



NEHMOTL "Us"

September 2017

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

Jeanne Paul Receives Doctor of the Year for Naturopathic Research

By Dr. Jeanne Paul

I am of the Coast Salish tribe from the Tla'amin Nation in beautiful British Columbia. My interest in Traditional Healing has been constant throughout my life, but it started with the teachings from my mother Mary.

Every year my mother asked me to pick "cequak", which I know now as the Elderberry.

She did not explain why we needed to can these particular berries but we would always take the time to can a large jar while they were in season. She had some knowledge of its original use but had lost its specific meaning - its use was just "it's just good for you". Throughout many years of involvement with Native health I would hear about other herbs that were "just good for you". Again there was not a clear explanation. Because of this I made it a mission to find out what specific properties of these ancient herbs were so beneficial, why they promoted healing and how I could craft them myself. Also, I wanted to find out how our ancestors used these medicines for healing and particularly how did they know how to use them medicinally. I knew there was an innate, spiritual, observational and even today, a passed-down knowledge of the herbs. However, there were not libraries of herbal books or schools of native herbal learning or not any herbal teachers instructing students on the subject.

I took it upon myself to avidly study these herbs we call "Brothers and Sisters" with a mission to share this knowledge to my fellow First Nation's people, but also to whomever wishes to learn more. Initially as a



Jeanne Paul at the Healing Skies Conference last August in Manitou Beach Saskatchewan with Dr. David Schleich and Dr. Sussana Czeranko

Naturopath Physician student, I had specialized in the Botanical studies to gain the essential medical background to pursue this knowledge. I then spent 20 more years specializing in making the Medicines from these Herbs, that are still used by many Natives in all of the Americas.

One question I hear a lot is, who can be a Traditional Healer? Generally they are defined as a person who has "the sight" to be told of these medicines and their uses. Ancestors obviously made use of their

observational skills that is watching birds and animals in their innate knowledge of what they could eat and when to eat them. There are those who are just inspired by Inner Guides who gave this gift to an avid student. There are those who were taught by their Elders. Students would become apprentices to a Medicine Man. What I generally have done through the year and other years is to travel to the various Bands throughout B.C. from those who invite me to teach the Tradition-

al Medicines in their territory. Usually I am there for 5 days for 5 Classes with learning what it is that we have Wild-Crafted and the Lecture on the Medicines just picked. When the Medicines are all made then I return again the following month because it takes 30 days for the Medicine to Cure. This then would be their 6th Class. After which than we will make final products, generally, Creams, Lotions, Sprays and Oils.

Other first nation communities have been appreciative as many have forgotten what these plants can do and what to do with them. I teach that the student should understand the Actions and Uses of this plant and also learn the Chemistry of why this plant works as it does. It is vital to learn why each of these Medicines works as it does.

I have done this work for 20 years now from Prince Rupert with the Metlakatla Band, to the Fort St. James in Prince George, to Deas Lake the Taltan people, right down to the Interior and Mid B.C. to the West Coast. This to me is the Medicine that has been lacking in our First Nations pharmacy. It need to be returned to us after almost losing the value of this very important part of Native Culture.

So to be recognized by my peers of the value of this work I am so thankful to our profession for recognizing this. It is a love affair I have with these plants that sustain my everyday life and I hope to pass this to those who want to listen and learn.

Thanks for opportunity to say a few words to my own village about this auspicious moment of my life.

Emawheega!

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



Tla'amin Governance House Updates

4779 Klahanie Road,
Powell River, BC
V8A 0C4
Phone: (604) 483-9646
Toll Free: 877-483-9646



You are invited to a Tla'amin BBQ Celebration



Tla'amin Governance House

4779 Klahanie Road
Thursday, September 7th, 2017
5:00 pm

- 1) Welcome and Opening Prayer
- 2) Tla'amin Feast Dinner
- 3) Commemorating Retiring Fire Chief Floyd George and First Responder Melvin Mitchell on their many years of service
- 4) Honouring the 2017 Tribal Journey Canoe Families
- 5) Congratulating our Soccer Team's victory and gold medal at the North American Indigenous Games in Toronto
- 6) Cheers to retiring Judith King, Council Secretary and more for the Tla'amin Nation
- 7) Adjournment

For more information, please call Donna Tom at Reception.

Message from the Hagus



I really hope that everyone was able to enjoy this summer, there were so many hot and sunny days that it led to very high fire danger ratings for most of the summer. Thank you for complying with the extended campfire and burning ban that has been in effect for quite some time and continues to this

day and will take several days of rain to see this removed.

There have been a number of exciting events that have occurred this summer and we would like to end the summer with a celebration to honour some people that have represented our community in a positive way. A few examples are: We had three young men represent us at the North American Indigenous Games, the Canoe Families that represented us on the Tribal journey and also paying respect to our retiring Volunteer Fire Chief of 40+ years of service. We will be hosting a dinner and celebration at the Governance house on September 7th 2017 starting @ 5:00pm, everyone is welcome to attend.

The reconciliation canoe project continues to evolve, the 46 foot cedar log is now located at Wellington beach and the carving is set to begin on September 21st 2017 and expected to take approximately 8 weeks to complete. This project is being coordinated by many local volunteers that have genuine thoughts on improving relations between all of our people within the Tla'amin Traditional Territory. Once the carving begins I encourage all to drop by to witness the carving and participation of all involved and also to see yourselves being a part of this wonderful project.

Food Fish - As of August 29th, given that this year has seen a poor Sockeye run. We are attempting to do food fish with Chinook (spring), Coho and Pinks and having them canned in to tins and distributing the tins out to our people. We have hired a seiner to do some fishing within our waters and if succesful, we will process all of the catch into tins and figure out the allocation numbers once we know what the total catch is. We will keep you posted once the fishing is complete.

As summer ends and we prepare to get back into our regular fall and winter routines, I want to ask all of our community members to encourage our youth to attend and participate in school this year. Over the past years there has been a pattern developing and showing some struggles with many of our students regularly attending and completing assignments. I do acknowledge that this is not 100% of students, I do acknowledge and want to say thank you to those parent / guardians for keeping their students on track. The Tla'amin Nation Government does participate on an Education Management Team with School District #47 representatives that are made up of the principals from our local schools and also the superintendent. The focus of this team is to track the progress of our students and seeing if there are areas that we can improve on for our students and also identifying and addressing issues that may arise. We want nothing but success for all of our students and we need your help in making sure that all of our students are attending and learning the things that they will need to provide themselves a brighter future. Please keep an eye on your family member's progress throughout the year and encourage them.



Executive Assistant/Government Secretary/ Law Registry Clerk

Full time position (8:30 to 4:30 M-F).

Responsibilities include, but are not limited to:

- Preparing materials for Executive Council (EC) & Legislative Assembly (LA), including EC and LA orders
- Attending all EC & LA meetings and taking minutes at the meetings
- Typing minutes for approval by the EC & LA and for publication
- Meticulous care of the electronic and paper registries of laws, regulations, policies and orders
- Fulfilling requests for copies of laws, regulations, policies and orders
- Maintaining highly organized files
- Assisting the CAO as required
- Other administrative duties, as assigned

Requirements:

- Excellent ability with language – writing and comprehension
- Intermediate (minimum) MS Excel and Word skills. Power Point skills an asset
- Minimum high school graduate and a valid drivers licence
- Must provide an acceptable criminal record check
- Must sign a code of conduct and maintain strict confidentiality
- Detail oriented, computer proficient, *diplomatic* and dependable

Familiarity with First Nations governance and administration is a definite asset.

If you are interested and qualified, please provide your resume, with a cover letter, to:

Tla'amin Nation
Attention: Executive Assistant Position
E.mail: hr@tn-bc.ca
Fax: 778.762.0910

Postal or hand delivery:
4779 Klahanie Road, Powell River, BC V8A 0C4

**There is no appeal process for unsuccessful applicants
This posting will remain open until the position is filled**

No phone calls please

Tla'amin Housing Department

Important Update

Insurance Coverage for Home Owners and Tenants

Executive Council has approved and implemented annual home insurance coverage (effective until at least September 2018) for all interested parties, insurance will be provided by the HUB International/Barton Insurance Brokers.

Coverage provided is 150K dwelling limit for home owners and 30K personal property limit for homeowners and tenants.

Top up forms are available to those who wish to increase the amounts above the limits provided. It is the home owner's responsibility to ensure proper coverage and to cover the costs of the top up.

Top up forms are available through Tla'amin Housing Department or directly through HUB International/Barton Insurance Brokers.

Contact Information:

Rogan Anderson
HUB International Limited
150 Hudson Ave NE
Salmon Arm, BC V1E 4N5
Office: 250-832-2143
Direct: 250-804-7145
Cell: 250-320-4080
Toll-free: 800-689-8217
rogan.anderson@hubinternational.com
hubinternational.com



Fisheries putting up NO SHELLFISH HARVESTING SIGNS at our waterfront

OPEN BID INVITATION

FOR TLA'AMIN TREATY SETTLEMENT LANDS CUT BLOCK-TSL002

Tla'amin Nation hereby invites bid proposals for the Timber Sale of Cut Block TSL002. This is an invitation for a lump sum bid proposal for the Cut Block TSL002 of approximately 27,000m³. The general location of the cut-block is 2.5 km from Highway 101 and up Tomkinson Road.

Contact Craig Galligos, Thichum Forestry Manager for a **complete bid package**. craig.galligos@tn-bc.ca or 604-483-9646 extension 106 or direct office line 778-400-8852.

A complete bid proposal must be submitted before October 6th, 2017, 4:00pm. No late bid proposals will be accepted after the deadline.

Bids can be submitted by mail or hand delivered to:

Attention: Craig Galligos
Tla'amin Nation
4779 Klahanie Road, Powell River, BC, V8A 0C4
or emailed to craig.galligos@tn-bc.ca.

The successful bidder must provide an initial down payment of **30% for the total lump sum bid amount plus a 10% holdback** to Tla'amin Nation at the time the contract is signed. The total volume must be harvested and scaled within 9 months after being awarded the timber sale. The successful bidder will have a week to enter into a signed contract upon being notified.



Qaməs ʔəms tala Settlement Trust

Notice of Annual General Meeting

The Tla'amin Trustees invite you to their AGM. Come and see what we've been doing in 2016, and what to expect in the upcoming years.

Saturday, September 9, 2017

**Doors open 9:30 AM
continental breakfast being served.**

**Meeting begins 10AM
Tla'amin Health**

There will be presentations by:

- PBI, our Investment Advisors,
- Grant Thornton, our Auditors,
- Addenda Capital, our Investment Managers, and the Trustees.

Please stop by! Learn about the Trust, share some food, and have the opportunity to ask questions. Off-reserve members living in Canada can dial into the meeting by using the phone number and access code below.

Please note that long-distance charges may apply.
+1 (647) 497-9373 Access Code: 649-771-653
We look forward to seeing you there

Lands & Resources House Post

*By Lori Wilson
Legislator & Executive Council*

- 2018 Prawn commercial fishing season: our Nation's 27 foot prawn boat is being renovated and updated. A harvesting plan with different approaches and scenarios for operating this boat & prawn licence has been started. There are different options to tender or manage this boat and licence.
- Treaty Settlement Lands at our Westview parcel (adjacent to the airport): we are exploring options for economic development that is consistent with our Lands Use Plan, Taow and community values. Our Lands Department and Tla'amin Holdings Inc. plan to work together in compliance with our laws and processes; community consultation is a key requirement for decision-making and future planning..
- Fisheries:
 1. Fish count project at Theodosia will be funded by DFO.

2. Joint Fisheries Committee meets quarterly and our next meeting is mid-September. This is the committee and process where Tla'amin brings forward concerns and issues on any shellfish and fish species. Different levels of DFO are present and they share their management plans, approaches and data collection with Tla'amin.
3. Geoduck licence application is still in its early stages.
 - Community bear-proof garbage bins have been ordered to mitigate and deter bears from residences. It is illegal to shoot bears so please manage your fruit trees and other bear attractants as best as possible. We need to learn how to co-exist with bears in a safe way.
 - BC Provincial Government has some funding for a project on reducing forest fire at the interface of forests and residences in Powell River.
 - Vancouver Island University researcher Tiffany Ormond is interested in doing a water quality research project at Tla'amin. Tiffany

will be making her first site visit to Tla'amin in mid-September.

- Health Centre parking lot and Salish Drive connection to new sub-division: planning to have this completed in the Fall. Quotes from civil engineers and bidding process will followed as per our Tla'amin finance laws.
- Small cultural project proposal: canoe shed/covered-area and cultural display of our canoes ie. Sea King, new reconciliation canoe, beside our Government House with pictures and summary about our canoes.
- Treaty Settlement Land forestry: to date one cutblock was harvested in the Spring approximately 12,445 cubic metres and the second cutblock to be harvested is in the planning stages. We had an Open House specific for forestry and it was successfully attended and positive feedback was noted for future planning.
- Friendly reminder to Harvest Permit Holders: please submit your catch and numbers to the Lands Department.

What's Happening at Your Historic Lund Hotel

*By Kurt Pynch, General Manager
Historic Lund Hotel*

Last time we were here we were getting ready for the “craziness” of Summer. And it certainly was. When it hit, it hit like a hurricane of people and boats and cars and more people. The hotel, in fact, has never been as busy as it has been this summer. Ever.

The Fuel Dock has seen a steady stream of boats, large and small, power and sail with people from all over the world. We all know about the European tourists who love to rent “RV’s” and drive them all over Western Canada. This year we saw a large increase of those same types of tourists who were renting sailboats and were exploring the beauty of our coast. It was nice to meet them and hear their stories and what they were looking for. And it was also nice to see how respectful they were about the land and sea and culture. It will be nice to see this part of the tourist market grow in the future.

Keeping the General Store open until 9:PM was indeed a success. We saw healthy gains in sales and as expected, being open later meant that people were, in general, around later. This in turn kept people in the bar and restaurant later and customers who arrived later in the day were better served than in the past and were happier customers.

Along with the keeping the Store open later, we kept the Pub / Restaurant open later, till 10:PM. Again this was successful as our sales through the critical summer months were more than 25% higher than they have ever been. Again, one department being open works with another department being open and they support each other and create a better guest experience. We also added an outdoor ‘checkers’ game to go along with our ‘chess’ set and people have been loving it. This year we had families out on the yard in front playing the games and just hanging out because our patios were open and Mom and Dad and the kids had something to do besides sit in their hotel room. This was a huge improvement over times past. It has been a lot more work mind you and all of the staff are looking forward to spending a little less time here and a bit more time at home with their families as the season slows down. In keeping with the industry trends, food makes up a larger part of what we do than it did in years past and you should all be proud of the efforts of the staff here at the Hotel. It has been especially nice to see so many new young people start work and do so well and I hope to see them back next year.



Our Guest Rooms have also been busier than ever. Tourism in BC was up about 4.2% this year. We were up more than 3 times that. And our guest’s have also been very happy and have continued to write glowing reviews on Trip Advisor and to write me back directly about their stay and great service. All in all, excellent work done by the staff in all of the departments.

But it doesn’t stop there. Because those are the departments that are most thought about even though a hugely important department is right there before your eyes. The first thing a guest sees is the building and property itself. I’m talking about the property maintenance and in this regard you should be very proud of the staff that have done such a great job making the hotel look better, cleaner and more inviting. Locals and return customers alike have remarked how the Hotel is looking better than it has in years. I only have one year of experience here and I must be honest, when I arrived last summer the hotel was in very poor condition. It looked run down and it was. But a year of hard work both inside and outside have brought the Hotel a long way back to where it needs to be. A hotel doesn’t have to be new, it just has to look clean and well maintained and therefore, welcoming. The hotel does still have a way to go, but this year it is clean and better maintained than in the past. From the inside of 20 rooms to constant cleaning, fixing and painting and landscaping and everything it takes so that a guest’s first and last impressions are of a clean well run Hotel where the staff take pride in what they do and the workplace itself. Hotel chains know how important this is and why they are so hard on properties that don’t maintain themselves well. The Historic Lund Hotel should be no different. Given the future of this hotel, it is important to

get these things right now so that next year can grow on the progress of this year and so on.

We have also had to do a lot of work on the docks and grounds. We invite you to come down and see for yourself how beautiful the improvements have been and how the whole property looks and works better than it has in a while. From the area around the blue ‘marine’ building all the way up to the Parking lots and in between, you will see a hotel that has improved dramatically over this past year.

And finally the Parking. The Nation took over operational control of it’s parking lots around the Hotel on July 10th this year. There seemed to be some controversy about it at the start and there were statements of hurt feelings that should never have gone public. But they did and they were handled very well. Although the first few days were rather bumpy, we learned a lot and we learned it quickly. We got the lots organized, had signage made and hired another employee from the nation and what seemed rough at first has turned into a smooth operation that is exceeding our expectations. We have received numerous compliments from the businesses and customers alike and have been told by many that it is a huge improvement over what has been in the past. It is nice to now be in complete control over the entire property, as it should be.

The future looks bright for the hotel and I look forward to keeping the operation rolling in the right direction. You have great leadership in the Board of Directors and together and with your support and patronage, we will continue to offer employment opportunities and a brighter future for all.

Exciting Outdoor Summer Learning Adventure for Tla'amin Children



This program is made possible by the partnership of the Tla'amin First Nation and School District 47. We are grateful for their funding and vision that allow for these excellent learning opportunities.

As Teacher-Coordinator of this summer program, I feel this is a wonderful opportunity for me to give something back to the Tla'amin Nation. Providing this type of summer learning opportunity is very important in the achievement of goals in making education a priority and also making it enjoyable for those involved.

By Gerry Brach

Congratulations to all the 20 students who participated in the Tech and Rec Outdoor Survival and Living Skills Program. This program has been specifically designed to enhance student leadership and to develop eco-literacy skills as well as teaching about local indigenous practices.

We had a fun-filled nine days of learning together. From building survival camps, fire pits and learning basic orientation skills students were immersed in learning various "bushcraft skills". Bushcraft is the skill of surviving in the bush or the natural environment. All students who participated in the summer program were provided with a survival kit (haversack) which they got to take home at the end of the program.

Thanks to Randy Mitchell, a Search and Rescue certified instructor for teaching the students basic survival skills along with the essence of bushcraft. Randy's purpose in facilitating this summer program was for the students to learn how to survive in a wilderness situation and how to be found if lost. "Bushcraft was a natural way of life for First Nations people. I would like to see all students remember their origins and to live in harmony with nature", said Mitchell.

Students also had the opportunity to learn about the importance of being stewards of the land. Through this activity, students created dioramas and posters showcasing the habitat of indigenous plants and animal species that have traditional importance to Tla'amin First Nation. As

stewards, students took pride in the ownership and understanding of the cultural and natural resources offered in their traditional territory. ...

Ten year old, Malachi Galligos has attended six previous summer programs as he likes being with his friends and doing fun things. "Tennis-hockey and soccer have been two of my favorite program activities," explained Malachi.

Dakota Gustafson, a grade 10 student at Brooks Secondary School has previously attended Tech and Rec Summer Programs seven times as a participant. For her eighth summer program, her role changed from student to youth leader. Dakota commented, "I liked attending the summer programs as a student as it got me out of the house and I really enjoyed learning how things work by being a part of the 'take apart' group. As a youth leader, it will be fun to learn how to take care of kids more." Other youth leaders included; James Timothy, Jerod Timothy, Jara Galligos and Alyssa Louie.

The youth leaders built many positive relationships with the younger participants and spoke highly of the opportunity to be positive role models in their community. Youth leaders enjoyed learning new leadership skills and ways to work with children.

Students attending summer camps receive many benefits. They have opportunities to expand and develop their literacy skills, learn new and exciting things about their environment and cultural history, develop the habits of lifelong learners as well as forming close friendships with the other students.

James Timothy

When I Started Playing Soccer

My names is James Timothy and my life is all about soccer. I started playing soccer at the very early age of five. My first games were with the white team in the Powell River soccer association. I can still remember leaving the house on that cold September morning at eight AM. I was really nervous because I didn't want to mess up a pass or mess up something that would make the team lose. I was scared to meet the new kids because I was a very shy child. I went out there very scared, but once I started to talk with the other kids and warmed up with them a little bit. I got comfortable and started acting like myself and I was having so much fun. Now today I have a passion for the game and I am going to play soccer for the rest of my life. I am so thankful that my parents signed me up for soccer, not only because I love the game and I am very good at the sport, but also because I've met some of my best friends playing soccer and I also jumped out of my comfort zone and I am not shy anymore at all. Today I am doing very well in soccer. I just won the gold medal at the North American Indigenous Games and I am hoping to go far in soccer one day.

Dakota Gustafson *Imagination and a Dream*

Hello my name is Dakota Gustafson and I got my first summer job. My job was just in my community at the Governance Building I was placed in the Housing Department for just about two months. It was pretty simple stuff as I just did some filing and stuff, but it got me thinking about my future and what I will do after high school. I had no idea how to get from here, to a good future and this is how I will do it.

It was a great first job to start out with, and it made me realize that this was the first job of many that I will have. But what were those other jobs and how do I decide which one will make me happy and not stressed out and which one will fit me best. And I had no idea how to figure it out because there are thousands of different jobs anywhere from a kindergarten teacher to a chemist and I knew I had to figure it out soon to get the right schooling to get the job I want. And then out of nowhere I got this opportunity to figure out what job would fit my personality best at a VIU workshop. On leadership skills and to help find a career choice it just took a ten minute quiz and I found a few good fitting jobs for my personality. One was an aerospace engineer or a chemist or even a geologist I had a few matches and that means I could chose a bunch of different jobs that would be fun. And it all I started with was an imagination and a dream.

Exciting Outdoor Summer Learning Adventure for Tla'amin Children (Continued from page 4)



Makaela has all the boys wondering her next move



Mastering a fire without matches

Jerod Timothy *My First Summer Job*

My name is Jerod Timothy. I have lived in Sliammon almost my whole life. I'm the son of Amy Timothy and Dave Moon. My first job ever was working with the Sliammon band, with the maintenance crew. I used a weed eater to cut grass, hedge clippers to trim black berries and moved some fire wood for some elders. I did that for 3 weeks in July and then for 4 days I attended a VIU workshop on leadership skills and different career activities. Now I am a youth leader at the Tech and Rec Summer Camp. I work with children to teach them different outdoor survival skills. For me learning to operate a weed eater has been the highlight of my summer job so far.

Jara Galligos *Life as a Summer Student*

Hello, my name is Jara Galligos and my parents are Daryl Galligos and Gloria Galligos. This summer will be my third year as a summer student working with children. My first year as a summer student I worked with Gerry Brach's Tech and Rec program. My second year I worked with Shirley Louie and Tyler Peter's Summer Fun program. This year I worked with the summer fun program again. I also got to work at the day care and experience working with the younger children. I am now working with the Tech and Rec program again. I feel very privileged to gain work experience working with children at various ages. Because I was able to get a feel of what it is like to work with children, I have a better idea of what I would like to do when I am older. Before I gained work experience I had no idea what kind of career I would enjoy doing, but now I know that I would like to carry on working with children as a career in the future.



Instructions on mastering the compass

PROGRAMS & SERVICES



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



October 2 - November 10, 2017

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

Industry Certificates:

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

Possible Tuition funding in upcoming Trades Programs:

- Automotive Service Technician
- Culinary Arts
- Carpentry
- Hairstylist
- Welding

VIU-Powell River and Career Link are offering a combination program which runs at the Powell River campus—Fast Track to Trades will prepare At-Risk Youth, Aboriginal Peoples and Women for success in entering a trade with employment opportunities locally and across BC by providing a two-phase approach that includes Academic Upgrading along with Essential Skills and Employability Skills training. All areas of training are focused on trade-occupations preparation, including 5 industry certifications.

Eligible participants can jump start a career in trades. Seats are limited. APPLY today and get started on a successful, satisfying, well paid job in the trades.

Contact VIU-Powell River at 604.485.2878

6 fully funded spots will be available to eligible applicants in any of VIU's Powell River's trades programs upon completion of the Fast Track to Trades Program.



Hands up to the efforts and commitment of our educators in School District #47

We would like to thank Fred Louie for lending the Traditional Place Names working group his set of cassettes and cd's. Erica Louie did some editing and all the work was put into the memory stick which Fred is holding. Thank you Fred.



We would like to remind community members that we will upgrade any cassettes that you might have stored away. For the privilege of listening to the tapes and using the information, we will upgrade what you have into a memory stick.

Contact us at the cultural building.

Tla'amin Legislature wishes all our students a successful school year moving forward towards your graduation.



VANCOUVER ISLAND UNIVERSITY
POWELL RIVER

Wildland Fire Fighting Training

September 26 - October 6, 2017

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

The training

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

2 easy ways to register

Call us
604-485-2878

Drop by
100-7085 Nootka St.

Training will cover the following:

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

10 sessions; 8:30 am—4:30 pm
 1st week: Tue - Sat, Sep 26 - 30
 2nd week: Mon - Fri, Oct 2 - 6
 \$2,700. Includes all safety gear required (chaps, hardhat assembly, pressure bandage, whistle, Hi-Vis shirt, safety boots), and bagged lunch each day.
 Seats are limited

Refund Policy for CE classes

Fees are refundable if you withdraw at least two weeks before the course starts. Note that we are unable to issue refunds after those deadlines. A full refund is issued if a course is cancelled.

Graduates of Tla'amin Nation Post-Secondary 2016/2017 Academic Year

The Tla'amin Nation would like to congratulate the following students on achieving their educational goals and wish them well on future endeavors:

Marlane Christensen- Masters of Arts in Leadership, Health Specialization Program (RRU) December 2016

Mary Peters- Water & Wastewater Technology Certificate Program (TRU) May 2017

Ryan Pielle- Family Support Worker at Camosun College (May 2017)

Tanner Timothy- Level 7 of the Geographic Information Systems (BCIT) June 2017

Bachelor of Arts Degree- Geography (Trinity Western University) June 2016

Sincerely
Louise Dominick
Tla'amin Nation Post Secondary Coordinator



Tla'amin Education Announcements

Tutoring at Brooks Secondary School

Starting on September 5th 2017:
Every Tuesday & Thursday
3:15pm-4:30pm

Tutoring at Ahms Tah Ow School

Every Monday & Wednesday
5pm-7pm

Tla'amin Post-Secondary hours

Friday 830am-430pm
Email: postsec@tn-bc.ca or 1-604-483-9646 ext.125 Louise Dominick

Ahms Tah Ow School

Is taking applications for any community members who want to upgrade or enhance their skills.

Applications are at the front desk of the Tla'amin Governance Building

Please Contact Louise at 604-483-9646 ext.125 if interested in applying or talking about required courses needed.



**PITZER'S NATIVE AMERICAN
YOUTH TO COLLEGE PROGRAM**
WITH WESTERN UNIVERSITY OF HEALTH SCIENCES

By Sylena Romanyshyn

Deciding to push myself out of my comfort zone and pursue the Native Youth to College Program at Pitzer College (Claremont, California) has impacted me more than I could have imagined. I did not expect to grow so close with everyone at the program, feeling like they were my second family. I am beyond grateful to have been given this opportunity and I want to extend my gratitude to both our Nation (Roy Francis and Steve Hunter) and the staff at Pitzer College (Scott Scoggins). If it were not

for their funding and support, I would not have been able to gain the knowledge and cultural understanding that I did.

The entire trip was beyond what I expected. I had so many great opportunities and experiences. It is very hard to narrow it down to just a few highlights of my trip but one exercise in particular stood out for me. The blanket exercise lead by the elders from Vancouver Island University, Sylvia and Gary Scow, helped me to understand what our ancestors went through in the past and how those horrific experiences shape not only the people in our Nation, but people all over the world. Going through this activity was especially touching for myself because this is what my ancestors went through. It provided me with the understanding of what I could only imagine our people went through with residential schools, diseases and so forth.

Another highlight of the trip was our visit at Wishtoyo. This taught me about

culture of the Chumash people and respecting our elders. Mati Waiya and Luhui Isha provided us with a wonderful place to call our home for three days and adopted all of us into their family. The memories made here are ones that I will remember for the rest of my life.

Learning songs and drumming at this program was also an enlightening activity and made me want to take part in the similar practices that our Nation provides.

My hope for next year is that more youth from our Nation will apply to this program because it really is a once in a lifetime experience. It will help you grow not only as a person, but culturally and spiritually, making connections with people that you will have for the rest of your life. It taught me how important it is to keep the culture we have living and to inform the youth of its importance.

Let's Talk Trash.ca

WHAT IS WASTE?



Composting:

Why Compostable Plastic isn't so Fantastic

If the earth lover in you is tempted to reach for compostable plastic bags on your next shopping trip, think again. Although they are well packaged and advertised, compostable plastics aren't so fantastic for the planet. Essentially, they don't reliably break down into food for the soil, which can result in visible pieces of plastic littering your garden fertilizer and eventually getting into the food chain.

These compostable (also called biodegradable) plastics are even causing problems at certified composting facilities. Many are now banning them entirely. Salish Soils in Sechelt is one such facility that will not accept compostable plastics of any kind. Powell River's community composting drop off pilot program delivers its collected compostables to Salish Soils, and strictly prohibits the inclusion of any kinds of plastics, no matter what the labeling.

The great news is that the drop off compost program at the Town Centre Recycling Depot is available to all residents of Powell River for no additional charge. See August's Nehmotl for details of what is allowed in the program. In general, the rule of thumb is, "If it grows, it goes!" This includes kitchen scraps, yard waste and food soiled paper products. Other than compostable plastics, there are other items that should stay OUT of the compost drop off pilot program, including: produce stickers on fruit and veggies, rubber bands, pet waste, and invasive species. Check out the complete list in the What Stays Out graphic. Let depot staff know

WHAT STAYS OUT?

Pet waste, plastic, metal, etc.

- NO Compostable or Biodegradable Plastic Products
- NO Waxed Cardboard
- NO Produce Stickers
- NO Plastic, Styrofoam or Coated To-Go Wear (e.g. Coffee Cups)
- NO Glass, Metal, Wire or Rubber
- NO Pet Waste, Cat Litter or Seashells
- NO Diapers, Baby Wipes or Dryer Lint
- NO Invasive Species (e.g. Ivy, Japanese Knotweed, Broom, Blackberry, etc.)



if you need assistance when you drop off and they will gladly help out. Got questions? Contact info@letstalktrash.ca

We Need Your Input!

The Powell River Regional District is in the final stages of updating the Solid Waste Management and Resource Recovery Plan; which includes more opportunities to recycle; compost yard, garden and food waste; clean up the contaminated former waste incinerator site and build a Resource Recovery Centre (including a waste transfer station).

Come out to the public engagement event at the Tla'amin Governance House Tuesday, October 10th, 4 – 6pm (presentation at 5pm.) Or join us at one of the following events happening soon.



POWELL RIVER REGIONAL DISTRICT

SWMP PUBLIC EVENTS - JOIN US!

COMMUNITY	DATE & TIME	LOCATION
Electoral Area B	Wed. Sept. 20 • 6 – 8pm Presentation at 7pm	Myrtle Point Golf Club 2865 McCausland Rd, Powell River
Marine Avenue Site Tour	Sat. Sept. 23 • 11:30am – 2pm	Old incinerator site Marine Ave, Powell River
Electoral Area D	Sat. Sept. 30 • Noon – 2pm Presentation at 1pm	Texada Community Hall 4913 Gillies Bay Rd, Texada Island
Electoral Area C	Mon. Oct. 2 • 6 – 8pm Presentation at 7pm	Lang Bay Hall 11090 Hwy 101, Powell River
City of Powell River	Wed. Oct. 4 • 6 – 8pm Presentation at 7pm	Recreation Complex 5001 Joyce Ave, Powell River
Electoral Area A	Sat. Oct. 7 • 1 – 3pm Presentation at 2pm	Northside Community Recreation Centre 9656 Larson Rd, Lund
Tla'amin Nation	Tues. Oct. 10 • 4 – 6pm Presentation at 5pm	Tla'amin Governance House 4779 Klahanie Dr, Powell River

Health and

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

Wellness

Hchewšın: The Way Forward

By Alex Sutcliffe



By Cyndi Pallen

In August 2017, an historical moment took place for our "Tla'amin, Homalco and Klahoose"!!, all of whom had an opportunity to share language, through song and dance!! This was the first time, in which all three nations came together for canoe journey, which was a big undertaking to prepare for!! We were excited for Klahoose who participated for the first year on the Salish Sea with their new canoe! It was a proud moment in time; Drew Blaney, worked with Klahoose to compose songs, and all three nations shared these songs and more...at the protocol with the We Wai Kai Nation and the We Wai Kum Nation!

For more than twenty-years, Tribal Journeys has provided the framework for cultural revitalization and experience aimed at supporting all ages of individuals to participate in this unique and healing journey for many. For some, their travels included 3-4 or 5

weeks of daily paddling to reach Campbell River – with each stop bringing the opportunity to put into practice the important cultural protocols of our communities! It is a journey of healing and health both individually and collectively and for many, represents a connection to each other, to the land, and to their cultural heritage for which there is simply no other comparison.

The canoes arrived on Quadra Island Friday, August 4th for a soft landing where they were welcomed into the territory of the We Wai Kai Nation. (Cape Mudge). The campsite for Tribal Journeys was located on Quinsum Reserve in Campbell River. On Saturday, August 5th, the public were invited to witness the arrival of the canoes onto the Campbell River Spit as they are welcomed by the Wei Wai Kum Nation. A public feast was held to mark this occasion and everyone is invited. This year Tribal Journey anticipates seventy-five to one-hundred canoes to participate from U.S and B.C. Canada.

Hchewšın is a grassroots community project that was started by a mixed group of non-indigenous people that wanted to right the wrongs of the past and reach out and connect with the Tla'amin community, by honouring the teachings and territory of the Tla'amin people.



This process continues to move forward and the next step is centred around the creation of a traditional dugout canoe, which will become a vehicle of reconciliation, both figuratively and literally

At the beginning of this process, Tla'amin Nation Hegus Clint Williams and Tla'amin Legislators were very supportive of this



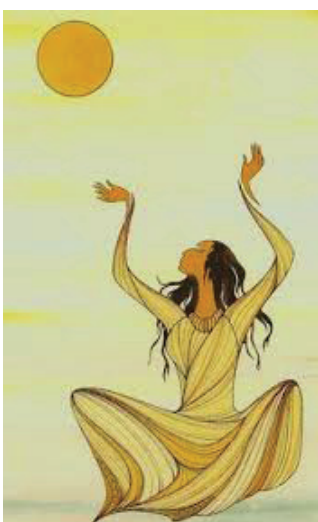
John Louie and Ivan Rosypsky at Willingdon Beach

initiative. It was under the direction of Hegus Clint Williams that the team should approach Western Forest Products (WFP) for a "free access permit for cultural purposes," which is what set in motion the search for the tree that would eventually be transformed into the canoe.

After many months of searching, WFP was able to provide a suitable log to Tla'amin, who in turn provided it to the Hchewšın reconciliation project. The tree was moved to Willingdon Beach on Monday, August 14 in preparation for the carving to begin.

Canoe builder Joe Martin from Tla-o-qui-aht Nation will be leading the team of carvers, which includes Sherman Pallen, Randy Timothy, and Ivan Rosypsky. This sharing of cultural knowledge will help bring back these types of skills to our Territory, with regard to the knowledge of how to build a canoe.

The carving will commence in mid-September and is expected to take around six to eight weeks to complete. Everyone is welcome and encouraged to come and visit and be a part in this process.



λasəm saltx^w

Strong Woman

Next gathering is on Wednesday, September 27th from 4:30 PM – 6:30 PM. Guests will be presenting on the health benefits of essential oils. 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.

September 9th is International Fetal Alcohol Spectrum Disorder Awareness Day

By Brenda Pielle
Youth and Family Advocate

You are invited to learn as much as you can about FASD. The following opportunities are available to everyone:

1. **There will be an information booth** set up in the lobby of the Governance Building and the Health Building. Please visit the information booth and answer a four question survey. **Place your completed survey in the box on the table for a chance to win a prize.**
2. **There will be an information session on FASD** at Tla'Amin Health on Wednesday September 13, 2017 at noon hosted by Kim Markell and Brenda Pielle. Door prizes will be available.
3. **A guest speaker named Stacey Wakabayaski** will be in Powell River to talk about FASD in an evening open to the public on Thursday September 21, 2017 6:30pm-8:00pm. The location will be confirmed closer to this date.

Why is Fetal Alcohol Spectrum Disorder an important issue for our community?

There are children, youth, and adults in our community who may be struggling with daily living without knowing the reason could be a learning disability caused by FASD. We want to help our community members have the best chances in life as possible, and the best support possible.

Having a child affected by FASD could happen to anyone. As an example, there are often weeks and sometimes months before a woman knows she is pregnant. It is possible for Mom to drink alcohol during that time when the pregnancy is unknown.

It is also possible that because the information about FASD is relatively new, mothers may have used alcohol during pregnancy in the past without knowing the dangers.

It is also possible that some Moms may have had difficulty staying away from alcohol during pregnancy. Some Moms may have consumed alcohol during their pregnancy because of a strong addiction to alcohol.

Is learning about FASD only for pregnant women or for people working in the area of social services?

Learning about FASD is for everyone. It is important for all of us to learn as much about this as we can so that all of us can take part in helping our community.

What can we as a community do to help with this issue?

It takes a whole community to address this issue. There is something we can all do to help prevent FASD.

- If you are thinking about getting pregnant, now is the time to think about taking a break from drinking.

- If you are pregnant, choose to be alcohol free during this special time for you and your baby's life.
- If you have a spouse, partner, sister, aunt, daughter, granddaughter, mother, or friend, who is pregnant, you may want to support her by being alcohol free yourself, during her months of pregnancy and breastfeeding. This is one way of showing the expectant mother how much you respect and appreciate her commitment to having a healthy baby.
- There is no one birth control method that is 100% effective. For example women have become pregnant while using the birth control pill. 75% of pregnancies are not planned. Using two birth control methods can be helpful. Lowering alcohol consumption will also be helpful.
- Every individual can make a difference. If you are a parent or grandparent, aunt or uncle, big sister or big brother, or someone who cares about our youth, you can have a role in providing accurate information to our young people who are approaching their reproductive years. Our youth can be presented with many options and choices for their lives. Abstaining from alcohol can be one of their choices, and abstaining from sex can also be offered as a choice. Learning accurate information about the effects of alcohol use and about birth control is important for our youth.
- The community can learn how to support a child, youth, or adult who has FASD, by learning as much information as possible so we as a community can give individuals affected by FASD the support and understanding they need and deserve.

What kinds of services are available for FASD?

Tla'Amin Health is very interested in preventing FASD in our community. We offer a best babies program where our new mothers can learn many things and support each other in doing everything they possibly can to have a healthy baby.

Tla'Amin Health has been sharing information about FASD by providing workshops to various groups, providing information booths at community events, and gathering pamphlets, booklets, and videos on this topic. Please let us know if you would like more information, or if you have any concerns. We have information about referrals to other agencies for very specific help with FASD (ie. diagnosis, supports at daycare, preschool, or school for children and youth with learning disabilities, etc.)

Tla'Amin Health has a Traditional Wellness Team who can offer counseling, emotional support, and referrals. Our Nurse Practitioner and Nursing team are also available to help community members with this topic.

As staff we are learning new things about FASD. I hope you will join with us in this journey towards having the best knowledge we can about this important topic for the well being of our future generations.

Elders Corner

September 5: No EDP (long weekend)

September 8th: Elders Library Visit. Meet at 9 am at Health for van leaving to tour the New Powell River Public Library. 9-12pm

September 12: EDP Luncheon. Elder planning get together. Discuss future outings. 11-1pm

September 14th: Elder Gathering meeting. Come and help plan for next year's gathering. Update on current fundraising events. 1-2 pm at health.

September 19: EDP Luncheon presentation on Emergency readiness planning. 11-1pm

September 21 Seniors Together Luncheon at PR Rec Center. Informative and well-presented luncheon put on by the City of Powell River. RSVP as this is a well-attended event.

September 26th: EDP Bingo

Cowichan Elders Gathering Update: Next meeting is September 14th at health.

Community Garden Update. Things are nearing the harvest cycle at the garden. Late crops should be planted for the cooler season, and the hot composter should be completed. To learn more about growing food, and how to set your own garden up, contact Darron @ 604 483 3009 ext 226

Elders T Shirt Fund Raiser. If you would like to own your own nifty and new T Shirt, Please visit Raven Events at the Old Lands Building. Or call Randy Harry (all proceeds go to 2018 Cowichan Elders Gathering)

Dental Clinic



Hello Community, Dr. Machin will be here twice in September. The first Dental clinic will be held on Friday, September 8th and Friday, September 29th. These two clinics are full. I am currently setting up appointments for October/Nov/December. We do have a several people on the wait list – Priority is given to children. Thank you for your patience. For appointments call Cathy @ 604 483 3009 extension 248.

**LUNCH & LEARN:
FETAL ALCOHOL
SPECTRUM DISORDERS
(FASD)**

**Wednesday, September 13th from
12:00-1:00**

Enjoy a nutritious lunch while learning about a different health topic each month.

Tla'Amin Community Health
Boardroom

In August, we reviewed what the liver does and how to keep it healthy. The functions of the liver include:

- Cleaning the blood
- Regulating the supply of body fuel
- Making many essential proteins
- Balancing many hormones
- Regulate body cholesterol
- Regulate the supply of essential vitamins
- Produce bile

Tips to keep your liver healthy include:

- Maintaining a healthy weight
- Avoid drugs
- Eat a balanced diet
- Exercise regularly
- Use alcohol responsibly

Prevent Type 2 Diabetes

If you're more likely to get the condition, weight loss is one of two ways to prevent or delay it. The other is moderate exercise -- 30 minutes on 5 days a week. If you weigh 160 pounds, you could lose just 8-12 of them to get the benefit. If you already have diabetes, losing that weight can help you take less medication, keep control of your blood sugar, and lower the odds that the condition will cause other health problems.

Living Well with Diabetes

September 20th

10:00-2:00

Tla'Amin Community Health

This workshop is for those diagnosed with diabetes, those caring for people with diabetes and those who are interested in learning more about diabetes. Topics such as risk factors, screening, diagnosis, complications and management will be covered.

This event will be facilitated by Liane Leblanc, registered dietician, and Kim Markel, chronic disease nurse. Please contact Kim at 604-483-3009 ext. 252 by September 13th to confirm participation.

Lunch and door prizes included!

**Reclaiming Connections
Parenting Program**

The development of culturally sensitive and safe parenting programs for Aboriginal families is among the calls to action issued by the Truth and Reconciliation Commission. Although programs are available for parents and caregivers of young children, few address the needs of caregivers of teens. Reclaiming Connections is a free 10-week program supporting parents and caregivers of pre-teens (ages 8 – 12) and teens (ages 13 – 17). Caregivers meet in groups of 8-10 with two group leaders from within their community, 1.5 hours each week. Reclaiming Connections supports families in ways that are safe and respectful, integrating traditional cultural knowledge, in accordance with local communities.

Through mutual dialogue and partnership with all levels of community, we continue to collaborate and gather information about how to make the program stronger and to ensure cultural sensitivity and safety. Information gathered belongs to each community; and with consent, new knowledge will be shared broadly to support learning. The program has been structured so that leaders can adapt the program to fit the needs within each community. Reclaiming Connections is shaped in collaboration with Aboriginal families, mental health professionals and researchers. Information gathered belongs to each community; and with consent, new knowledge will be shared broadly to support learning.

Traditional Wellness Team had training earlier on this past year and are now offering "Reclaiming Connection Parenting" Program for community of Tla'amin. Please call Cyndi Pallen-Aboriginal Child and Family Counselor, at Tla'amin Health Services 604 483 3009 Ext 230, I will work with Shelley Chaney of Powell River Child and Youth Care to facilitate this parenting program.

Orientation Date: October 3, 2017

Time: 4:00-7:00

Place: Tla'amin Health

Dinner and childminding provided, please call asap to register!!!

Ahms Tah Ow Community Garden

By Darron Cound
Elders Coordinator

Our community garden has been growing for a few years now. As the need for good healthy food increases, community members are stepping up to volunteer their time and energy into making quality food available for our Community. Due to the ever increasing cost of food, and it's availability, self-sufficiency is key in making this valuable resource available for all of our community members.

square in the center of the garden, where our community members can gather, and teach about local plants and herbs, and growing food can take place. Another source of funding came through the Nawt Sah Mah Food Security Program, and seedlings, equipment and greenhouse materials were purchased, as to grow food into the `non growing season`

It is important to recognize our



With the raised boxes installed, we are able to grow many vegetables that were only available by travelling into town, which can be an issue for those who don't have transportation. The cost of vegetables is another hurdle for those to overcome because of shipping cost are added to the price of food, making it even more inaccessible.

There are a few obstacles to overcome growing food in Tla'amin Nation; the soil is mostly poor, needing enrichment, local invasive species of plants, and the local birds, insects and animals make it difficult to grow. These issues can be overcome with some foresight and planning.

With help from the New Relationship Trust Fund, we were able to set up a

community partners in the Powell River area who have made significant donations to our Community Garden. T&R Contracting donated 3 square yards of Salish Soil for our growing beds. Also, Springtime Nursery donated seedling soil, seedling vegetables, seeds, and good advice on how to build a greenhouse.

It is very important to recognize the committed community members that take the time to water, plant, harvest, plan, and build onto the garden to make sure it is at the best it can be. We recognize Ann Paul's leadership in this project and follow her vision. The goal is to have more Community members active in participating, as this garden will `grow` to meet the future demand.

Tips for Healthier Eating

There's no one perfect diet to help you slim down, but there are some basic rules. Make half your plate fruits and vegetables. Keep your protein lean and unprocessed: Choose meats trimmed of fat, and eat seafood, beans, nuts, and seeds. Replace refined grains like white bread and white rice with whole grains like multigrain bread, brown rice, and oatmeal.

To Community members

You are invited to attend a
**Non-violent communications
skill training**

Wednesday, September 27

**Salish centre from 9:00 am - 4:00 pm
Refreshments & Lunch will be provided**

Register with Sandra Tom or Kim Hackett @ 604 483-3009

Sponsored by Tla'amin Nation and Tla'amin Health

About the Facilitator



Leslie Williamson has been involved in the Healing Arts field of work for the past 23 years. Both Leslie's grandmother and mother spent time in residential schools, giving her intergenerational understanding and empathy for the issues in First Nations Communities Today Leslie is a facilitator/trainer, keynote speaker and licensed coach

certified in Nonviolent Communication. She speaks to her ability to create a safe and comfortable environment for participants

What is Nonviolent Communication? It is a life-enriching way of communicating within ourselves, within our families and organizations. It has the ability to contribute to social transformation by showing people how to think, speak and act in ways that inspire compassionate results. It has the ability to bring peace to all that choose to practice the tools offered in this workshop. You will

1. Gain an understanding of how our education and communication has changed since colonization and residential school.
2. Learn tools to think listen and speak in ways that create more respectful and kinder connection.
3. Gain some basic conflict resolution skills.
4. Gain clarity in transforming anger and emotional pain and to enhance spiritual development.
5. Understand the key differences between 'violent' vs 'nonviolent' communication.
6. Each participant has the opportunity to gain knowledge and awareness that can empower them to make choices to experience more peace, joy and daily growth.
7. Obtain an ongoing sense of peace and happiness within.
8. Develop skills in supporting self as you support others



Thank You Shelley for 21 years of Health Care

“So let me say before we part, so much of me is made from what I learned from you. You’ll be with me like a handprint on my heart”

Author: Stephen Schwartz

After spending 21 years with Tla’amin Health, it is with mixed emotions I am announcing that I am leaving my position as Community Health Nurse at Tla’amin Health. My decision to leave the community has been a difficult one, however my son will be attending school on Vancouver Island and as a family we have all decided to move to the Island.

At this time I would like to thank you for allowing me into your lives and your community. I truly feel blessed to be have given the opportunity to share the last 21 years with you. There are many special memories that I will hold closely. The people and the community of Tla’amin will always hold a big and special place in my heart.

Until this position is filled the following people can assist you:

Adult immunizations & TB testing & HIV point of care testing – **Kim Markel**

Pre/Post-natal Programming – **Dawna Pallen**

Childhood immunizations – **Powell River Public Health**. Phone 604-485-3310

All other nursing related enquiries can be screened and re-directed as needed by the nursing staff:

Jean Daly and/or Kim Markel.

Until the community health nurse position is filled I ask that you are patient with the staff. Nursing staff is often very busy at this time of year so if you would like to see a nurse it would be beneficial to you and helpful to the nurses if you could pre-book appointment times.

Emote
Sincerely,
Shelley Clements

Family Support & Wellness

The Family Support and Wellness is to provide **guidance, information** and **emotional support** for community members who may be going through difficult times and to advocate or make referrals on your behalf. **Transportation** is also part of the family support services for shop/good food bank.

Tuesdays - Self Care Program (10:00 – 12 noon)

September Walking @ Track
October Yoga @Salish Centre
November Complex Activity

Transportation provided

Wednesday - Grief & Loss Begins October 11th for 6 sessions

Thursdays - Social & Crafts Group (10am – 2 pm)

Knitters or those who crochet to help make Purple Baby Hats An Awareness of Shaken Baby Syndrome (hats will be sent to Children’s Hospital by Sept.22)

Join in if you have personal projects you would like to complete or drop in for a visit!

21st Guest Speaker - Colleen Mudry. “Conflict Resolution”

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

Registered Dietitian at Tla’amin Health



Are you interested in learning how to shop for and cook healthy food that is affordable and tastes great? Would you like to be able to read ingredient lists and nutrition labels to know exactly what you are putting into your body? How about knowing how to choose healthy carbs, fats, and protein and avoid added sugars, unhealthy fats, and salt? We can also find ways to manage your blood sugars, achieve and maintain a healthy weight, and lower your cholesterol.

I am a Registered Dietitian and I am in your community at Tla’amin Health every

Wednesday. Whether it’s workshops during your lunch hour, one-on-one counseling, or group classes, please contact Cyndi our Tla’amin Health Aboriginal Child and Family Counselor at (604) 483-3009 and let her know what you would like to see offered.

If you are would like one-on-one sessions with me please call Tla’amin Health at (604) 483-3009 to book an appointment.

I hope to see you soon,

Liane

Tla'amin Nation Executive Council Minutes

July 19, 2017

Council Chambers, Governance House



Attendance: All Executive Council

Resource: Rod Allan, Cathy Galligos and Judith King

Guests: Colin Osmond, Betty Wilson, Burt Finnermore, Andre Balfe and Stephanie Voysey

1. CALL TO ORDER: Hegus Clint Williams called the meeting to order at 10:30 am

2. APPROVAL OF MINUTES: July 05, 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 Larry Louie**

4. PRESENTATIONS:

Presentation 1: Colin Osmond attended to discuss his thesis. He thanks the community for helping him with his work. Colin is inspired by history and not just European history in Canada. He believes indigenous oral history provides answers. He talked about his research concerning the forest industry starting from the 1860s in Powell River to the 1960s. He noted that Tla'amin men were instrumental in the hand-logging industry and were excellent loggers. Throughout the 20th century, Tla'amin loggers were much in demand. In future, he hopes to research a project called - Mapping the Transformers' Travels, which highlights legendary stories and the way in which they are told. He wishes to begin creating a database which includes raw data and collecting research that will belong to Tla'amin. This research includes Tla'amin engagement with their broader territory.

Presentation 2: Cathy Galligos attended to talk about the TSL002 Block. The Call for Proposals will be open to all companies and not by invitation only. The cut block is approximately 22,000 cubic meters, has been engineered and is up Tomkinson Road. Clint asked Cathy for an open house on future harvest planning including the proposed cut block. It was recommended that the Lands Department send out a flyer about the open house. Call for Proposals will go in the Powell River Peak and on the Tla'amin website. Cathy gave a summary of the TSL001 block project.

Presentation 3: André Balfe, General Manager and Stephanie Voysey, P. Eng, EP, Environmental Officer for Lafarge attended. André talked about the application to amend the existing drainage plan at the quarry. The quarry has three formal discharges off-site. The operation filters out water from the sediment. The three sites are getting permitted under the Environmental Management Act. Currently, Lafarge is building a surge pond in their main quarry and it will flow into two sediment ponds before flowing to the ocean. Stephanie gave additional details and is looking for Council's input. Clint anticipates a shared discussion in the early stages regarding any Lafarge projects so that Tla'amin is informed of the planning process. André ensured that the Council will be kept up-to-date on Lafarge operations as they go forward. Clint will appoint a person to liaise with Lafarge soon. André says that Lafarge is always open to site visits.

5.0 New Business:

5.1 Administration & Finance:

5.1.1. Meeting dates for August were discussed. It was decided that August 23rd is the date for a single Executive Council meeting in August.

5.1.2. Healthy Living Dividend – This is the first year for the new structure. Tla'amin Management Services (TMS) will allocate a lump sum to the Nation. The Nation will make a decision on the distribution of funds. Discussion began on a sum for the Healthy Living Dividend. It was agreed that \$500 per person is the dividend in 2017. The Lands department will fund the post-secondary increase to the student living allowance. The Christmas bonus is \$50.

5.2 Education: : University of Saskatchewan hired Kirsten Paul and Drew Blaney directly as summer students to assist with the mapping, legends and place names project in Tla'amin Lands.

5.3 Elders: Campbell River conference went well. There were hotel cancellations due to the fires in the interior and more hotel rooms were available than expected.

5.4 Emergency Services: There is a plan for Floyd George's commemoration. We need to invite people that Floyd would like to see there.

5.5 Fishery & Hatchery: The Nation's requirements for food fish will cost approximately \$80,000. Aboriginal Fisheries Strategy program has some money saved, but Council will supplement the fund.

5.6 Forestry: Elk Draw memo distributed by Clint. It outlines the rules for the Elk draw and the participant requirements for entering the draw.

5.7 Housing: A private home sale was discussed. The Nation does not wish to purchase a private home.

5.8 Public Works: The sand filter replacement project's second side will be completed in two weeks.

5.9 Taxation: There will be a meeting July 20th regarding those leaseholders who did not pay their taxes.

5.10 Self-Government: Council will wait for KPMG to give us a date for audit completion before scheduling a Special Legislative Assembly.

House Posts:

Land and Resources: Lori reports from NRC:

1. Salish Drive upgrade includes plans for paving the Health parking area and new parking spots for Elders. August 1st meeting is set to discuss the parking lot.

2. Harwood Island signage will be placed to advise users to respect the land;

3. New lease at TSL Westview parcel discussed. The plan is to lease out land for light industrial purposes;

Tla'amin Nation Executive Council Minutes
July 19, 2017
Council Chambers, Governance House

4. Research project regards measuring water quality to create a base line for the community watershed. There will be community involvement in doing sample collection;

5. Seven bear-proof garbage bins ordered.

6. There is going to be a Natural Resources Open House;

6. There was an issue with a breach of an archaeological site at Emmonds Beach. The RV campground does not have an archeology permit or referrals system regarding sacred sites;

7. Shoreline protection project is happening at Lasqueti Island. Denise is the contact;

8. Western Forest Products has asked Tla'amin to do a community consultation on the forestry stewardship plan. Tla'amin recommends a plan for the monumental cedar harvest;

9. October 10th to November 20th are the dates for the Elk Hunt;

10. The beige 17-foot speed boat had some minor repairs. The Wannauk vessel is up for sale at \$6,500;

11. Tla'amin has been approached about a submitting a geo duck application to maintain a geo duck farm and there was discussion about the Klahoose example of a geo duck farm. The application will go to the Holdings Board for review;

12. Nah Mint raider is in Campbell River and repairs will be completed by December;

13. The waterfront boat launch is in need of fixing up. The cracks need concrete and it was asked if we need a DFO permit to do repairs. It was decided to look into a concrete finisher and do the repair while we have the low summer tides.

Community Services:

1. Larry reports that the Community Services meeting date is changed to August 25th.

2. A Tla'amin Community Health staff meeting with Executive Council took place on July 19th to improve relationships.

Public Works: Housing Committee appointee, Dawna Pallen is meeting with Tyrone and Paula.

Economic Development: Clint mentioned the advertisement for the new Chief Executive Officer at TMS.

Naut sa mawt Tribal Council: July 21st meeting is taking place here at Tla'amin Governance House.

Other Business:

1. Seraphine Munroe sent a letter to Council. She would like to do 10 interviews on our traditional Ta'ow. Lori will coordinate the interviews and has some candidates planned for interviews.

Adjournment
 Moved by John Hackett
 Seconded by Lori Wilson

Meeting adjourned at 2:58pm.

Lands and Resources

Open House

Wednesday, September 27th

3:00pm – 6:30pm

Tla'amin Governance House

Lands – Update on what Lands Department is doing. Provide your input on amending the Land Use Plan. Provide your input on residential development on the Westview parcel of Treaty Settlement Lands. Information on obtaining a residential lot. Information on applying for a loan to build a house. Information on Invasive Species. Information on Home and Land Ownership.

Harvest/Citizenship Cards – Come get your application and picture for your Citizenship card.

Longhouse – Provide your thoughts on a proposed longhouse in the Tla'amin community.

Referrals – Learn about our referrals department and archaeology.

Forestry (TSL) – Learn about the 1st cutblock and future cutblocks. See what the Tla'amin Nation has purchased from forestry revenue.

Fisheries – Update on what the AFS/SEP Fisheries departments have been doing.

Let's Talk Trash booth.

Forest Fire booth.

Enforcement – See what has been happening in the Enforcement department.

Signage/Maps – Learn where Tla'amin Nation has been posting Lands signs.

Treaty Settlement Lands – see the big maps where all our land is.

Cabin – provide input on the next cabin location.

Enter your name for door prizes at the end of the evening.

Light snacks.

Please come out to learn what the Lands and Resource departments are doing and future projects.



Changing the filters at the Water Treatment Plant

Interesting Facts on Hummingbirds

The Hummingbird is a very small species and one that many people are familiar with. There are 343 species of them that have been identified. They live in regions found all over the world in both North and South America. With such a large number of species it ranks them as the second largest bird family in the world.

The size of these Hummingbirds does vary though based on the species. To give you a good idea of their overall dimensions the smallest species is about 2.2 grams and the largest is about 20 grams. The smallest is the Bee Hummingbird and it is also noted to be the smallest bird in the world.

These charming birds get their names from the fact that the rapid movement of the wings make a humming sound. This is actually the smallest of all birds in the world. They are also the smallest type of animal in the world that has a backbone so they are often studied intensely by researchers.

Another reason that the Hummingbird is so well loved and researched has to do with the fact that it has the ability to move in ways that other birds can't. It is the only species of bird that is able to fly in all directions. This includes backwards and even upside down. It is quite the sight to see!

More than 50 different species of Humming-



birds are known to mate annually in areas of Mexico.

There are 16 species of Hummingbirds that mate in the United States.

During the colder times of the year the Hummingbirds migrate up to 500 miles. They are able to cover a great deal of distance every day. The Gulf of Mexico is one of the common areas where they are seen during the migration period. This has become a very common place for bird watchers to gather and to take in the exciting sight.

The mating rituals for the Hummingbird are interesting too. Known as the courtship dive, the males will go at least 60 feet in the air and then rapidly shoot down, make a U turn, and do it again. They will continue this process until they have the attention of a female that they can mate with.

There are many types of food that Hummingbirds consume. They mainly will consume sugar and sap. They also consume pollen and

they will eat small insects as a way to get protein. These birds can eat up to 3 times their own weight in food every single day. There are rumors about Hummingbirds hibernating but many people dismiss them. This is something though that has some truth to it.

While these birds don't have a typical season for hibernating they will do so if they need to conserve energy due to a lack of food. Then their metabolism slows down to an extremely small speed and they can continue to survive. Many people offer bird feeders in their yards where Hummingbirds come to feed. It is a great way to help these birds to thrive.

Hummingbird Species

Rufous Hummingbird

Violet-Headed Hummingbird

Anna's Hummingbird

Ruby-Throated Hummingbird

Stripe-Throated Hermit

Swallow-Tailed Hummingbird

Versicoloured Emerald

At the same time many people find it is a great joy to have this type of bird in their yard so it is an exchange that works well for humans and nature to benefit from. The life span for the Hummingbird is often very short. The majority of them won't make it past their first year of life. Those that do will typically only live up to 4 years. In many locations these Hummingbirds are having trouble surviving due to their habitat being taken away.

Problems with trees being removed, a lack of food, and even chemicals and other elements in their environment has resulted in some serious drops in numbers for some of the species. Even with education and conservation efforts though it may be very hard to get those numbers back up.

CDRC Poho (raven) Rescue



An injured raven was rescued by two CDRC staff. Our local bird rescue arrived to get Poho checked out to find the source of his injury. Injury had been caused by someone shooting him under his left wing. This is the 4th raven in the last year that has been shot and rescued from our community. Poho is being transported to the North Island Rehabilitation Center located just outside Qualicum on Vancouver Island, where he will be given the time and space to recuperate fully. Once he is fully healed from his injury he will be brought back to us at the CDRC so he can return to his family. The children are looking forward to his return.

Please do not shoot at the birds in the community it is against the law -cruelty to animals. Our ravens are sacred birds.

If the local birds are getting into your fruit or garbage, here are a few strategies that can be used instead of shooting at them.

- Keep your garbage inside until the day of pickup
- Pick your fruit as it ripens
- Hang old cd's in your fruit trees
- Provide an alternative food that you want them to eat, ravens are very, very intelligent and if you feed them their own food, they will leave your other stuff alone

From concerned CDRC staff



Adam & Lloyd Hackett 9th Annual Men's Ball Hockey Tournament

September 16 & 17, 2017

\$200 Entry Fee 12 people max per team

Cash Prize for top 2 teams.



Tla'amin Nation is proud to partner with the Canadian Martial Arts Academy to offer sponsored Youth Karate in the Tla'amin Nation for a second season for youth between the ages of 5 and 16

Dee's Smoke Shop

Reopening September 1st

Hours are 10am to 5pm Modays to Saturday while closed on Sundays. Happy to be back !

Don and Dee

House for Sale

6625 Homalco Drive

Call David Louie at (604)-578-0516

CRIME STOPPERS

Powell River RCMP are requesting assistance from the public and encourage residents to report any suspicious persons or activities in their neighbourhoods. Please contact Powell River RCMP at 604-485-6255 or Crime Stoppers at 1-800-222-8477. You can also provide anonymous and secure tips online at www.bccrimestoppers.com

If you have a problem with drugs in your neighborhood, the Powell River RCMP would request that you obtain the Suspected Drug House Guide which is provided to the public. These guides can be received from the Powell River RCMP Detachment and at the Community Policing Office, located in the Town Centre Mall. You can also call Crime Stoppers, anonymously at 1-800-222-8477 to report drug activity within your community



Tla'amin Nation is proud to partner with the Canadian Martial Arts Academy to offer sponsored Youth Karate in the Tla'amin Nation for a second season.

If you have a youth between the ages of 5 and 16 that would be interested in learning Karate, please come to the Salish Center:

Tuesdays, starting September 12, 2017

Time: 3:45pm

Location: Salish Center

Cost: Free

The first year was a success and we are looking to build on that with more kids, especially teenagers!

For further information and registration forms, you can contact Jolene Sutcliffe or Steve Hunter.



ANNOUNCEMENTS



Rylan Turned 9 on August 26th

You are a gracious person, with a good heart. You care, not because you need to, but because you want to. May God bless you. Happy Birthday Son.

Love Mom, Dad, Priya, Papa & all your family and friends



To a wonderful mother and wife who is surrounded by love every day

Happy Birthday on September 17 Mrs. G!



To a special daughter and big sister

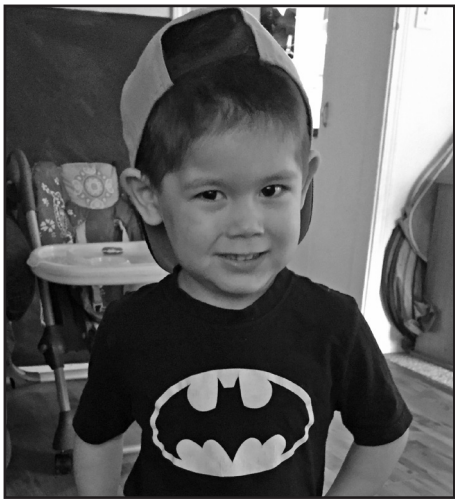
Happy Birthday on September 9th Stacia!



Happy Birthday Norma

I would like to wish my beautiful wife a very happy birthday wish you all the best an hard work you do. Love you

Wes, Kyle, Court, Ciera



Happy 3rd Birthday Daxton!

September 28th
Love Mama, Dada & Baby Nathan



Happy 6th Birthday Kaleah

Love mommy and your tribe



Happy Birthday Stuart Love TWS



It's a Boy!

Proud Parents Jasmine And Blake would like to introduce Jayce William born On July 30th/2017



Happy birthday Brenda Hackett (pinkie)
Love dad and Hackett tribe



Happy birthday Connie
Love from all of us