth and Family Advocate**

Adjusting to Change

The word “change” can sometimes send shivers down our spine. For some of us changes of any kind are uncomfortable and something we try to avoid. This can be true for our children and youth, as well as for us as adults.

At this time of year there can be many changes happening around us. The weather is changing along with the changing season. Spring is here and we can enjoy more daylight hours. This month of April marks the one year anniversary of the Treaty. We have seen changes over this past year, and we will see more changes as the years go forward and different stages of the Treaty come into their own effective dates.

Spring break for schools is over and the last three months of the school year are upon us. Students are asked to be thinking of next year: grade twelve students will have applied to post-secondary schools, high school students in other grades have selected courses for next year, preschool students will attend a kindergarten health fair and an orientation to “the big school”, grade seven students will have a tour of the high school, and grade nine students in private schools will be thinking about moving to Brooks next year. Even when a new school is not part of the picture, ending one grade and thinking about moving on to the next grade is about change, and we often start talking about it and preparing students now for the changes that will happen after the summer.

This can be a time to tune in to our children and youth. Some will be experiencing anxiety or worry about the anticipated changes coming up. Some of our young people need extra reassurance at this time. Parents can need reassurance, too, about the changes that our children and youth will be going through. If you feel your young person would benefit from an extra visit to a new school, or if you as a parent would like an extra visit to a new school and would like someone to go with you, please let me know. It’s okay to be nervous and unsettled about changes, and it’s okay to ask for support.

We can also tune in to ourselves when we are experiencing change. Even positive changes in life such as getting married, moving, having a baby, starting a new job, entering the second year of Treaty, can bring stress. Have you ever felt out of sorts and not really known why? Have you ever felt like crying, or been short tempered, or felt like you could not focus on anything, and then felt so frustrated or annoyed with yourself for feeling or behaving that way? It might be that you are under some stress. It might be that you are going through a change, or an adjustment. It might be that you need to be patient with yourself and give yourself some time and space to figure out what the feelings are that you are experiencing.

Our children and youth can be showing us behaviours, too, that can let us know that they are going through some stress. Seeming to be fighting more with their siblings, being withdrawn and not wanting to hang out with friends, crying more or being more fidgety than usual can be signs that your child or youth needs some time and space to adjust and come around to feeling more comfortable, again. As parents we can be there to help give words and understanding to what our young person is going through.

All of us, whether child, youth, or adult, can honour ourselves and each other by recognizing that a change has happened and we need some time to adjust. This might be a time to take extra care of ourselves or our loved ones by carving out some quiet time in the day, or by using a traditional cultural practice. Maybe asking an elder to brush you or your child off with cedar branches, or walking close to the ocean, or having a good talk with a close friend will be helpful at this time.

Be sure to reach out if you need support or help with managing your stress. The staff at Tla’Amin Health are here to support you and your family.

April is Autism Awareness Month

April 2nd is recognized as World Autism Awareness Day, and the entire month is considered Autism Awareness Month. This was declared by the United Nations in 2007 so this year marks the tenth year.

People who are living with autism can have different degrees of difficulty and challenge in their everyday living. There used to be four different diagnoses according to these different limitations. Now there is one name used and it is Autism Spectrum Disorder.

Having a diagnosis of Autism Spectrum Disorder means that a person has significant challenges in social interactions, communication, and challenges with repetitive behaviours. This is a life-long condition and there are therapies and treatments available. It is best to begin these therapies early in a child’s life. If you have any concerns about your baby or young child’s development, be sure to check it out further with our Community Health Nurse, our Nurse Practitioner, our Early Childhood Development Outreach Worker, or with myself. We have developmental screening tools that can help us look more closely at children’s development. These can help us help you decide if a referral to a specialist for further assessment is necessary.

There are services available for families of children and youth diagnosed with Autism Spectrum Disorder. These services come from the Ministry of Children and Family Development under the branch called Children and Youth with Special Needs (CYSN). The person in the Powell River office to speak to about this is Jacquie Milsom. There is funding available to help purchase the intervention services that can help to improve communication, social-emotional, academic, and functional life skills development.

The colour for Autism Spectrum Disorder awareness is blue. There are a number of landmarks and buildings around the world that will shine blue lights on April 2nd in order to show support to individuals and families living with Autism Spectrum Disorder. Some examples include: the Empire State Building, the Niagara Falls Tower, the CN Tower, the Official Residence of the Prime Minister, and the Sydney Opera House in Australia. There are over 1000 buildings participating in thirty countries. You can look this up on the internet on the Autism Speaks Canada website, or by entering, “Light it Up Blue” on Google. The blue lights are a way to shine a message of understanding, acceptance, and support for individuals living with Autism Spectrum Disorder.

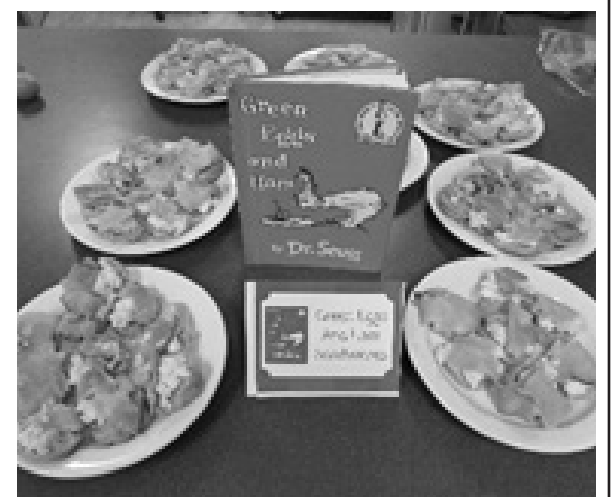
There is a lot of research being done in the area of Autism, and there is always more that needs to be done. Some communities host walks or other events to raise funds for research on Autism Spectrum Disorder. There are organized walks happening in Courtney and Victoria in the early fall. Perhaps this is something our community could consider organizing in the future. Please let me know if you are interested.

In the meantime I encourage all of us to learn as much as we can about this developmental disability. The more we learn, the more we can offer our support and understanding to others.

Best Wishes for Easter in April 2017.

Literacy Day Carnival at the CDRC

We celebrated Literacy Day with a literacy carnival at the CDRC on January 24th with the ʔəm ʔemɪš jšjšɪn, titol či ɕeyɪš, and čiču preschool taking part in the event. There were book themed stations as well as book themed food for the children to enjoy.





λasəm sałtx^w Strong Woman

Next gathering is on Wednesday, April 26th from 4:30 PM – 6:30 PM. We will be discussing nutrition and making herb gardens. 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.*

Activities for families with children 0-6 years of age:

APRIL

11th-Movie Night from 5-6:30pm @ CDRC

19th-Rattle making from 5-6:30pm @ CDRC (please register at 604-483-3449 ext. 4, as space is limited)

25th-Orca bus from 9:30-11am @ CDRC (upper parking lot)

26th-Continued rattle making from 5-6:30pm @ CDRC



Cooking With Kids

Learn basic cooking skills, kitchen safety & nutrition



Limit of 8 children

Will accept

- 2-6yr olds
- 2-7yr olds
- 4 - 8 to 12yr olds

April 12 – May 3, 2017

(Wednesdays)

3:30 – 5:30 pm

Tla'amin Community Health

Important

You must fill in a form for your child for emergency purposes and in the event of your child having allergies that we should be aware of for the meals we will be preparing.

Class is limited so please sign up with Dawna Pallen @ Tla'amin Health to register at 604.483.3009 Ext. 244



Tla'amin Nation "In Need Of Foster Caregivers"

By Verna Francis
Tla'amin Justice Program

Right now more than 1,000 kids across BC need temporary foster families, many of these children and teens come from tough places, but fostering can have huge positive impact on their lives.



We want to ensure that aboriginal children and youth have caregivers to support their journeys until they return to their families or communities.

Having cultural connections through their day-to-day life supports them in their continued development, ensuring a strong **cultural connection** and **strengthened identity**.

Do you have room in your heart and your home to consider fostering? The Ministry of Children & Family Development is currently recruiting new foster families for children of all ages within the Tla'amin Nation.

Note: Training will be provided by Ministry of Children & Family Development program also background check is mandatory.

For more information & Inquiries please contact Angela Skilbeck or Sean @ Ministry of Children & Family Development office: 604 485 0600 or Tla'amin Nation call: Justice Coordinator - Verna Francis @ 604 483 9646 Ext. 113

Family Preservation

Cyndi Pallen, MSW, RSW

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

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

As, Aboriginal Child and Family Counselor; I will work closely with Tla'amin Health Traditional Wellness Team along with services and resources in the Powell River District. Moving forward I will be referring to my position in the Tla'amin Language, Gathet' tow'lth.

Please Note:

Currently I am running a 7-week parenting teens group, every Tuesday at Tla'amin Health, and working with Child Youth Care – Shelley Chaney. Time: 11:30-2:30 with lunch. Please call me, should you be able to attend we have 5 more session to go!!

The course is "How to talk, so teen will listen, and how to listen so teen will talk"

Emote'

Baby Massages Proves Benefits

Our ECD and ASCD workers have both been certified in Infant Massage and are available for group or one on one sessions. The ideal age for infant massage is from 1 month up to 1 year of age, but we can offer suggestions on how to massage older children. If you are interested in learning how to massage your baby, please contact Dana or Kaila at 604-483-3449 ext. 4 or 6.

Below are some of the benefits of infant massage

4 Main Categories of Benefits for Baby:

- **Interaction includes:** Promotion of bonding, promoting secure attachment, verbal/non-verbal communication, one-to-one quality time, pre-language communication skills, undivided attention, feeling respected, using all of the senses, love, tolerance, nurturing touch, early contact with both parents, empathy, imitation.
- **Stimulation of:** Circulatory system, digestive system, hormonal system, immune system, lymphatic system, nervous system, respiratory system, vestibular system (coordination and balance), language development, improved learning ability, muscular development and tone, growth, elimination, sensory integration, connections between neurons (stroking promotes and quickens the growth of the myelin sheath), mind/body awareness.
- **Relief can help with:** Gas and colic, constipation and elimination, gastrointestinal (digestive) cramps, excess mucus, growing pains, muscular tension, teething discomfort, disorganization of the nervous system, sensitivity to touch, physical and psychological tension, softening of the skin.
- **Relaxation may be demonstrated by:** Improved sleep patterns, helps normalize muscle tone, increased flexibility, increased environmental coping mechanisms, regulation of behavioral states, being calm, improved ability to calm oneself, reduction of stress levels and stress hormones, higher levels of relaxing or anti-stress hormones, lower levels of stress hormones, higher levels of dopamine, less hypersensitivity, less hyperactivity, enjoying positive 'time-out'.

Benefits for Others:

- **Benefits for parents:** better understanding of their baby, reading and respecting cues, promotion of bonding, promoting secure attachment, improved self esteem and confidence, improved parenting skills, positive activity, early involvement for father, a chance to discover the baby's uniqueness, quality time, decrease of stress hormones, higher levels of relaxing hormones, relaxation, improved sleep, stimulates lactation, decrease in postnatal depression, meeting other parents.
- **Benefits for the entire family:** involvement of siblings, decrease in sibling rivalry, involvement of extended family, increased respect, relaxed environment, reduction of conflicts, better sleep.

Family Support & Wellness Programs for April 2017

TUESDAYS

"EMISH" Walking Group 1 – 3pm Meet at Health

Benefits of walking include;

- healthy weight
- prevent or manage medical conditions such as heart disease, high blood pressure
- strengthen bones and muscles
- improve your mood/balance and coordination

WEDNESDAYS

Beginning April 12 – May 17th - Grief and Loss Support Program (10am – 12 Lunch)

Facilitator - Heather Baldwin, Powell River Hospice Society

Topics covered; Grief and Mourning, Anger and Grieving Process, Fear and Anxiety, Healing after Loss, Journaling

THURSDAYS - Social & Crafts Group 10 – 2pm (Lunch) Craft projects/social gathering for men and women. Also, there is a guest speaker each month. April 27 – Colleen Mudry - Conflict Resolution

For more information or to register please call Sally @ 604.483-3009



We honour the Tla'Amin Nation on the one year anniversary of their Treaty and the return to self-governance. We pray for your community as you continue to move forward.

Powell River United Church-



Parent Support Group

Wednesdays 10:30am-noon with lunch to follow. April 12, 19, and 26th at the SCDRC Multipurpose Room.



February 15, 2017 Meeting Minutes of the Executive Council (approved March 1, 2017 Meeting)

Government House Chambers - 10:06 am - 12:30 pm

Attendance: All Executive Council
Resource: Rod Allan, Kelly Rankin,
Roy Francis and Judith King

1. CALL TO ORDER: Hegus Clint Williams called the meeting to order at 10:06 am

2. APPROVAL OF MINUTES: February 01, 2017
Moved by John Hackett
Seconded by Lori Wilson

3. ADOPTION OF AGENDA: Motion to adopt the Agenda
Moved by John Hackett
Seconded by Tyrone Wilson

4. RESOLUTIONS:
4.1 EC Resolution, # 06/2017 – Glida Morgan - Transfer-In Member approved
Moved by Lori Wilson
Seconded by John Hackett

4.2 EC Resolution, # 07/2017 – Anthony Galigos - Transfer-In Member approved
Moved by John Hackett
Seconded by Tyrone Wilson

4.3 EC Resolution, # 08/2017 – David Cooper - Transfer-In Member approved
Moved by Lori Wilson
Seconded by Larry Louie

4.4 EC Resolution # 09/2017 – To call a Special Legislative Assembly
Moved by Lori Wilson
Seconded by Tyrone Wilson

5. MOTIONS OF COUNCIL:

5.1 Motion to resume the Executive Council meeting. Meeting resumed at 12:54pm.

Moved by Lori Wilson
Seconded by John Hackett

5.2 Motion to approve TNO-EC #05/2017 which is home ownership for Tyler and Karina Peters.

Moved by John Hackett
Seconded by Tyrone Wilson

5.3 Motion to support TNO-EC #06/2017 a cultural program application to FNCCEC

Moved by Tyrone Wilson
Seconded by Larry Louie

Presentation 1:

Kelly attended to present two items. The first, is a method of evaluation. It is about establishing criteria for evaluating business opportunities. The goal is to assess potential prospects for the Nation. It follows the Economic Development Law. Kelly requests an endorsement for this method of prioritizing projects.

Motion to support this business evaluation tool.
Moved by Tyrone Wilson
Seconded by John Hackett

The second agenda item is a concept study on medical marijuana production. The concept is still before the Economic Development Committee. Some background was given on the owner of Kanata Earth who is interested in developing a business with Tla'amin. A tour of an Okanagan facility is in the works. Kelly is looking for approval of the concept study while Larry Louie requests more info on the Kanata company. Kelly says developing a business

plan for the venture is the next step. They will put a slide show together and invite Kanata Earth to visit with Executive Council. Council gave consensus that they support the study and are willing to take it to the next level.



Presentation 2:

Phil Russell, Cyndi Pallen and Rob Southcott attended the meeting. There was discussion about this project at the recent Justice Meeting. The aim of the project is reconciliation. Phil spoke about canoe journeys and the projects that he has been a part of. He approached Health about doing a long-term canoe project. The project concerns the non-indigenous community having an opportunity to be involved in canoe-carving in a hands-on way. There is no time limit to do this project: it could take one or two years. Rob Southcott is honored to represent the City of Powell River in this canoe endeavor. He says that reconciliation is not a task for Tla'amin. It is a task for the non-indigenous people undertaking to carve a Salish canoe. Brian Barfoot indicates that there is a log available to carve that Klahoose Chief James Delorme has offered for the project. Cyndi is passionate about reconciliation.

Presentation 3:

Budd attended the Council meeting. He needs an executive order for his application to the First Nations Confederacy of Cultural Education Centers. The order supports the application for his Culture department. Clint asks Budd about his vision for synthesizing all of the cultural events. Budd says they meet once a month at the end of the month. Clint wants to have a one-stop shop for cultural activities. Verna and Budd started the cultural events a few years ago, after Elizabeth Harry stressed the importance of reviving the traditions and language. Rod defined the committee structure. Clint suggested that a time be set aside each month for a culture committee meeting which includes Betty Wilson.

Presentation 4:

Paula attended the meeting to discuss several topics around housing. The first is 4919 River Road house. In the housing file, there are no mentions of any existing relationships to anyone for this house. The next people on the wait list are Steve Harry and Clifford Harry (cousins). Historically, Roseanne's house is a traditional house; but, it is also a social housing unit. Discussion began about disability-type houses. Consensus is that the two clients can move into the River Road house.

Paula has a policy for home ownership, but she would like to fine-tune the existing policy. It suggested that she should liaise with Tyrone as House Post leader for her policy development approval.

Executive Council (Continued on page 19)



February 15, 2017 Meeting Minutes of the Executive Council (approved March 1, 2017 Meeting)

Government House Chambers - 10:06 am - 12:30 pm

Executive Council (Continued from page 18)

Payroll deductions for rent are only an option. Some Lund employees do and others do not want to pay rent through their payroll, but Tla'amin Capital Assets Inc. (TCAI and formerly SDC) does not do rent deductions from staff paychecks. Clint suggests a monthly employment update from TCAI.

Paula wants to clarify withholding of dividends from those citizens who are not in good standing. She would like to put it in writing when she sends out rent letters. Rod will give her a notice to support this measure. Paula introduced a CTI building supply brochure about the House in a Box concept. She is hoping to have them come to the next Open House.

New Business:

Social: The recent lateral violence issue is being dealt with. Violence will not be tolerated. The new Social Development Law is being developed and Council plans to formalize it soon.

Public Works: Solid Waste Management facility tour is February 24. Shawn and Tyrone will attend.

Fire Department: There will be a follow-up date for meeting with fire department. Action: Tyrone

Forestry: TSL logging packages are out. We will be forming a group to review the bids.

Citizenship: There were approvals for three First Nations persons who want to transfer-in to the Nation.

Youth: Brendan at Health has submitted for grant funding for youth activities. Council will support his application and help with facilitation of a youth center.

Transition to Self-Government: The Reasonable Opportunity meeting is Feb 16th. We are looking to initiate the process for Acquisition Lands, Dinner Rock, Trails, Theodosia shared-territory and tying-up loose ends.

HOUSE POSTS

Land and Resources:

1. Lori mentioned a Taxation Authority meeting on Feb 17 or 24th. Cathy will check workable dates.
2. On February 22, there is Natural Resources Committee meeting.

Finance and Administration:

1. John indicates KPMG is coming on April 21st to start the audit review.
2. Stand-alone sewage plant study is owed \$200,000. Council will discuss the charges with INAC.
3. The purchase of the Heffernan property of 20 acres was acquired using Own Source Fund dollars.

The acreage completes the Treaty Settlement Lands (TSL) lands up Wilde Rd.



Open House - April 5th, 2017

Community Services: Larry set up a date for a walk-through of the Health parking lot.

Naut'sa mawt Tribal Council: The T'Sooke tour is on March 14 and 15th.

REEC – Meeting is on March 1st at Town Centre Hotel @ 10:30am. We will hold the Executive Council meeting at the Town Centre at 1:30pm.

Note: The forming of committees must come to the Council table for approval. Committee composition should not include just all staff. Community members engaged in the committee would represent transparency.

Hegus Report:

1. PR Chamber of Commerce awards. Thichum Forest Products received a runner-up award and TN Convenience Store won customer service awards.
2. Ministry of International Trade representative Jennifer Hooper met with Clint on February 10th. They want to work with Tla'amin Nation.
3. Land regulations and management framework session took place. Talks included zoning and bylaws.
4. Tendering discussions began with Lands and Thichum on current bid – open this month.
5. Language, archiving, GIS and place names dis-

cussion took place with Keith Carlson, Betty Wilson, Gail Blaney, Devin Pielle, Karina Peters and Nikita from the Museum.

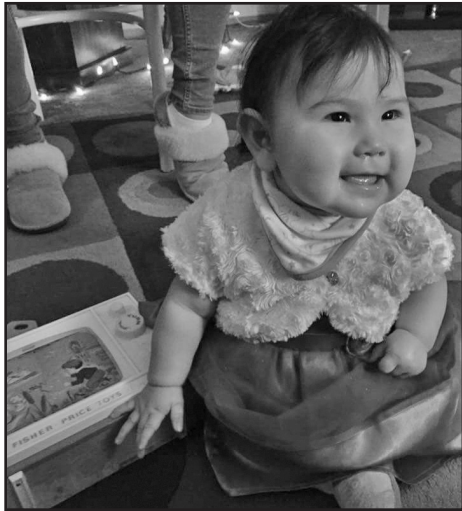
6. Saskatchewan trip at end of March will follow on the discussions with the Keith Carlson group.
7. The same language group are hoping to arrange a trip in mid-May to Sto:lo facility to learn about archiving, tour their museum and also tour UBC's archiving facilities.
8. The new Implementation Committee is urged to commence their activities.
9. Meeting to discuss social appeals took place. There is a three-step process for a Social appeal.
10. Culture Committee is tasked with developing a structure that formalizes how they operate.
11. Justice Committee meeting highlights were noted by Clint. Native Court worker Lynn McBride was part of discussions.
12. Reconciliation Project was discussed by Rob Southcott at the Justice meeting.

ADJOURNMENT

Moved by John Hacett
Seconded by Lori Wilson

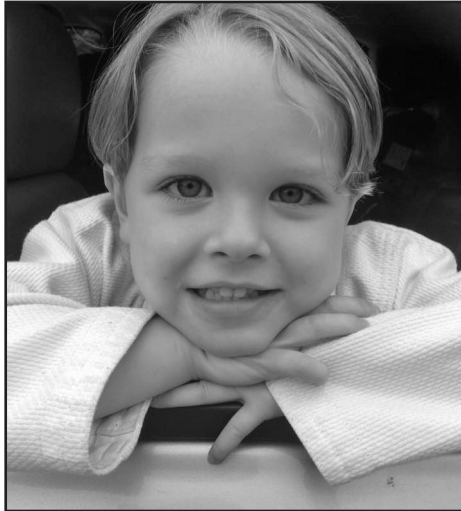
Meeting adjourned at 12:30pm.

ANNOUNCEMENTS



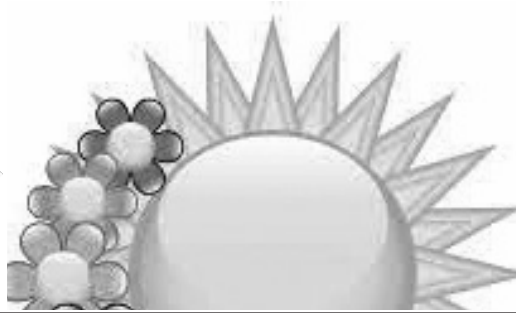
Happy 1st Birthday Lawna

I wish you two things in this lifetime
Wings to become what you are destin to be
And deep roots so you know we are always here when you need us
Love Mom and Dad



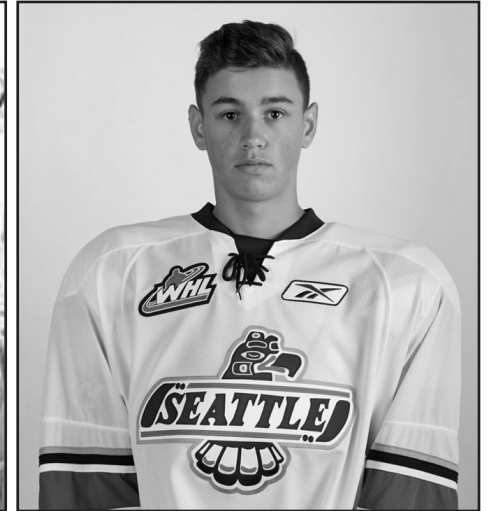
So big So Fast

Happy 6th Birthday Dominic
Love, mom, dad, corbin, nana, cheyenne & zeus



Good Friday April 14

Easter Monday April 17



T-Birds Sign Tyler Carpendale

Center selected in 6th round of 2015 Bantam Draft

KENT, March 11, 2017 — Seattle Thunderbirds general manager Russ Farwell today announced center Tyler Carpendale has signed a WHL Standard Player Agreement with the team.

Carpendale, from Powell River, British Columbia, played this season with the Westshore Wolves in the VIJHL. Carpendale had eight goals and eight assists for 16 points with ten penalty minutes in 34 games. Carpendale is 6'3 and 202 pounds and is a 2000 birth year.

The T-Birds selected Carpendale in the sixth round, 125th overall, in the 2015 WHL Bantam Draft. He played the 2015-16 season with Shawnigan Lake Prep in the CSSHL and had eight goals and four assists for 12 points in 36 games.

By signing a WHL Standard Player Agreement Carpendale is guaranteed a WHL Scholarship for every year he plays in the WHL. A player is able to attend any career enhancing institution of his choice, including universities, colleges, technical institutes, trade schools, or any other institution which will help the player achieve his academic and career goals.

For each season played in the WHL, a player receives a one year post-secondary scholarship, which includes: Tuition, Compulsory Fees and Required Text-books.



We Will Have Bins Available From May 8 – May 12, 2017 At The Sewer Plant (Same Location As Last Year).

We ask that if you have your own truck and are able, please bring your junk to the bins. Pile your junk on the road side (or end of your driveway) if you need pick up. *If you live on the highway, pile by your house/porch – not on the roadside.

Klahanie and Southview will be the week of May 15 – 19, 2017. We will announce the bin location closer to the date.

Call For Trucks For Clean Up:

Seeking: 4 full sized trucks with physically fit driver (as you will be helping to load trucks). Needed from May 8 – May 12, 2017.

Must provide proof of valid driver's license and proof of insurance.

Please Submit Letter Of Interest To The Tla'amin Administration Office – Front Desk – Attention: Lands Department

Deadline For Trucks Is Wednesday, May 3, 2017 @ 4:00 Pm.

Call For Labourers:

8 positions for labourers – 5 days of work (must be physically fit, able to lift)and must be in good standing with the Tla'amin Nation.

Submit your resume or letter with your current phone number to the Tla'amin Lands Department. Deadline: May 3, 2017 – 4:00 pm. All workers must have steel toed boots.

This clean up is for TLA'AMIN community members only – so no drop offs for anyone else.