



# NEHMOTL "US"

MAY 2017

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

## World Totem Pole Arrives in Hong Kong

A delegation from Tla'amin travelled to China from April 7 to 16, 2017. The delegation included Hegus Clint Williams, Chairperson for Tla'amin Holdings Board, Roy Francis, Tla'amin Nation CAO Rod Allan, and Tla'amin Business CEO Kelly Rankin. The group was sponsored by businessman Shitaou Lu to promote new business opportunities and to establish the beginnings of a good working relationship with prospective partners in China.

The delegation witnessed the delivery of the, "Choir of the World Totem Pole." The pole is awarded to the winner of the Kathaumixw Music Festival. The 2016 winner was Wah Yan Kowloon Boys College; which is located in the outskirts of Hong Kong. The pole was carved by local carver Craig Galligos, who was scheduled to travel with his family to present the pole; but unfortunately was not able to attend due to illness. The presentation of the pole was provided by our Hegus Clint Williams. The pole was blessed by Elder Betty Wilson, and was supported by Devin Pielle and drummer Gary Gonzales.

The pole presentation and blessing was a very humbling event to witness. The Wah Yan Kowloon Boys College were very gracious hosts, and treated our delegation with great respect and honor. It was a very special experience to witness Tla'amin culture making a positive difference. It truly brought different cultures together in a very meaningful and special way.

It truly was an honour and a privilege to be a part of the delegation to deliver the 2016 International Choral Kathaumixw Totem of the World winners, the Wah Yan Kowloon Boys College, Hong Kong. Although it was a holiday for the school they still had their choir on hand to perform a couple of songs, and also shared music on traditional Chinese instruments. The totem



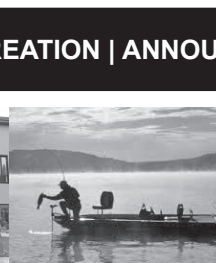
*Students from Hong Kong assemble the pole at Tsim-Sha-Tsui Terminal*

blessing ceremony was conducted by Betty (Ochele) Wilson along with some wonderful drumming and singing from Gary & Devin. A very special thank you goes out to Paul Cummings for all of his great work with our delegation for working with our delegation trying to help us sing along with Gary & Devin.

There were several executives and teachers present from the school and they were joined by the Consulate General of Canada, Honk Kong – Jeff Nankivell. It was very rewarding to see the student's faces as they were being honoured for their great performances that earned them this very prestigious prize. It is wonderful seeing how music can bring people together to celebrate and honour each other's cultures, with the totem remaining in Hong Kong it will

be a constant reminder of the choirs magnificent accomplishment and a piece of the Tla'amin traditional territory that will remain with them for years, I truly hope that we will see some of the students in the future as they continue to mature and move on with their lives and careers.

A very special thank you to The Kauthaumixw organization, City of Powell River, School District 47 and Betty, Devin & Gary for traveling and participating in the ceremonies and also the great work leading up to the trip building crafts for gifts and attempting to learn songs for the ceremony.



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



Allan McDonald, Director General for Treaty Implementation visits our Governance House on April 25th

## Tla'amin Governance House Updates

4779 Klahanie Road,  
Powell River, BC  
V8A 0C4

Phone: (604) 483-9646  
Toll Free: 877-483-9646



## Tla'amin First General Assembly of 2017

One Heart, One Mind, One Nation



**Salish Centre**  
**Friday - May 5<sup>th</sup>, 2017**  
**Doors open at 11:30**

**Assembly follows at Noon**

1. Welcome and opening prayer
2. Tla'amin Feast Lunch
3. Approval of September 1<sup>st</sup>, 2016 minutes
4. Hegus' Report
5. Financial Budget Report
6. Reports from Tla'amin entities
7. Report from the Trustees on the Settlement Trust
8. Adjournment

Following the General Assembly, a Community  
'Kox Sem' will begin

Please come and join the community in this  
important work

**All Welcome**

## Tla'amin Citizens/Members Data Collection

This is a reminder that all Tla'amin Citizens and Members (and anyone in your household) are required to report their harvest or catch to the Tla'amin Nation. This is a requirement of the Fish and Wildlife Law and is a mandatory requirement for all.



We ask that you document your fishing efforts (fish, clams, oysters, crab, prawn, urchins, etc) as well as your hunting efforts and catch. It is extremely important that you submit your information as this helps us to know who is out on the land, what is being taken and how much. This also helps us to know when people are not able to get what they are looking for anymore – ie. If a clam beach has been over harvested – we can investigate why or do some re-seeding of the beaches. It is important that we, as Tla'amin people, do not overharvest and make sure that we are leaving enough so that stocks and animals can replenish themselves – as per our TAOW.

We ask that you fill in the harvest sheet and return it to either the Hatchery – see Tyrone Wilson – or to the Administration office – see Mia Harry.

**To encourage reporting – we are offering a prize – we will be drawing 2 \$50 gas cards for the Tla'amin Convenience Store.**

All data sheets submitted by May 12 2017 at 4:00 pm will be eligible for the draw.

Spread the word and get your sheets in! We will be doing more draws – so keep your information coming in.





**RCMP-GRC**  
Media Release

**SLOW DOWN TO AVOID FINES**

As summer is fast approaching, I would like to take this opportunity to remind everyone of the speed limit throughout the Tla'amin area. The penalty amount for speeding in the 30km/hr zone is \$138.00 up to \$196.00 and three points on your driver's licence. Motorists are also reminded to drive with care as the warmer weather welcomes more pedestrians, cyclists, and animals on the highways.

If you would like to report a violation, or make a report to the RCMP please call 604-485-6255, or if you don't require immediate assistance, contact Cst Jen Crossman at 604-414-7997.

**Scheduled Maintenance For Your Heating Systems**

**Attention all Tla'amin Tenants:**

Tla'amin Housing is currently working with Tempco Heating & Cooling Specialists to organize scheduled equipment assessments regarding the upgrading and maintenance of the heating systems in our rental homes. Tempco will be contacting each of you by phone to schedule a date and time within the next couple of months. If your contact information has changed, please contact:

Andrea at 604-483-9646 EX 104 or andrea.paul@tn-bc.ca in the Housing Department to update any necessary details.

**You Asked For It!**

Tla'amin Housing Department is pleased to offer Interac payments for your rent now.

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



**The Governance House will be closed on May 22nd (Victoria Day)**



**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 and be in good standing with the Tla'amin Nation.

**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.**

**Are you interested in being part of a**



We are seeking energetic individuals who have their own equipment to do grass cutting, weed whacking for a number of our properties (Klahanie/Southview, etc.) Please drop off your resume or business profile to:

**Tla'amin Management Services LP @ 4885-b Highway 101 Powell River, BC V8A 0B6, or email Erik Blaney (Property Manager) @ erik@tlaaminbusiness.com Tel: (604) 483-7777**



## Tla'amin Management Services Limited Partnership

### Temporary Employment– Development Manager

Tel: 604-483-7777 / Fax: 604-483-7741

[info@tlaaminbusiness.com](mailto:info@tlaaminbusiness.com)

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

Located in the Salish Centre, we are requesting qualified individuals with experience and training in entrepreneurship and development to apply by forwarding a cover letter and resume to [info@tlaaminbusiness.com](mailto:info@tlaaminbusiness.com) or fax to 604-483-7741 by May 12. Compensation to be determined based on qualifications. TMSLP reserves the right to keep this posting open until a suitable candidate applies. This position is for contract employment for an undefined length of time and is subject to budgeting. No calls please. We thank all applicants for applying but only those chosen for an interview will be contacted.

#### Qualifications

- Completion of relevant post-secondary degree or diploma
- Five plus (5+) years experience as entrepreneur
- BC Drivers Licence or enrolled in drivers training (required for travel)
- Positive attitude
- Attention to detail
- Strong communication skills
- Problem solving skills
- Very discreet in the handling of confidential information

#### Key Responsibilities

- The researching and writing of business plans
- Create and update files as required
- Writing reports as required
- Identify and direct asset acquisitions
- Additional projects as assigned

Tla'amin citizens are encouraged to apply for this position.

## Brooks First Nation Leadership Group



**Cara Galligos with her teacher  
Anne Hutchings**

Once again Brooks Secondary School is providing an opportunity for First Nation students to learn new skills that will empower them. Through their experience in the group they will become more self-reliant and confident in their life/work while making a meaningful contribution to Tla'amin Nation now and in the

future.

Successful completion of the Leadership Program will result in a \$500 bursary to be used towards post-secondary education. Thank you to School District 47 (Powell River) for their financial support.

#### **Cara Galligos**

Sixteen-year-old Cara is a polite and respectful grade 11 student at Brooks Secondary School. Spending time with her family and friends is very important to Cara. She especially enjoys listening to music with her friends. This is Cara's first year in the Leadership Group and she is interested in helping out her community and school.

Cara describes herself as a helpful, loyal friend who enjoys working with children. As a Youth Leader at the Tech and Rec Summer Camp two years ago, Cara learned the importance of showing up for work every day and discovered that working with children was a lot of fun. During the month long camp Cara enjoyed taking the children for walks outside so they could learn to appreciate nature more.

Cara has enjoyed her time at Brooks so far as she feels there are a lot of different courses and electives to choose from and she gets to see all her friends. She also feels that her teachers are supportive and understanding and give her all the help she needs to succeed. Ms. Hutchings is one teacher Cara singled out as a positive influence in her life at Brooks.

Future plans include hopefully getting a job with Tla'amin Nation this summer working with children in some capacity. Studying Business Administration at Camosun College in Victoria after she graduates from high school is on the horizon for Cara too. Cara is also considering working for Tla'amin Nation after she completes her post-secondary education.

Her advice to younger students entering Brooks is to work hard and be open to new ideas. Always sticking to the right-hand side of the hallway is not a bad idea either!

**Join us for  
“When Love Hurts”  
Community Day Workshop**

Drop-in, No registration needed



Co-authors Jill Cory and Karen McAndless-Davis have been providing support, advocacy and counselling for women in the field of abuse for over 25 years. They are experienced facilitators who have delivered workshops, training and keynote presentations across North America. They will be in Tla’amin to provide our community with this unique opportunity.

**Wednesday May 24th  
Salish Centre  
9:30 am**

**Lunch and refreshments provided!**

**Door Prizes!**

Men and Women encouraged to come. Learn about: The Cycle of Abuse, The Power and Control Wheel, Myths and Truths of Abuse, Barriers to Service, Mothering Under Duress: the impact on women and their children, The role men can take to help...

**Call Verna Francis at 604 483-9646 Ext 113 for more information.**

Sponsored by

*Powell River & Region Transition House Society*

*Tla’amin Justice Services and Tla’amin Health Services*

VISIT THE WEBSITE  
[www.whenlovehurts.ca](http://www.whenlovehurts.ca)



**Business Opportunity Cooperation Agreement**

The Tla’amin Management Services Limited Partnership and Sunshine Coast Investment Ltd., a company controlled by Shitao Lu, have entered into a Business Opportunity Cooperation Agreement. This agreement will lead to the creation of a joint-development office that will be located at the Salish Centre. Sunshine Coast Investment Ltd. is to be providing the funding for the new company. The funds will be used to hire a Tla’amin citizen to work with Shitao Lu and his team on business plans for developing the Nation’s assets. The selection and approval of implementing business plans will undertaken by the Executive Council with the assistance of the Economic Development Committee chaired by Roy Francis.



Shitao Lu and his companies have been active in the Powell River real estate market including the purchase of property from Catalyst near the Italian Hall and PRSC Limited Partnership in Wildwood.



**Left to right are Rod Allan, Dr. Zhonghai Han, Kelly Rankin, Shitao Lu, Hegus Clint Williams, Roy Francis, Hongyi Louis Lu, and Yan Cheng.**



**Sunday May 14th**

**Spring Clean Up starts on Monday  
May 8th through Friday May 12th**

# Tla'amin Nation Strategic Plan

## House of Governance

- 1.1 Continue to formalize our Governance structure
- 1.2 Amend current laws and potentially-associated processes
- 2.1 Formalize and document decision-making
- 3.1 Formalize and document communication processes
- 3.2 Develop a communications plan and fill position of Communications Coordinator

## Community Services House Post

- Health1.1 Safe and functional facilities – expansion of Health Centre
- Health1.2 Create a healthy Tla'amin Nation - develop continuum of care strategy for Citizens
- Health1.3 Develop a 5-year Tla'amin National Health Plan
- Health2.1 Review assisted living studies & reports to determine next steps for Elder Care Strategy
- Culture/Heritage1.1 Plan for TN Culture & Heritage Future. C&H Committee
- Culture/Heritage2.1 Develop a Culture and Heritage Succession Plan
- Education1.1 Update Post-Secondary Education policies



On November 22-23, 2016 Tla'amin Legislative Assembly and senior staff participated in a strategic planning session to establish goals and objectives for Tla'amin moving forward

Education2.1 Alignment of 'Community' Capacity Plan and Economic needs of the community

Education3.1 Get more Tla'amin Citizens working or back in school

Social 1.1 New Social Development Policy for Tla'amin which moves away from the INAC policy

## Finance and Administration House Post

- 1.1 Maximize productivity – Match human resources with Nations' needs (org. chart)
- 2.1 Achieve fully functioning financial budget and planning cycle by compliance with TN Law
- 3.1 Achieve a salary grid consistency of pay scales
- 4.1 Reduce corporate risk by developing a Business Continuity Plan

## Land and Resources House Post

- Fish1.1 Maximize TN control of resources with a fully-functioning geoduck aquaculture tenures
- Fish1.2 Maximize shellfish tenures by obtaining licenses from DFO
- Fish1.3 Apply and secure 10 shellfish tenures within 25-year window
- Forestry1.1 Harvest the Annual Allowable Cut (AAC)
- Lands1.1 Add to Treaty Settlement Lands (TSL) – identify additional parcels of land
- Lands 2.1 Purchase future acquisition lands – purchase 1,000 hectares
- Lands/Parks1.1 Create a Tla'amin Parks and Recreation Department

Lands/Parks 2.1 Promote community beautification by clean-up of public and private residential areas

## Public Works House Post

- Capital1.1 Complete a multi-staged Buildings Transition Plan to ensure safe functional facilities
- Fire1.1 Protection of Tla'amin Nation people and assets – fully trained volunteer fire department
- Fire2.1 Create a Nation Emergency Preparedness Plan

Housing1.1 Prepare a housing asset inventory and conduct assessments

Housing 1.2 Develop a strategy for Tla'amin Nation housing needs.

VM 1.1 Review historical drainage plan and identify next steps to improve drainage system

VM 2.1 Replace dangerous power poles – make a plan for current condition of all power poles

VM 3.1 Develop a Waste Reduction Strategy

VM 4.1 Identify parking areas at public buildings by developing a Public Area Safety strategy

WT 1.1 Increase water capacity or volume by hook up to alternate water supply

WT 2.1 Ensure Sustainable water treatment plan resourcing – increase water treatment operator staffing

# Health and

**#itstartswithme**

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

# Wellness

By Brendan Behan  
 Tla'amin Health Director

Tla'amin Health provides healthcare services to members of the Tla'amin Nation and First Nations between Saltery Bay and Lund and surrounding areas. Within every program here including Traditional Wellness, Nursing departments, Child Care, counseling or health benefits every department must practice cultural awareness, reflection and humility.

On April 27<sup>th</sup>, Tla'amin Nation along with FNHA hosted a cultural sharing event with Dr. Evan Adams as the main speaker. Many external community partners were present including RCMP, VCH, PRACL, Inclusion PR, SD47, International School, MCFD, Mental Health professionals, Physicians, Nurses, Social Workers and the discussion about the experiences from the community were shared.

Dr. Adams shared his words and learnings as Chief Medical Officer of FNHA but also as a young First Nations man growing up in the academic and health system. A strong history he highlighted the strength and perseverance that First Nations people, including the Tla'amin Community continues to have to endure so many hardships and challenges. The engagement with many of our external partners was touching, impactful and inspiring.

The goal of Tla'amin Nation (Tla'amin Health included) is to build a healthy community for the future. To do this we must reacquaint ourselves with those things from our past which used to make us physically, mentally, emotionally and spiritually strong, while also utilizing everything modern medicine has to contribute. Elder Elsie Paul and Phil George shared their learnings and impressed upon us all to continue as learners and be mindful of all



**Health Care workers show their commitment to cultural safety and humility**

pieces of health including physical, mental, emotional and spiritual.

As the community takes control of health again, we must respect each individual's right to seek her or his own way of healing. Together we will celebrate our ability as a community to give the gift of health and well-being to our children and our children's children. The strongest message of Dr. Adams that I personally took away from the event was "to humbly listen, be open to everyone's journey and ultimately to be kind in every action".

I was filled with joy when I saw so many community partners be present and hear these teachings from Dr. Adams and the elders as well as the comments from the community members. It is a strong reminder to take a moment and acknowledge that everyone is on their own journey and we must listen. Cultural humility is about listening and learning from others – a powerful message that will continue to gain strength and acceptance across Canada through events like these.

Tla'amin Health continues to support and assist the Tla'amin people in creating a healthier community. We are committed to forming respectful partnerships that maintain and advance our health and well-being in an equitable and holistic manner. All community members are encouraged to seek help, guidance or support however they require it from Tla'amin Health – that is the "mandate" – to help those in need.

At the event after all the thanks and gift sharing I did make an error – I forgot to thank the ones who prepared the foods and venue. I raise my hands to Jaime Harry, Colleen Wilson, Patty Renton who worked very long hours and very hard for a couple of days to ensure the event went so well. Also thanks to Bird, Ryan and all those who helped to set up and take down after the event. Thank you!

I was presented with a feather in a beautiful blanket from Tla'amin Nation elders – I was so touched I had to go home and contemplate this acknowledgement. I thank you for the trust and partnership for this role as Health Director. It is a challenging role with much responsibility but can be so rewarding when success stories are shared. We are all in this healing journey together so please share with us your learnings, your stories and your wishes for the community.

Finally, if you use twitter or Facebook there is a growing movement #itstartswithme which is about sharing stories of cultural humility, cultural learnings, cultural awareness and it helps to connect us all.

Emote,



## Cultural Awareness Day, April 27th with Dr. Evan Adams



## Elders Corner



**Tuesday May 2:** Elders Luncheon Social with Cranberry Seniors. Come join our social with other Elders from the Cranberry Seniors Center. 11 -1pm at Health Building.

**Tuesday May 4<sup>th</sup>:** Wills and Estate Planning. Join with Sally Louie from 10:30 12:00 to learn about will kits and planning. Changes in our governance have made interesting changes in estate planning.

**Tuesday May 9:** Learn about Meditation from Roger Boyle. Meditation has many health benefits, and improves quality of life. 11am-1pm at Health Building

**Tuesday May 9:** Elders Free Afternoon at the Rec Center. Join us for an afternoon at the rec center. A shuttle will leave health by 1pm and return by 3:30 Swim, hot tub, exercise room, sauna all open for your use.

**Tuesday May 16:** Diabetes presentation with Kim Markel. Learn how food can affect the quality of life. 11-1pm at Health Building

**Thursday May 18:** Seniors Together Social at Rec Center Complex. Come relax and meet other Seniors for a luncheon put on by the City of Powell River. Interesting info will be shared. Shuttle Leaves Health Building by 10:30 am.

**Tuesday May 23<sup>rd</sup>:** No Elder Day Program

**Tuesday May 30: Elder Bingo:** Join with our elders in a fun round of bingo. Lunch to follow.

### Campbell River Elders Gathering.

This year's Provincial Elders Gathering is held at Campbell River. Due to overwhelming numbers of event participants, there are no available hotels in the North Island Area. All participants are encouraged to make arrangements to stay with family members.

**Registration forms are available at Tla'Amin Health, or Tla'Amin Governance Building and must be submitted to Bud Louie/Darron Cound no later than**

**May 12.** Please note, funding will only be available to Elders who are 65 and older, and whose birthday is before July 11.

### Community Garden.

Our community garden is expanding! We need volunteers to help plant, and care for our garden. Gardening is a great way to get out and relax and help with our food security needs.

## May 7, 2017 is National Child and Youth Mental Health Day

*Brenda Pielle  
Youth and Family Advocate*

This is the tenth year that this day has been set aside to recognize the mental health needs of our children and youth. It used to be believed that mental health was something only for adults to be concerned with. We now know that mental health is something to pay attention to throughout the whole life span of an individual.

Children and youth can experience mental health challenges such as anxiety, depression, eating disorders, mood disorders, addictions, and so on. The more we as adults can learn about these health concerns, the more we can be there to support our young people as they grow and move along their journey of development.

At a youth mental health event in 2016, sponsored by the Institute for Families, high school students were asked how they wanted adults to talk to them about their mental health. Over four hundred students from grades eight to twelve wrote down words they would like to hear, and words they would not like to hear.

### The following are a few examples of what teens said they would not like to hear:

"you're doing it for attention"	"you'll grow out of it"
"it's not a big deal, get over it"	"other people have it worse than you"
"you're too young to know"	"you are messed up because of your friends"
"you're not trying hard enough"	what's wrong with you"

### Here are some things that young people said they would like to hear from us adults:

"I'm here for you when you're ready to talk"	"I'll support you in any way I can"
"I love you and I believe in you"	"I know it's hard, but you'll be okay"
"It's okay to feel the way you feel, and we'll get through this"	
"It's okay to not be okay sometimes"	"How can I help you?"

If you would like to read more ideas from these lists, you can find them on the Family Smart Together Centered website at [www.FamilySmart.ca](http://www.FamilySmart.ca). Also on this website you can watch a video called "Be that Caring Adult".

Having a connected relationship with a caring adult is very important to our children and youth and it is very good for their mental health. This is wisdom that is known by our elders today, and has been known by our ancestors in the past. The traditional teachings of informing young people who they are related to, informing them of the way Mother Earth takes care of all of their needs, the practice of coming of age ceremonies, and informing young people about respecting all living things, including themselves, are ways that the culture of this Nation demonstrates this knowledge.

When we have concerns about our children and youth, we are fortunate in Powell River to have a Child and Youth Mental Health team who offer an open intake day each Tuesday. You can go to their office on Alberni any Tuesday and wait for a turn to speak with someone about starting counselling for the young person in your life, if you feel there is a need for this service.

If you would like to talk further about this topic, please give me a call at 604-483-3009.

On May 7<sup>th</sup> and every day, let's remember to make sure our children and youth know how much we care about them.

## Meet Your Food and Nutritional Goals

I was born and raised in Northern Ontario in a town called Thunder Bay before moving to Southern Ontario to pursue an education in nutrition and become a Registered Dietitian.

While completing my schooling I worked on a project that connected community service providers so they could share their knowledge and resources and work together to build healthier communities for First Nations children and youth. My time with this project allowed me to connect with the community and build an appreciation for First Nations' culture and people, as well as the physical, spiritual, and nutritional benefits of traditional food and practices.

I hope to build my role in Tla'amin Nation around the needs of the community and so I welcome you to share your thoughts on how we can work together to support you and the community's food- and nutrition-related goals. I plan to offer group classes or one-to-one sessions on topics like how to:

1. Understand nutrition fact labels
2. Find recipes and grocery shop for delicious and nutritious meals even on a budget
3. Benefit from the nutrients offered by local plants and animals
4. Plan healthy menus for community events and meetings that incorporate traditional foods
5. Make healthy choices to meet your nutritional needs and support for your lifestyle and condition:
  - diabetes
  - cancer
  - heart disease and high blood pressure
  - allergies and intolerances
  - digestive issues
  - weight management
  - picky eaters
  - dietary restrictions like vegetarianism
  - healthy pregnancy and infancy
  - healthy aging

I will be working at Tla'amin Health once a week on mostly on Wednesdays. Please feel free to connect with me by calling the front desk at the Health Centre at (604) 483-3009 and asking for an appointment.

I look forward to meeting everyone and learning more about your culture and traditions.

Liane LeBlanc



## λasəm saltx<sup>w</sup> 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.*

## Tla'amin Swim at Recreation Complex

This program has come to an end, we started one night a week, in October for 6 months. We would like to thank everyone who attended the swim/exercise. We hope to start again in October, if funds are available.

Thanks  
Dawna Pallen  
Health Promotion



## Winter Wellness Wind Up

May 18, 2017

4:30 pm

Tla'amin Health  
Light Snack.

This program started in January, and we extended it to end of March due to the snow fall we had this winter. I would like to thank everyone who took part in exercise, swim, walks, the activities you chose to do.

We would like to have a small get together, to discuss how the buddy system worked for you and your buddy.

Dawna Pallen



## Kids in the Kitchen

## Gah'thet' towl'lte

*"Being Together"*

As, Aboriginal Child and Family Counselor (Family Preservation); I 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, "Gah'thet' towl'lte", which means being together. This program is designed to prevent out of home placement and reduce risk for children. I work from a strength-based approach that reflects traditional values and teaching of Tla'amin peoples. Though I do get referrals, I do have a case load of individuals, children and families I work with for basic support needed in community.

### **"How to talk, so teen will listen, and how to listen so teen will talk"**

Currently we are running a 7-week parenting teens program every Tuesday at Tla'amin Health. I am 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 4 more session to go!!

The course is Emote'

Cyndi Pallen, MSW, RSW

Aboriginal Child and Family Counsellor

**Tla'amin Community Health Services**

Phone: 604-483-3009 ext:230

Toll free: 1 888 271 5555

Email: cyndi.pallen@tn-bc.ca

## Parent Support Group



### Wednesdays

**10:30am-12:00 – followed by lunch.  
Child Development Resource Centre –  
Multi Purpose Room.**

**Facilitator: Brenda Pielle, Youth and  
Family Advocate**

### Advertisement:

**There are many reasons to choose to be alcohol free during pregnancy. If you need support, or if you need information about preventing Fetal Alcohol Spectrum Disorder, please call Shelley Clements or Brenda Pielle at Tla'Amin Health 604-483-3009.**

## What Is An Ages And Stages Screening?

If you have a child over 18 months of age it is likely that you have been a part of an Ages and Stages Questionnaire (ASQ) as most children receive this screening at their 18 month vaccination. This screening is also done before children enter the Chi Chuy preschool. If you would like your child to receive an ASQ screening being at least 2 months of age please call Dana or Kaila at 604-483-3449 ext. 4 or 6. Here is a description of what the ASQ entails as well as the benefits that follow this screening.

The Ages and Stages Questionnaire is a brief questionnaire designed to help parents check their child's development. This is similar in theory to a health screen, such as a quick hearing or vision screen. The ASQ is a series of questionnaires for children 2 months to 5 years of age and is a parent completed questionnaire. The parent will assist the child in completing the tasks on the ASQ or if the child is very young the parent will be able to answer the questions.

### **The 5 domains of the ASQ are:**

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

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

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

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

## INTRODUCTION TO PLANT-BASED COOKING

a 6-part learn & eat series

In this combined nutrition-cooking series, learn about the health benefits of a plant-based diet and lifestyle, and how to get started eating this way. Includes info on designing well-balanced plant-based meals, as well as practical tips and tricks to help get you started on a healthy path. Each class will include a nutrition information component, and a hands-on cooking lesson.

### **Who should take this class?**

Anyone who is interested in learning:

- how to eat more healthfully without compromising flavour
- how food can affect long-term health & improve many chronic conditions
- the whys and hows of plant-based eating
- how to cook delicious plant-based meals, quickly and efficiently
- how to make healthy meals that don't keep you in the kitchen for hours

### **Details:**

#### **Dates:**

Monday, May 29 - July 3, 2017  
5:30-7:30/8 pm  
Kitchen at Tla'amin Health

#### **Topics:**

Breakfast & Brunch  
Snacks  
Lunchtime  
Plant-Based Alternatives  
Delightful Dinners  
Plant-Based Baking & Desserts



# Whitetail Deer Facts

A deer can swim at up to 13 miles per hour.

(This photo was taken at Homfray Channel)



Deer have a four chambered stomach that allows them to digest tough plant foods. Deer eat quickly with out much chewing of food. Later as they rest, they cough up their food and chew it.

A Whitetail deer uses it's tail to communicate with other deer. If a deer senses danger it will raise it's tail as well as stomp the ground and snort by blowing air through it's nostrils.

Whitetail deer get their names from the white hair growing on the underside of their tail and belly. When a deer senses danger it raises it's tail to warn other deer.

A deer's coat will change from reddish brown in the summer to grayish brown in the winter to help the deer stay camouflage all year long.

The deer's eyes which are located on the side of it's head give it 310 degrees of vision with out moving it's head. However this position of the eyes also makes it hard for a deer to focus on objects.

A buck will use its antlers to establish dominance over other mail deer and the right to mate with female deer or does.

Glands on the deer's legs and feet leave a scent on the trail to help communicate with other deer.

A deer's powerful legs allow it to run at speeds of up to 40 miles per hour and jump

fences up to 9 feet tall. A deer at a run can broad jump 30 feet.

Deer are powerful swimmers and will often swim to cross bodies of water. A deer can swim at up to 13 miles per hour.

The deer's teeth are designed to chew tough foods. Deer have incisors in the lower jaw for biting and molars for grinding up plants

A full grown white tail can weigh 200 plus pounds. Deer age can be determined by checking it's teeth. Deer have baby teeth just like people and loose their baby teeth by 18 months old.

Bucks mark their territory by removing bark from trees with their antlers this is called a buck rub.

Once a deer establishes a territory it will not leave it unless it is bumped out by humans or predators.

When free of predators and hunting pressure deer can double in population every year. Just 2 deer when left alone can produce up to 35 deer in just 7 years.

Deer can live up to 11 years in the wild. If they don't fall victim to a predator or hunter at this age their teeth start to wear out and they can no longer eat.

The whitetail deer are members of the order Artiodactyle, which means that they have hoofs with an even number of toes.

The muscles in a deer's head allow the deer to turn it's ears in any direction with out moving it's head. Experts believe that a deer's hearing is so sensitive that it can determine how far away a sound was made.

Deer are herbivores. They eat grass, leaves, stems, shoots, berries, herbs, acorns, mushrooms, wild fruit and agriculture crops like corn and soy beans.

Only male deer or bucks grow antlers. Deer are the only animals on the planet with antlers. Antlers are the fastest growing tissue on earth. A whitetail bucks antlers can grow up to 1/2 inch per day.

The size mass and number of points on a bucks rack or antlers is determined by nutrition, age and genetics of the buck.

The estimated nation wide population of the whitetail deer is believed to be 29 million strong up from around 500,000 in the early 1900's when unregulated commercial hunting threatened to eliminate deer all together.

Whitetail deer are believed to be completely color blind and have very poor depth perception.

A deer can detect the odors and scents several hundred yards away. A deer licks it's nose to help keep it moist. The moist nose allows scent partials to stick to it helping the deer to smell better.

Each year wolves kill over 40,000 whitetail deer nation wide. Other predators account for an additional 60,000 deer killed each year

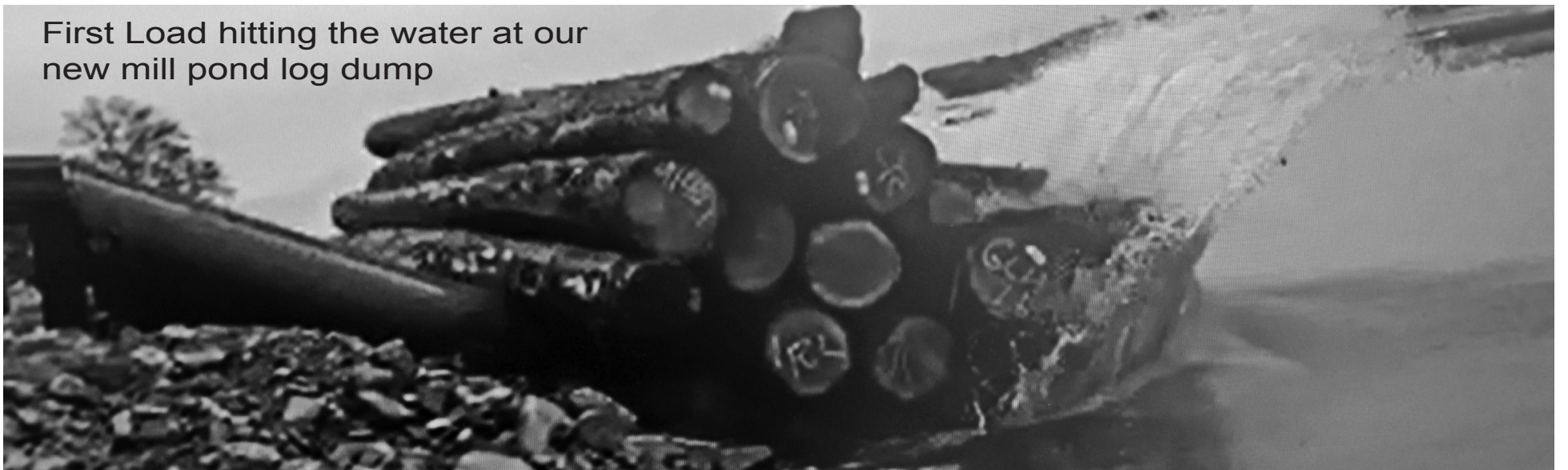
The term buck comes from the American Frontier when the skin of a Male Deer was worth one dollar or buck.

The largest whitetail deer in the world live in Saskatchewan, Canada.

Deer are social animals and often move in herds dominated by an older female.

The Whitetail deer begin preparing for winter by shedding their summer coat and replacing it with a heavier winter coat. During a cold snap, they can make the hairs of their fur coat stand erect, which traps air near the skin and increases the insulation value of their winter coat. This is similar to birds fluffing their feathers. Deer store most of their fat reserves during the summer months because the twigs they eat in the winter lack the nutritional value of green vegetation. They tend to migrate to areas with conifer trees such as white cedar, balsam, fir, white spruce or jack pine.

First Load hitting the water at our new mill pond log dump



# What's Happening at Your Historic Lund Hotel

By Kurt Pyrch  
Manager

In April spring was upon us. In May, it's not just the flowers, the season is really beginning to bloom and we have a busy month ahead of us.

It starts May 1<sup>st</sup> when we open again for breakfast, this year at 7:AM. With the seasonal slowdown we shut down our breakfast service as there just wasn't enough business to justify keeping it open this past winter. But each passing day sees Lund getting busier and busier and it is time to get some bacon sizzling, some eggs frying and some of the Lund Hotels' bannock French Toast on the grill. Last summer, with the help of our incredible kitchen crew, we came up with a recipe that makes the best French Toast anywhere. We make our bannock fresh, in house, and it became an instant hit with our guests as they savored the taste of caramelized apples with brown sugar and maple syrup.

But we'll be serving more than Bannock French Toast. We will have the usual breakfast favorites along with omelets, a variety of Eggs Benedicts to choose from and even steak and eggs for those with a heartier appetite. We will quickly become known as the place to go to for a great breakfast.

The 14<sup>th</sup> of May is "Mother's Day" and you will all want to remember that the best way to treat your Mom is to bring her to the Historic Lund Hotel for a great brunch or treat her to a fantastic dinner. We will have special menus for Mothers Day and we're sure you will find the perfect way to celebrate her special day.

After Mother's Day weekend we get right into the May Long Weekend. We expect to be very busy with the fishing season in full gear. Recreational boaters, campers, kayakers, Savary Islanders, you name it. They're all going to be coming into or going through Lund and we'll be ready for them.

And finally the high point of the month; the "Lund Shellfish Festival"

It all starts on Friday night, the 26<sup>th</sup> of May with the 'Chowder Challenge' As many as 10 contestants will be vying for the coveted 1<sup>st</sup> Place Finish and the right to say that they make the best chowder around. The Historic Lund Hotel will definitely be there. But the real event starts on Saturday May 27<sup>th</sup> as all of Lund is transformed into a festival of deliciousness. There will be cooking displays and food vendors delivering classic favorites and new dishes as well, all of them sure to please your taste buds. There will be music and craft vendors. We will have a band in the pub on Saturday night. And this year, we have been able to work with the City of Powell River who has agreed to supply one of the large city busses to run a shuttle service back and forth to Lund. This will be a great thing for the festival as parking will be at a premium.



## The Lund Shellfish Festival kicks off Friday evening on May 26th

Your Lund Hotel will be right in the middle of things with the festival. Our staff will be fully engaged with cooking, demos, directing traffic and even organizing the event. Things will continue on the Sunday with more cooking, more food, more music and more fun. The Shellfish Festival promises to be a huge event for the hotel and we plan to play a big part in it and are already taking a much larger role than last year.

We will continue to add to our staff roster through May and will be looking for people to join our Housekeeping, Gas Dock and Kitchen departments.

We are proud to have been chosen as a location to help start off the election process for Mathew Wilson. His campaign brought him here on April 8<sup>th</sup> and he met with a large number of the members of the community. As a business we never take sides in an election and would be equally proud to host a gathering for any party, but we are particularly happy about this event because we got the booking when one of his campaign organizers was part of another meeting held here a couple of months earlier and was so impressed with how it went that she booked with us as soon as she could. It's especially nice when you start to get noticed for how well you do something.

And finally it's time to talk a little bit about the hotel part of the hotel. The rooms.

Our 'Year to Date' sales are noticeably higher than last year. In large part it is because we stayed open and made it our job to welcome guests. But it's more than just that. We insured that we went after the business better than has been done in the past. We told you about our success with the visiting Hockey Team, but we have also seen a rise in people staying here on

business. We've picked up some rooms from people here for meetings or training. Some early season travellers happy to see that we're open. And perhaps most importantly, as a destination for work crews. Like the one we have been successful in accommodating. They will have between five and seven rooms, five nights a week for up to three months. In addition, we were able to customize take out lunches for them and look after them each night in the Pub. This type of business is incredibly important to a hotel like ours as it fills rooms that would normally be empty and never produce any revenue. We were able to get the business because our staff were able to adapt our services to give the customers what they wanted and needed. That is something to be proud of.

We are looking forward to a new tour operation getting set up in our lobby. This will provide another amenity and service that we can sell to our guests. The more we can offer, the longer they'll stay and the more guests will come. It's as simple as that. The boat will be located on our dock and will be operating every day through the summer season. Stay tuned for more details as they develop, but I can tell you now that it will be a great operation and the tours will be a lot of fun.

I'm Kurt Pyrch, the Manager of your Hotel and you should all be very proud of the job that the staff here are doing. We're going to be ready for the visitors and we're going to have the best year ever here at the hotel. So come and visit us. Treat yourself to some great food and please remember to recommend us to all of your friends and acquaintances, especially those who have people coming to visit and stay a night or two here on the beautiful Sunshine Coast.

## Meeting Minutes of the Executive Council March 1st, 2017 Town Centre Hotel - 1:32 pm - 3:35 pm

**Attendance:** All Executive Council  
**Resource:** Rod Allan and Judith King

### 1. CALL TO ORDER:

Hegus Clint Williams called the meeting to order at 1:32pm

### 2. APPROVAL OF MINUTES

February 15, 2017 minutes

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

### 3. ADOPTION OF AGENDA:

Motion to adopt the Agenda

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

### 4. MOTIONS OF COUNCIL:

Approval of AANDC Amendment # 2016-17-0005, which is funding for Klahanie gas bar remediation

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

### 5.0 NEW BUSINESS:

**5.1 Finance and Administration:** Rod informed Council that he is doing some reorganization of the Org Chart with regards to Operations. Social Development and the Social Assistance Program formerly reporting to the CFO will now report to Roy Francis as of March 7th, 2017,

**5.1.1 Administration:** There will a posting of Nation jobs as follows:

- 1) Information Technology (IT) Manager will be posted soon;
- 2) The next planned posting after IT Manager will be in the Public Works area and the exact position has not been defined yet.

**5.2 Social:** Discussion began on the safety and privacy in the reception area. Rod will work with Shawn to increase privacy and security for the Receptionist and Income Assistance Clients.

**5.3 Housing:** Discussion began on home ownership and forming a housing committee. Terms of Reference are required. The committee should be comprised of the House Post Representative, Housing Manager and one community member. Also, Clint and Rod are invited to attend. Council will survey any interest from community members who would like to be the housing community representative.

#### 5.4 Public Works:

- 1) The basement of Ahms Ta'ow flooded and a new pump was installed.
- 2) March 17th is the date for the David Nairne and Associates invoicing review in Vancouver.

3) The old forestry building needs a new hot water tank. Discussion on removal of the boardroom wall behind the photocopier. We may need to have a discussion on what to do with the building as commu-

nity members are looking for office space to rent. Is the renting of space something that we want to address? The forestry building hydro bill will be paid by Thichum FP for the last time.

**5.5 Fire Dept.:** Tyrone has no date set for the next fire-fighters meeting. The fire crew will be invited to the March 20th Executive Council meeting.

**5.6 Fisheries:** Kevin Timothy is away. Discussion on roe-on-kelp for this year. It was noted that some of the herring did not get taken last year.

**5.7 Forestry:** The Request for Logging Proposals bid cut-off is Friday, March 3rd. Monday will be the scoring day.

**5.8 Citizenship:** The committee is required to meet with Council again as there are some questions that are unanswered. Mia advised Rod of some details of citizenship meetings.

#### House Posts:

**Lands and Resources:** (Lori) There was a taxation authority meeting on Friday, February 24th. Dates have been set for the next meetings. They are working the schedule backwards from the tax due-date. Rod and Clint have an open invite to the taxation meetings. The Lands Committee needs committee members - one community representative and an alternate. Discussion began about other committees that are needed. There is a Social Development Committee with Larry, Roy, Maureen, a Finance Rep (CFO) and one community member. Also, required is a Fishery Sub-Group Committee to deal with prawn and halibut licenses. Action: Rod will search any old Request for Proposals for previous licenses.

**Finance and Administration:** (John) The Finance Committee (Davis & Erik) are looking for information.

**Community Services (Health):** Larry spoke to Health staff about enhancing the health parking lot. Clint still wants to walk-through the area.

**Tla'amin Management Services:** Clint did not attend the TMS meeting on Monday, but will give an update at the next Executive Council meeting.

**Regional Emergency Executive Committee:** Meeting was at 10:30am on March 1st.

**Naut'sa mawt Tribal Council:** Next meeting is March 21st and 22nd.



*World Totem Pole in Hong Kong*

#### Hegus Report:

1. Clint attended the Reasonable Opportunities conference.
2. Clint completed the Solid Waste Management Plan tour.
3. Leadership Management training took place at Vancouver Island University on February 20/21, 2017
4. At VIU, at the same time, Kim Darwin, Green Party candidate met Clint and chatted about Tla'amin.
5. Clint met with Xixi and she needs 15 people at the Hummingbird Cove operations.
6. OPUS engineers were in Tla'amin on Feb 21st. to discuss the proposed new sewer system.
7. An invitation to Clint from Professor Keith Carlson will result in a tour of University of Saskatchewan at the end of March.
8. Council did the longhouse tour at Cowichan, Malahat, Campbell River and Comox. Also, the new Comox and Campbell River Admin offices were toured.

#### Other Business:

1. Clint wishes to call an all-managers meeting to discuss funeral details. Duties will be set up and observed by all entities. Propane kitchen stoves need to be assessed and possibly replaced. We may call Mary Harry back as a reference to revisit and certify Tla'amin traditional practices.
2. Next Executive Meeting is planned for Monday, March 20th at 5:00 pm. Fire crew will be invited.
3. Next Council meeting on April 5th in Lund at 8:30am & Legislative Assembly starts at 10:30am.
4. Open House will start at Government House in the afternoon after the Legislative Assembly.

#### ADJOURNMENT

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

# Meeting Minutes of the Executive Council

## March 20th, 2017

### Government House Chambers - 5:10 pm - 7:40 pm

**Attendance:** All Executive Council

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

**1. CALL TO ORDER:**

Hegus Clint Williams called the meeting to order at 5:10 pm

**2. APPROVAL OF MINUTES:**

March 01, 2017 minutes

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

**3. ADOPTION OF AGENDA:**

Motion to adopt the Agenda

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

**4. MOTIONS OF COUNCIL:**

Executive Council Order TNO # 07/2017

To approve Home Ownership Plan with First Credit Union

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

**5. RESOLUTIONS OF COUNCIL:**

Resolution #09/2017 approval of increase to Health Master Card

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

**Presentation 1:**

Volunteer Fire Department attended the meeting. Members included Floyd George, Walter Paul and Trisha Wilson. Floyd thanked everyone for the work they do. He indicated that the volunteers in the fire department are spread thin. Floyd would like to get a notice in the newsletter about recruiting volunteer firefighters and he asks that the notice comes from Leadership. Discussion began on structured fire training. Tyrone has an idea for a gratitude BBQ at the fire hall and to advertise it in the Neh Motl.

All members of the crew are working and therefore busy. It would be good to have an extra half-dozen volunteers on side. It may possible to offer an incentive for joining the fire crew and a write-up will be put in the newsletter. There was discussion on first responder training and opportunities. Walter states 99% of emergency calls are for the first responders and everyone in the crew must be certified.

There is a liability associated with actions done by any volunteer fire crew and the Nation has liability insurance to cover this. Steve will search out a First Responder truck (like a suburban car) at an auction.

It was noted that part of the property tax bill paid to the Powell River Regional District (PRRD) is to provide fire protection for Klahanie residents. If Tla'amin has a fully-operational fire department then, the \$50,000 that is allocated to the PRRD can stay in the community. Steve talked about partnering up with Wildwood fire department.

**Presentation 2:**

Marty Cattermole from the First Credit Union (FCU) attended. He's been with the Credit Union for 20 years. He completed some mortgages for the properties at Klahanie leased lands and he is interested in doing more financing with community members. He is aware that Tla'amin lands can only be sold to another citizen. Marty has agreed to a plan to secure a \$2,000,000 (deposit) fund that would allow for citizens to purchase or build a home. Credit requirements would be lightened. However, the normal lending criteria is still in place for applicants. Steve Hunter, our CFO explained the lending criteria. The lending amount per person is up to a maximum of \$250,000. Only new homes will receive this type of mortgage. There will be no renovation projects through the Credit Union for now. This mortgage is good only for restricted fee simple on Tla'amin land. Susan Cooper is available to help. She is familiar with mortgages and will liaise with Mia Harry on verification of citizens. There will be a land title search of each sale done by a lawyer for verification of ownership purposes.

**6.0 NEW BUSINESS:**

**6.1 Education:** The PSE education committee met today. The new PSE policy is drafted and is awaiting Council's approval.

**6.2 Fisheries:** There has been no roe-on-kelp for sale. Short update given on the fisheries sub-committee. Discussion on the prawn licenses and fixing the Nahmint Raider vessel. Halibut license is leased out and we are reviewing the in-coming bids.

**6.3 Forestry:** There were 8 bids received for the first cut block. A&A Trading took first place as they scored the highest mark.

**6.4 Culture:** We need to have a good event that brings the community together. Something like a Blessing Celebration for the community. Clint is looking to hold a cultural / general assembly on May 5th. Budd can help with the event.

**6.5 Citizenship:** May 3rd is the next meeting with Executive Council and the Citizenship Committee.

**HOUSE POSTS**

**Lands & Resources** [Lori] indicates the Tax Authority meeting is every three weeks. On May 25th, the tax notices go out to the leaseholders. Lori needs a citizen representative for her Lands Committee. Natural Resources Committee meeting is on March 31st.

**Finance & Admin** [John] had the initial Finance Committee meeting on March 13th It was an information meeting. The operations budget will be reviewed at the next Finance Committee meeting on April 28th. Afterward, the operations budget will be reviewed by Executive Council in May.

**Community Services (Health)** [Larry] talked about the MAiD with some Elders. Lori is uncomfortable with the subject. There is no harm in Nurse-Practitioner Sara Mitchell-Banks attending the workshop. Af-

terward, she needs approval from Executive Council to do anything with MAiD.

**Tla'amin Management Services** [Clint] informed the next meeting is March 21st and John will attend.

**Naut'sa mawt Tribal Council:** A solar power session and tour took place at T'Souke First Nation. Solar panels, the wasabi greenhouse and aquaculture projects were toured.

Regional Emergency Executive Committee met March 1st.

**HEGUS REPORT:**

1. PRISMA/Canada 150 on the beach festival is on June 14th. Clint met with Arthur Arnold, Patrick Brabazon and Dave Formosa. Clint shared his thoughts about Canada 150. PRISMA organizers would like to play the Tla'amin anthem and are asking for a contribution. Clint asked Council what the Nation should contribute. Motion to make a \$5,000 contribution.

**Moved by Larry Louie**  
**Seconded by John Hackett**

2. Retired fuel providers / barge operators are interested in providing fuel and they're doing a tour of the millpond, the Tla'amin Convenience Store and Lund Hotel with Clint.

3. The search is on for a crew boat for the Nation.

4. The Hummingbird Cove open house and job fair was poorly attended.

5. The Theodosia Shared-Decision-making meeting was held March 13th.

6. INAC meeting about the sewer system project was non-productive. There were no final budget figures to be reviewed.

7. Commercial kitchen ovens at the gym are being changed. There are three quotes coming in to replace the propane stoves.

8. Clint welcomed hockey teams. One of the groups is staying at Lund.

**OTHER BUSINESS:**

1. Bill Ferris is looking for land to expand his fisheries operation as his current water supply cannot handle the fish processing.

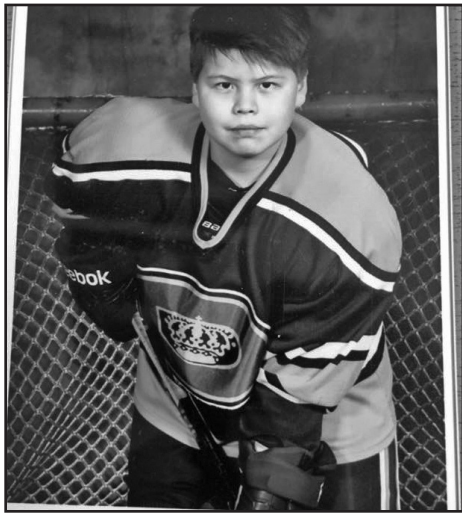
**ADJOURNMENT**

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

Meeting adjourned at 7:40 pm



# ANNOUNCEMENTS



## Happy 12th Birthday To Our Son Braedyn

May 7th is the big day of the person who has made us feel so blessed and lucky to have him as my child.

Love Always Mom, Dad & Kendall



## Adam and Lloyd Fundraiser

\$10.00 Hockey squares for the Adam and Lloyd 8th annual ball hockey tourney. I accept e-transfers at [leslielouie00@hotmail.com](mailto:leslielouie00@hotmail.com) or message me on Facebook. It is for the final game, 3rd-period score, no overtime.



## Happy Birthday Kalen!

"Wishing Mr Kalen Happy 9th Birthday"

Love you always sir xoxo  
Love Mom, Dad and Kai

## May activities

2<sup>nd</sup>-preschool/Kindergarten fair @ CDRC from 9-1pm

3<sup>rd</sup>-last kids in the kitchen session @ health from 3:30-5:30pm

10<sup>th</sup>-family cultural night @ CDRC from 5-6:30pm

24<sup>th</sup>-family cultural night @ CDRC from 5-6:30pm

26<sup>th</sup>-ages and stages @ complex from 9-1pm (open for all of Powell River community)

31<sup>st</sup>-preschool carnival @ Willington Beach (weather pending) or the Rec Complex from 10-12pm Transportation available if needed (604-483-3449 ext.4)

31<sup>st</sup> family cultural night @ CDRC from 5-6:30pm

## Family Support & Wellness Programs for May 2017

**Mondays -** Grandparents Support Group from 10 am to 12 noon

**Kathy Sliziak – Facilitator**

Concerns and support for grandparents raising grandchildren.

**Tuesdays -** "Emish" - Walking Group meet at Tla'Amin Health at 1pm

Join us for a stroll around Klahanie or those who are limited do the sea walk.

**Wednesday** Grief & Loss Support Group - 10am – 12 noon (Lunch Provided)

**Thursday** Social Support & Crafts Group – 10am to 2 pm This group meets weekly to have a social visit with each other, do personal craft project and once a month guest speaker.

**MAY 4<sup>th</sup> -** PRESENTATION on TLA'AMIN NATION WILL KIT 10 am to 12 noon: Please register as lunch will be provided

**Facilitator - Denise Smith**

For more information or to register for any of the programs please call Sally @ 604.483-3009

## James Thomson Activities

- **May 4th** First Spring Bike Race, 3:30pm up Duck Lake Rd. Contact the school office for more details
- **May 19th MAY DAY!** Parade begins at 9:15am, followed by a ceremony and games.
- **May 22nd** Victoria Day Holiday
- **May 26th** District Track Meet at Timberlane (Grades 3-6)
- **May 28-June 3** Bike to school week



## Baby Recognition Ceremony



## Master Chef Juniors