



# NEHMOTL "Us"

November 2017

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

## Tla'amin Hatchery Slowly Recovering Since the Flood of 2014

*Interview with Lee George  
Hatchery Manager*

The Hatchery is feeling the effects of the flood that put the hatchery out of commission back in the fall of 2014. We presently have very few Coho and Chinook. The Chum are starting to show up in better numbers after the last rainfall. The commercial fishermen had an opening in the Johnston Straits a few weeks back. This would have a major effect on returning salmon to our waters since they have to travel through the straits.

The hatchery staff met with acting project Advisor- Dale Desrochers & Stock Assessment Technician- Jim Wilson to discuss hatchery operation. The DFO group would like to play a more meaningful role with Tla'amin in relation to fish & habitat initiatives. We will be having a IFMP meeting after all the eggs are collected for this fall season. Every season there is an expressed interest in our educational tours to the school district.

The AFS Department has put out a call for chum food fish for smoking for community members. They presently have a



crew on standby for cutting and processing. The boat fishing for the community is out commercial fishing but plans to catch 1200 fish for the smoke house. The community smoke house will be open to the community once this is completed. The hatchery crew will be starting its egg takes and the school tours start November 06th 2017. "DFO wants to give back some of the support because the Hatchery not only needs it but deserves it, and will provide extra hands when they need it," said Jim Wilson, Technician.

Right now the fish are jumping around and intermingling with each other so their eggs can loosen up in the stream after traveling hundreds of miles.

So a little later they will be opened up and then hung upside down to drain the blood. One female can hold up to 2,500 eggs. The Hatchery will do about three million chum eggs a year, sixty thousand coho and one hundred and fifty thousand chinooks if they can get them. The Hatchery crew actually provides mother nature a kick start to help the survival rate.

Some of these ones here (inset) might be three to five year olds and next year the two and three year olds come up, and that is how mother nature balances. They have success rate of survival of more than 80 percent once they are let go with the migration season.

It's been a few years now since the Hatchery had that devastating flood and it's great news to know that this is now the return year. Over the weekend of October 21st our Tla'amin Hatchery was recognized and honoured for 40 years of service.

### REMEMBRANCE DAY

**The Governance House will be closed on Friday November 10th to observe Remembrance Day**

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



## Engaging with the Islanders

*By Denise Smith  
Lands/Referrals Manager*

My role with the Tla'amin Nation is Lands and Referrals Manager. On the referrals side of things, I receive referrals on behalf of Tla'amin. In general, my role in receiving these referrals is to see if the proposed activity will have any impact on our Aboriginal or Treaty rights. Also, to monitor if the proposed activity may have impacts on known archeological sites.

Many referrals get sent to Tla'amin. They can be about forestry operations, subdivisions in the city, activity in outlying areas (within our Shared Territories with neighbouring First Nations), docks, boat ramps, service extensions (ie. Sewer lines), lighthouses, hydro pole replacements, etc. We receive referrals from anywhere in our Territory. There are numerous archeological sites throughout all of BC so you can see why industry, government and private business needs to send referrals.

In this work, I have made connection with the Islands Trust people. I attended a meeting in Nanaimo and from there was put in touch with the Trustees from Lasqueti Island. I attended an Open House recently and explained that Tla'amin citizens have treaty rights on several of the Islands and also that there are many archeological sites on these Islands that are protected under the Heritage Conservation Act. Our people can still exercise rights on the Islands and have every intention to do so in the future. I will also be touching base with the Savary Island Land Trustees (SILT) to talk about their plans for the Island and to educate them about our rights and our wishes to see that archeological sites continue to be protected. We do have 2 small parcels of land on Savary Island. Other Islands we have rights on include Denman Island, Hornby Island, Thormanby, Marina, Hernando, and Texada.

I hope to conduct a survey over the Fall/Winter on your hunting, fishing and gathering rights. My intention is to find out where your favourite spots are for gathering in particular – where do you go for roots, bark, medicines, berries, etc? This is so when I respond to forest companies, for example, that I can explain why certain areas should be avoided. I am early in the thinking on this one and will keep you posted as things develop. I have also recommended that the larger forest companies attend open houses so they can display their maps and show people where they are harvesting and receive feedback directly.

There is always a lot going on and the work is challenging but I enjoy working for our community and working with government and industry to ensure that they know that we have aboriginal and treaty rights and that they must work with us to ensure that we can continue to have access to the areas that we prefer to exercise these rights.

## Come Join Our Team Firefighters Wanted



**Fire Practises are now every Tuesday @ 7:00 pm**

Weekly training for responders and fire training

You are paid for practising and responding to calls

Contact Jim Armstrong

email: [firehall@tn-bc.ca](mailto:firehall@tn-bc.ca)

Direct Line: 778-762-3705

**The Tla'amin Fire Department is offering to visit your home and install free smoke detectors and a free fire extinguisher.**

At the same time our trained staff will be happy to check and clean your dryer venting and offer tips on seasonal maintenance for wood stoves. This work will be done over the next month.

**You can leave a message at 604-483-9646 (extension 136) if there is a good day for our crew to visit your home.**

Your Tla'amin Fire Department looks forward to the opportunity to help make our community safer for you and your family.

This program is funded by FNESS, the First Nations Emergency Services Society.

# Important Notice from the Tla'amin Executive Council

**In order to have a functional and transparent Government, Tla'amin has developed policies that are intended to be fair and equitable to all, and to benefit future generations.**

Recently there was an eviction of a Tla'amin person on the basis of long-term failure to pay rent and numerous requests and warnings. This resulted in unfair criticism and condemnation of administration staff by some individuals.

Your Executive Council would like the Tla'amin Community to understand that the administration staff were acting AS DIRECTED BY UNANIMOUS DECISION OF THE FIVE EXECUTIVE COUNCILLORS. Staff do not have the authority to make a decision such as an eviction on their own.

Additionally, all nine Tla'amin Legislators have, on several occasions, unanimously endorsed the need to take eviction actions in cases where individuals will not to pay their rent or at least attempt to reach some agreement.



## Tla'amin Welcomes Chris Roddan

It is my privilege to have this opportunity to serve the Nation and be part of the growth and development that is coming.

More importantly, what an opportunity it is to work with a strong board, experienced staff and the forward thinking leadership of the Nation.

I have worked in community economic development with First Nations for over 20 years. My last 10 years I worked with a First Nation building their development corporation and was their Corporate Administrator.

Have been involved in interesting projects from Industrial Camp Operations to Geoduck Aquaculture

Our key strategy is to keep our organization focussed on creating and building business opportunities for the Nation.

Chris Roddan, CEO TMSLP,  
(604) 483 7777  
chris@tlaaminbusiness.com



### Tutoring at Brooks Secondary

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

### Tutoring at Ahms Tah Ow School

Every Monday & Wednesday  
5pm-7pm

### Tla'amin Post-Secondary hours

Friday 830 am - 430 pm

Email: [postsec@tn-bc.ca](mailto:postsec@tn-bc.ca) or  
1-604-483-9646 ext.125

Louise Dominick



## Community Elk



This male elk was roaming around in the Theodosia area when it heard a female cow calling it's name. Much to his surprise it was Lee George.

Tla'amin Nation (T.N.) 2017 Elk harvest allocation was a total of Seven (7) elk, the hunting areas were: Powell River/Haslam (3 bulls), Daniels River (2 bulls, 1 either sex) and Theodosia (1 bull).

This year's elk allocation was awarded out by a lottery style draw that was conducted at the front reception area of the T.N. Gov't house.

The names drawn were Pat Galligos, Cathy Galligos, Gordon Peters, Kris Louie, Gilbert Francis, Bernie Louie, and 1 for community purposes.

# VANCOUVER Christmas Dinner

Saturday, December 9th, 2017

ATRIUM INN

Cypress Room

2889 Hastings

Vancouver, B.C.

Telephone (604) 254-1000



**Doors open at 5:00 pm**  
**Buffet Dinner at 6:00**



Please join the Tla'amin Legislators and fellow Tla'amin community members for a traditional Christmas Dinner & beverages (non-alcoholic).

**Door prizes provided!**

## Xmas Dividends 2017

**\$50 per person**

Starting 1st week of December

See application for details!

Applications can be obtained in person from the Governance House or on the website:

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



# VICTORIA Christmas Dinner

Friday, December 8, 2017

The planned location is Moxies, at 1010 Yates St.

**Doors open at 5:00 pm**  
**Buffet Dinner at 6:00**

Your elected officials would like to extend a Christmas Dinner invitation to Tla'amin people on Vancouver Island, but we need to know the numbers. If you would like to attend you MUST reserve seats by Friday, November 10th at the latest. To do so, please send an e.mail to [losa.luai-foa@tn-bc.ca](mailto:losa.luai-foa@tn-bc.ca) including:

- Your name & phone number
- The total number of people in your party
- Age and gender of any children (for gifts)

If you do not have e.mail access, please phone Losa toll free at 877.483.9646 - Ext 124

The location may have to change based on the number of people attending. We will advise all who reserve.

**Please join us for a Christmas Dinner & beverages (non-alcoholic).**

**Gifts provided!**



## Developing Future Leaders: Coast Salish Youth Gather In Tla'amin

### Teens Spent Three Days Learning And Bonding At Nmtc's Second Annual Youth Leadership Camp

Photos and story by Cara McKenna

Several years ago, Lawrence Mitchell of Snaw-naw-as First Nation had a vision to give Coast Salish youth an opportunity to come together and learn about their culture. This summer, he saw his idea realized for the second time at Naut'sa mawt Tribal Council's 2017 Youth Leadership Camp. The camp from Aug. 22 to 25 saw three dozen teenagers from the tribal council's 11 member nations come together to learn from their elders, have fun together and practice their culture. Standing in the main hall of the outdoor learning centre in Tla'amin territory where the event was held, Mitchell expressed his gratitude.

What we're doing here, it's very meaningful, he said. It took me several years to fight for this event to happen, and I know it takes time, it takes resources, it takes people to come together and make this a success.

Mitchell said it is particularly meaningful to have seen the tribal council realize his idea of engaging youth because it was something he was never afforded himself as a child. I just started learning more and more about who I am I'm 38 and I only started really tapping into it several years ago, he said. Imagine how strong you're going to be if you start figuring this stuff out when you're younger. How strong of an adult you will be if you start grasping onto that language and learning the songs.

Activities that took place during the camp included drum-making, creating traditional art, making jam, ceremony and games.

Matthew Louie, a 13-year-old from Tla'amin, said he used to rarely see other kids from his



Tla'amin Elder John Louie teaches a group of youth about how to build a sweat lodge

nation participating in cultural activities, but now he sees that increasing. It's really cool to do this type of thing, and take part in culture. I'm really glad to see other kids here from my nation, he said. I like to see people actually take part because if you don't take part, it's going to die.

Matthew has learned many teachings from his grandfather John Louie, who was at the camp showing groups of youth how to build a sweat lodge. The elder Louie said now that the sweat lodge is built, he will continue to pass his knowledge on through programs with the local school district and beyond. So I'll be doing sweats here with the youth from the schools, I think there's five different groups that I'll be

working with, he said. I'll also work with different men's groups. It's all about sharing.

Valerie Cross-Blackett, camp planner and governance advisor with NmTC, said she is grateful to see that the youth camp is not only planting seeds of knowledge for future leaders, but resulting in other positive benefits such as the sweat lodge. I really appreciate the teachings that people are willing to share,

she said. We've got all kinds of people working together for one common goal.

Bronwen Geddes, who also planned the camp and works as a community planning advisor with NmTC, said each year has been a learning experience. Last year the youth said they loved the camp and they got a lot out of it, but they wanted it to be longer, she said. It's a great way for the youth to get outside of their own home communities and also for the youth to meet each other.

Next year, Geddes and Cross-Blackett will be looking for more sponsorship opportunities and take feedback from this year's gathering in order to keep improving. In the meantime, the youth from this year's camp were left with the words of elders such as Tla'amin's Elsie Paul, who urged the teens to learn words in their Indigenous languages and to take time for self-reflection.

We're tested all the time in what we do in this life, Paul said. Don't ever feel defeated, don't ever feel like you can't do this or that. Take a deep breath, go somewhere, meditate, even if it's just to your room. Think about life, think about the blessings you have.



A group of girls prepare for a cleanse led by Cyndi Pallen

# Heshwšın: The Way Forward Reconciliation Project

## Reflections. Reconciliation. What does it mean?

I was born to parents that came from different cultures. My dad is Australian and my mum is Mexican. Both of my parents offered unique perspectives on the world based on their cultural backgrounds and experiences.

My dad, being a merchant seaman, was well traveled, had a funny, outgoing personality, hardened inner strength, a strong sense of loyalty and brotherhood to his fellow man, and is one of the most giving people I have ever met. My mother, had the loud, festive, outgoing personality you would expect to find in Mexican people, and strong core family values. She also had a strong desire to help people, especially migrants coming to Australia, and worked as a social worker for many years.

A huge part of who I am today is thanks to my parents. They gave me an expanded view of the world, that continued to grow as I did.

Growing up as a child in Australia, we were taught about the history of “our” country, how Australia was discovered by Captain Cook and then became an English colony. We learned about the prisoners and the convicts that were sent there and the brutal conditions they had to



endure. We also learned about the Aboriginal people who were living there at the time, who were almost wiped out as a result of conflict and disease that came with the settlers. That was about the extent of what we were taught in school.

As a child, history is more of a story. Sugar coated and glossed over. We were not taught to think about the broader implications of colonization, or the effects it had, and continues to have, on Australia’s indigenous people.

I grew up for the most part, believing I was lucky to live in a country like Australia, it was safe and comfortable, we had good health care, education, most people had an ok standard of living compared to the poverty experienced in third world countries. I was proud to be an Australian.

But that version of reality, I came to understand, was an illusion.

How can you be proud of a country that is progressing and advancing while completely ignoring the fact that it was founded illegally on the genocide of Australia’s Indigenous people. And not only that, but continues to ignore

and neglect the indigenous people that have somehow managed to survive through all of this adversity.

The parallels between Australian and Canadian history are the same.

It wasn’t until I fell in love with an indigenous girl from Canada, and had the privilege to spend time immersed in her culture, in her community, with her family, that I began to expand my understanding even further, and had to completely re-write portions of it!

No longer was this just a brief history lesson glossing over the facts, and leaving out the parts about the wake of devastation left behind to this day. I was actually learning from my experiences, first hand, about the reality of the struggles of indigenous people and It was eye opening. I didn’t even have a clue. This was all new territory for me. It was shocking to me, and it still is, and I struggle to understand how in today’s modern world - indigenous people in Canada are being “governed” by a piece of legislation written 140 years ago which was designed to destroy indigenous culture and force integration with “civilization”. Also, the fact that indigenous people are dumped onto Indian reserves with no land ownership and no rights of self determination – everything having to go through and being decided by the Government. Modern world view shattered. How is it that we are still segregating and treating people this way?!? And I haven’t even touched on the most difficult parts, the residential schools, genocide and the inter-generational effects that everybody experienced and has to deal with. If you weren’t aware of these things, It’s a harsh wakeup call. But it’s the reality for so many indigenous people. How do you come back from that?

- I can see why the Treaty works in the best interests for the Nation.
- I can also understand why people were against it.
- It was a difficult choice.
- It seems to also tie into the idea of reconciliation, and how to move forward.





**Həhəwšín**  
The Way Forward



## Ceremony

November 18th, 2017

**Start Time:** 9am

**Location:** Willingdon Beach

*Ceremony will take place at Willingdon Beach. Canoes will then be paddled to Tla'amin (weather permitting).*

**Luncheon to follow:** 12:30pm at the Salish Center in Tla'amin.

## Presentation of the Reconciliation Canoes to the Tla'amin Nation



- I have no idea how the future will unfold.
- I have no idea how to heal this legacy that all of us have inherited.

Common sense tells me that the Government needs to get rid of the Indian Act and restore individual sovereignty and rights for indigenous people. We also need to acknowledge the reality that Canada belongs to Indigenous people. Following on from that we need to reach out and build connections between people and start learning from indigenous people. Non-indigenous people should be learning from the culture of the people in who's territory they reside and putting these teachings into practice.

The modern world has been partially hijacked by greed and corporate interests, but on the ground, people to people connections - is what will bring us together. Like Phil said "facebook is not going to cut it. Reading about it in a newspaper is not going to cut it. You need to look the people in the eyes, only then will you understand". That's why I chose to be part of the Həhəwšín project. My family are all Tla'amin members and this is now my community too. Anything that brings people together and reinforces connection (instead of separation) is a step in the right direction in my book. It is a small step, but it's still a step.

Reconciliation has different meanings to different people. But ultimately it is about healing. We all have to heal. We need to come together and support each other.

Taking a step back and looking at the bigger picture... the only thing I do know, is that on a global level, human beings need to come together. We need to take care of each other. We are from many cultures, but the idea that we have different races is a falsehood. There is only one race, the human race. While the mainstream media pushes an agenda of separation, the reality is quite different. We all know deep down that we are all interconnected. Indigenous cultures continue to carry forward the knowledge and teachings and immeasurable experience that comes from our ancient past. Those teachings of life, of balance and harmony - in our relationships, and with the land, air and waters of this Earth, combined with the modern world's advancements, has the power to utterly transform our world.

Sometimes I like to dream about mankind's future. It uplifts me and gives me a sense of hope. I don't believe we are headed towards destruction. All of the problems we see around the world today have existed for a long time, only now it's as if the lights have been turned on for everyone to see, so we can make necessary changes and heal our planet. If we come together and put people first, instead of greed and corporate interests, we could put an end to human suffering virtually overnight. I can't help but feel that we are reaching a tipping point of global coherence where we intuitively know that we are all interconnected. How can you hurt someone when you know they are part of you.

Almost 50 years ago, humanity visited the moon. Its just a matter of time before we become a galactic civilization. But first we need to fix things here on the ground before we expand outward. It is our children that will inherit this world and looking at them, some how, I know deep down that everything will be ok in the end.

# Sharing is Caring

## When in Doubt... Get Checked Out

By Steve Gallagher  
Neh Motl Editor

"Mr. Gallagher, you've had a heart attack!" What a jaw dropping piece of news coming from the Doctor in the Emergency Room just over two years ago. "I can't tell you when, but you definitely had a heart attack at some point. You may require open heart surgery depending on what they find once we get you medivacked to St. Pauls Cardiac Care Unit," said the Doc. In a matter of seconds my life had changed from being on top of the world to the bottom of the food chain.

My immediate thoughts were all about my family. When will I ever get home again and will I be able to spend more quality time with my wife, daughter Makaela and son Mattias who were only six and five years old at the time. My loving children need their father as much as I need them. Like any parent you want to witness all your children graduating and reaching milestones in their lives with the support and guidance from their family. What followed was a week of not being allowed to breath the fresh air, being surrounded by sick people, eating hospital food, and limited visits with your family. Let me bring you back to how this all unravelled.

It was a Monday morning when I awakened around 6:00 am to my left arm was feeling slightly numb. I would give it a four out of ten on the discomfort scale. I immediately thought I must have slept on it and this was the numbness I was experiencing. I've had surgery in the past and like most people have a high tolerance for pain and usually have to be bent over in pain to convince myself to physically go into the hospital for a diagnosis. It only took another hour or so to realized I did not sleep on my arm when the numbness had progressed into a burning sensation.

Once I arrived at the Emergency Room I started to feel nauseous while awaiting for another hour to see the Doc., by now it's about 9:30 am. The Doc finally comes in and checks on the movement in my arm and asked me what I did over the weekend. I recall kicking the soccer ball in the back yard with Jacob and doing yard work on Saturday, but most relaxing on Sunday, as it was June and the temperature was getting up there. After five minutes of answering questions the Doc prescribed me some medication to help my arm relax and I was on my way. The burning sensation had subsided on its own by now. I remembering thinking, "Thank God that's all it was! However, I did have in the back of my mind that I may have just had my first episode related to my heart for all I knew."

I picked up my prescription and went back to work and started my week as usual. I was feeling a lot better mentally and physically. I continued working in the back-yard lifting things

while continuing to assemble our new barbecue to kick off the upcoming summer. I was even driving the family around. But stop right there! What if I was correct in assuming I had my first cardiac episode I thought to myself?

I immediately made an appointment with our Nurse Practitioner David Marcenieuk immediately mentioning my concerns about my quick exit earlier that week on Monday morning. After all, the Doc in the emergency room didn't even take my blood pressure. I guess he may have had no reason too as I did not experience chest pains or shortness of breath to complain about. The Nurse Practitioner referred me for an echo cardiogram that examines the electrical activity in the heart to see if there was anything of abnormality.

I recall it being a beautiful Friday morning as I made it to my echo cardiogram appointment thinking about the weekend ahead. My plans were to finish assembling that new barbecue, making burgers and hotdogs for the family, enjoying the fresh cut grass and the hot weather that was forecasted for the weekend. Twenty minutes into the examination I was told to put on my shirt and was escorted over to the emergency room and wait to speak to a nurse or a Doctor. I thought this was normal as this was my first echo cardiogram and I assumed the results were forwarded over and I would receive information fairly soon.

The next thing I knew I was instructed by a nurse to lie down on the one of the beds in the emergency room where I waited for about twenty minutes only to be approached by an attendant advising me that I could speak to a minister, if I so desired. At this point, I am very concerned as to what is going on as nobody had told me anything, other than to stay relaxed. This was when the Doc came into the room and said, "Mr. Gallagher, you've had a heart attack!"

About two hours later, I am now checked into the Intensive Care Unit and am advised that out of all the patience in the ICU I am the highest "At Risk" patient. I am now awaiting to be medivacked to St. Paul's Hospital to wait again for an angiogram to determine if the blood flow to my heart is restricted by blockages in the walls of my arteries. I spent the rest of that beautiful weekend watching the grass grow from inside the Intensive Care Unit.

Five days later, after skipping into the Powell River Hospital on that beautiful sunny Friday afternoon for a routine test, I am now being wheeled down the hall on a bed in the Cardiac Care Unit at St. Pauls heading towards the most important procedure of my life. Leading up to this very moment I felt cool, calm and collective, but knew within myself that all that would drastically change when the anxiety adrenaline would kick in. It certainly did.

During the procedure, I was asked, "how

long ago did this happen?" I replied "About a week and half ago now." I was informed by the specialist there was nothing they could do as my heart had already started to reconstruct its own by-pass which I then discovered hearts can magically do, and I was fortunate that mine did. I did not require open heart surgery or stents to help keep my arteries open.

Since returning back home I had numerous appointment with the local Heart Specialist, nutritionists, stress tests, and my regular Doctor. Although they could not tell me exactly why I experienced this traumatic episode, I awakened to the fact there are things I can control in my life like getting regular exercise while maintaining a healthy diet. I find myself doing a lot of cycling during the summer days and more walking and endurance training indoors in the winter months.

I recently registered in the Brave Heart Program at the complex which is a support group that combines Health and Wellness with exercise and training for three hours a week. Keeping my body moving while modifying eating habits really goes along way for my entire family. I wanted to share this experience with you so hopefully you will not have to experience what I went through. The air is a lot fresher from the great outdoors versus inside the hospital surrounded by sick patients. If you have any doubts about your diagnoses do yourself a favour and get more information about your health concerns. Keep in mind that you can't help your family if you don't take care of yourself first.

### Want to Share Your Story?

Contact Steve Gallagher, Editor  
(604) 483-9646 ext. 138  
nehmotl@tn-bc.ca

### Healthy Habits for Families

It's never too early to teach your kids about healthy lifestyle choices and the importance of knowing what is normal for their body. As a parent or caregiver, there's a lot you can do to help them be active, eat well and be safe in the sun. You can also find out about risk factors and environmental exposures that may harm young children. After all, we already know that about half of all cancers can be prevented through healthy living and policies that protect the health of Canadians. Healthy habits now can help your children reduce their risk of cancer later in life.

Being smoke-free and protecting your family from second-hand smoke is one of the most important ways to keep your kids healthy.

# Household Emergency Preparedness Guide

## Are Your Prepared to Cope for 72 Hours?

### Step 1 Know the Risks

Hazards vary depending on where you live. Below is a list of the top 10 risks in BC. Familiarize yourself with the ones that could occur in your area by contacting your local authority for more information. Knowing which ones you face will influence how you prepare.

- Earthquakes
- Tsunamis
- Floods
- Landslides
- Avalanches
- Severe Weather
- Power Outages
- Hazardous Materials Spills
- Wildland Fires
- Disease Outbreaks

### Step 2 Make a Phone List

Make a master list of family and emergency numbers then ensure everyone in your household has a copy. The list should include at least one out-of-area contact in case local phone and mobile networks

are overwhelmed. Ideally, choose someone who lives outside BC and wouldn't be affected by a major event, such as an earthquake. For example, someone living in Washington, Oregon or California could be impacted as well. Call the out-of-area contact if you find yourself separated from family.

Let them know where you are, how you're doing and arrange a future check-in time. Advise family members to do the same so everyone stays connected.

**TIP:** In an emergency, use text messaging, email or social media to communicate. Data-based services are less likely to experience major interruptions.

### Step 3 Pick a Meeting Place

Decide where you'll meet family members during an emergency. Gathering at home is the ideal, but if you can't get there, agree on a secondary location. A neighbour's house, library or community centre are options.

**TIP:** If you leave your home, put a sign in the window advising you're okay, where you've gone and how you can be reached.

### Step 4 Plan for Your Kids

If you have young children, you need to consider what happens if you can't make it to their school or daycare. Identify people who could pick them up in the event you can't, ideally someone who's home during the day and within walking distance to where your child will be. Notify the school or daycare of who's authorized to pick-up your children and make sure your kids know as well.

**TIP:** Talk to your kids about emergencies. Be honest and straight-forward. The more they know in advance, the better they'll be able to react and cope.

### Step 5 Know Where to Get Information

Contact your local government's emergency management program to find out how it will share alerts and instructions during an emergency, whether it's via social media, sirens, the radio or television. The most important thing is to seek out credible sources so you can make good decisions during a disaster.

### Connect with us

#### Twitter:

- @EmergencyInfoBC for alerts
- @PreparedBC for preparedness information
- @BCGovFireInfo for wildfire updates
- @DriveBC for road conditions

## Survival Checklist

1. Identify the risks for your region.
2. Make an emergency phone list with at least one out-of-area contact.
3. Pick a meeting spot if you're separated from family members.
4. Assign someone to collect your children from school or daycare if you can't.
5. Identify what official sources you'll get information from.
6. Learn how to turn off utilities.
7. Store enough emergency water for your family.
8. Store enough emergency food to support your family for a minimum of three days.
9. Identify any special needs, such as medications, and make sure a proper supply is on hand.
10. Secure your space.
11. Create grab-and-go bags

#### Facebook:

BC Forest Fire Information

#### WEB:

- [www.EmergencyInfoBC.gov.bc.ca](http://www.EmergencyInfoBC.gov.bc.ca) for alerts
- [www.gov.bc.ca/PreparedBC](http://www.gov.bc.ca/PreparedBC) for preparedness tips

### Step 6 Know How to Turn Off Utilities

Do you know where your electrical panel, water and gas valves are located? Do you know how to turn them off? Learn how in case of leaks or if you're instructed to do so by local officials.

**IMPORTANT:** If you suspect a gas leak, turn off the gas valve and leave immediately. Once the gas is shut off at the meter, DON'T try to turn it back on. Only a registered gas contractor can do that safely

### PREPARE YOUR HOME

#### Step 7 Store Emergency Water

Water is the most important item to store. You will need at least four litres (one gallon) of water per person, per day. A family of four will need 48 litres of water for a three-day supply. Also take pets and people with unique needs into account. Check your water supply every six months and replenish or renew as needed.

**TIP:** Refresh your water supply when the clocks spring forward and fall back. You can also set a reminder on your phone.

#### Step 8 Stock Emergency Supplies

Have enough non-perishable food to support your family for at least three days. If the power is out, use the food from your fridge and freezer first, followed by your pantry. Ensure you have a suitable food supply for babies, toddlers and pets.

#### Step 9 Consider Special Needs

Medical records may be difficult to access during a disaster. If you rely on a prescription, aim to have a month's supply available at all times. If you can't, keep a copy of your prescription, dosage and name of the prescribing doctor with your emergency supplies.

#### Other things to consider:

- If you rely on a motorized wheelchair, have a manual back-up one.
- If you have a guide or service dog, ensure they're

part of your preparations. That includes a three-day supply of water and pet food, a leash and collar and copies of vaccination records.

- If you use hearing aids, stock extra batteries.
- If you have difficulty communicating verbally, have a writing pad and pencils handy.

### Step 10 Secure Your Space

Earthquakes can topple bookcases and heavy furniture. If you live in a quake zone, here are a few easy steps to follow:

- Secure tall, free-standing furniture, such as bookcases, chinacabinets and shelving units to wall studs using "L" brackets, corner brackets or anodized aluminum moulding.
- Earthquakes have a tendency to knock pictures and mirrors off the walls. Consider moving all framed pictures and mirrors away from beds, couches and chairs to prevent cabinet doors from flying open, secure them with either a push latch or a pull latch.
- Appliances such as refrigerators, freezers, washers and dryers can move significantly during an earthquake. Use strong strapping and ratchets or other connectors to secure them.
- Secure your water heater with straps that anchor the tank snugly to the wall. Contract a licensed gas fitter to install a flexible gas line.

### Step 11 Create a Grab-and-go Bag

Don't count on being home when there's an emergency. There's also a chance you may have to evacuate your house on short notice. To prepare for these possibilities, create grab-and-go bags for your home, work and vehicles.

#### What to include:

- Food (ready to eat) and water
- Flashlight and batteries,
- headlamp
- AM/FM radio
- Medication(s)
- Seasonal clothing
- Blanket
- Pen and notepad
- Cell phone charger
- Personal toiletries
- Small first aid kit
- Extra pair of glasses or contacts
- Cash in small bills
- Local map
- Whistle
- Out-of-area contact card
- Copies of important documents, family photos, Consider storing copies on a USB stick



# Traditional Stories for Kids

## The Granddaughter who was Eaten by a Big Fish

### *Cree story about granddaughter and grandmother*

This is a story about Gookum (Cree word for “grandmother”) and her mischievous granddaughter, Beulah. Beulah was a very curious little girl. She was always wandering off from the camp, looking for adventures. Gookum was always telling her to listen. One day,



Gookum asked Beulah to get some water from the lake so she could make soup.

“Whatever you do, don’t go swimming in the lake alone,” said Gookum.

“Why not?” asked Beulah.

“Because there is a giant fish in that lake, and he will catch you and swallow you up if you swim too far.”

“Eeeeya, Gookum. I’m not afraid of a big fish.”

So, Beulah went off to collect the water. Oh, it was a nice warm day. The sun shone brightly.

A squirrel chattered as she walked along the path.

“Go away, silly squirrel. I am busy.”

A butterfly flew around the girl. She ran around in circles trying to catch the butterfly until it flew away. “I am really hot now,” Beulah said to herself.

Finally, Beulah came to the lake. She went to the big rock where Gookum had showed her to stand to get water. She dipped her buckets in the lake. They filled up quickly. Those buckets were heavy now. She had to be very careful when she carried them to the shore, they were so heavy. With a cup, she scooped out the little sticks and leaves that floated on the top. She was ready to carry them back now.

Carrying the buckets made Beulah tired. She lay down next to the water, in a nice spot on a large flat rock. The sun shone on her. She was very hot, so she took off her shirt.

A blue jay landed in a tree next to the path.

The blue jay squawked at her.

“You noisy old bird. Stop disturbing me.” The blue jay flew away.

Beulah decided to have a quick swim, just to cool off before she took the water back for Gookum. She removed all of her clothes and dived in.

The water was nice and cool. Beulah was a good swimmer. She decided she would swim out as far as she could. As she swam out, Beulah saw a huge silver flash in the water. It was a great big fish, and with one gulp, it swallowed her whole! Beulah found she was trapped in the stomach of the huge fish Gookum had warned her about.

“Oh no,” she cried. “I should have listened to Gookum!”

Beulah had been gone a long time. Gookum thought that she had found an adventure and forgotten to get water. There was no point in worrying about her — there were chores to be done around camp. She cut wood and made dinner. When Beulah wasn’t home by night, Gookum was worried, but she knew the little girl was able to take care of herself in the woods.

The next day, Beulah still was not back. Gookum needed food, so she gathered the fishing net and went down to the lake. She caught six fish. One was a huge creature that stretched as long as her arms and more. That big fish would feed a whole family for a week.

She started cutting up all the fish. When she finally got to the big fish, she slid the knife into the belly. Beulah jumped out, very much alive.

At first, Gookum was startled, but she quickly realized it was Beulah, who was covered head to toe in slimy, sticky fish innards.

She shook her head at Beulah, and began to laugh at her. “I told you, I told you not to swim in the lake.” Beulah bowed her head and said nothing. She just went to the lake to clean off all the smelly fish slime.

## Culture Programs

Hello everyone, here are the culture programs’ schedules for September to the end of December 2017. The start up dates for 2018 will be posted in early January.

### Carving

Start date: September 28th 2017, then every Thursday from 6-9pm held at the Culture Lodge.

### Language classes

Start date: September 26th 2017 then every Tuesday from 3:30 – 5:30 held at the Culture Lodge.

### Basket weaving

Start date: September 26th 2017 then every Tuesday from 3:30 – 5:30 held at the Culture Lodge.

For more information contact the Tla’amin Governance Office 604 483-9646 ext. 123



# Health and Wellness

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



## Walking for Breast Cancer

This group rose to the challenge and walked a couple of kilometers in the rain to support and raise awareness for women's breast cancer day on October 18th. This was the first of many more to come

November is **MOVEMBER** month



### What is Movember?

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer and men's suicide

Our Health staff would like to make an awareness for our men out there. So we decided as a team to focus on Men's Health and wellness for the week of November 13<sup>th</sup> – 16<sup>th</sup> from Monday to Friday. Stay tune for the Agenda to be circulated in the community and posted on our facebook page.

### There will be an activity each afternoon

- General Health screening
- Foot care
- Lunch provided
- Haircuts from local barber
- Guest speakers: General Health screening for men, prostate cancer, adopting a Healthy life style
- Door prizes

## Elders Corner



### Elders Day Programs

Tuesdays in November (11:00 am to 1:00pm)

**November 7th** (Remembrance Day)

Guest Speaker and Video

**November 14th** (Fundraiser at Health) Luncheon for "Men's Wellness Week" – Elders to cook

**November 21st**

**November 28th** (BINGO )

**Fridays** (Elders Walking Group at Gym)

11:00am to 12:00noon

**Mondays** (Elders swim at complex) 10:00am to 12:00 pm  
 Please call health if a ride is needed

### Elders Fundraiser October 13th, 2017

Thank you to everyone who showed up and supported the fund raiser. The Spaghetti plate was \$5.00 a plate. We had a great turn out , the total amount on sales for the luncheon was \$355.00.

We also had a 50/50 draw and the winner was Rose Ann Louie \$60.00

We also had a draw for a T-shirt and the winner was Evie Tom.

We also had T- Shirt sales and the sales totalled \$300.00

A big "Thank you" to all the volunteers and the Elders who participated. Without you, it would not have been as successful.

We still have T-shirts for sale - \$25.00 per shirt. Please stop by the Health Building if interested in purchasing a T-Shirt.

For those of you wondering why we used plates, silverware and cups, It was the first time we participated in the Zero waste program.

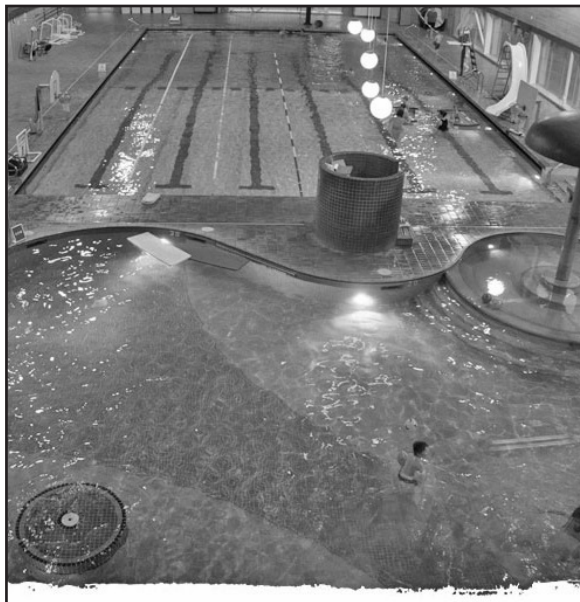
The waste for this luncheon was minimal, about ½ a garbage bag. Next time, we will implement composting.

Thank you,

**Darron Cound – Elders Coordinator**

**Doreen Hopkins - Acting Elders Program Coordinator**

## Tla'amin Nation Public Swim @ Complex



Sending out information regarding the Complex swim, that starts October 13, 2017, Fridays and October 16, 2017 Mondays, we want our participants to sign in and in the right age group, for financial purposes. This is how the Complex bills Tla'amin Health based on where and who has signed in each age group.

For those who are going as families, please sign in the area required, also adults please sign in for your child/ren. Last year we had children signing in the wrong age group.

Under 7 children must be accompanied by adult/s. We are not responsible for your child/ren if you drop them off. This event is enjoyed by our community members, we hope to continue to provide, if we can keep our costs low.

Emote

Dawna Pallen



## Alzheimer Information Session

Tla'Amin Health  
November 22, 2017  
11 – 1 (Lunch provided)  
**Speaker - Joan Beiber**

Alzheimer's disease is irreversible and destroys brain cells, causing thinking ability and memory to deteriorate. Alzheimer's disease is not a normal part of aging.

Alzheimer's disease is a disease that eventually affects all aspects of a person's life: how they think, feel, and act. Each person is affected differently. It is difficult to predict symptoms, the order in which they will appear, or the speed of their progression.

Please join us on this day for some valuable information and listen to our guest speaker talk about her experience living with a loved one with Alzheimer's, as well as resources and support groups available in our area.

## Cooking Healthy meals with Shirley & Kim

First 6 registered

Age: 8 to 12

Date: Tla'Amin Health Kitchen

When: Every Tuesday Starting November 7, 2017

Time: 3:30 to 6:00

Group decides next week's meal.

Parents need to drop off and pick up participant.

Prize for best attendance.

## Homework / Craft Night

Age: 8 to 12

Date: Every Wednesday Starting November 1, 2017

Location: Tla'Amin Health

Time: 3:30 to 5:30

Craft time after everyone completes homework

Parents need to drop off /pick up participant

Snacks provided

Contact: Shirley Louie

## Movie Night

Girl's Night

Ages: 8 to 12

Date: Thursday November 23, 2017

Location: Child Development Resource Centre

Time: 5:00 to 6:30

Snacks/popcorn/refreshments

Contact: Shirley or Dana

## Movie Night

Family event

Date: November 6, 2017

Location: Child Development Resource Centre

Time: 5:00 to 6:30

Snacks/popcorn/refreshments

Contact: Shirley or Dana

## Family Fun Day

Family Event

Date: Monday November 13, 2017

Location: Salish Center

Time: 1:00 to 4:00

- Face Painting
- Prop photo's
- Bouncer
- Fun n games
- Arts n crafts
- Tattoos n stickers
- Food/Snacks/refreshments

Contact: Shirley or Dana

## Community Candlelight Ceremony



We will be doing burning for our loved ones who have gone on their Spiritual Journey

**Burning**  
**Thursday November 23rd**  
 Burning starts @ 12:00  
 Tla'amin Health Center.

Preparation for the cooking/burning will be on Thursday morning 9:30-11:00 at the health center. You are welcome to bring your own plate/food to the burning for your loved one.

**Dinner**  
**Friday November 24th**  
 4:30  
 Place to be determined

Contact Dawna Pallen (604) 483.3009

Special thank you to our Home Support Workers for six weeks of care when I fractured my leg.

*Audrey Green*

## Postponed

### 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 pro-gram 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: January 2018**

Thank you, Cyndi



## Learning Our Tla'amin Language

Encouraging our community to practice these family words.

### English

Brother/Sister  
 Younger Brother/Sister  
 Older Brother/Sister  
 Older Brothers or Sisters

Grandchild  
 Grandchildren  
 Great Grandparents

### Phoentic

Nu Klah  
 Keh tun  
 Nu Klah  
 Nu nu klah tun

Em muth  
 Em muth tun  
 Chech um mekho

### Orthograthy

Nu†  
 qex  
 nu†  
 nunu†ten

?eMaθ  
 ?eMaθten  
 čěčmeq

*Emote*  
**Dawna Pallen for**  
**Tla'amin Language**

# Follow Up on FASD Displays

**Brenda Pielle**  
Youth and Family Advocate

Dear Community Members:

During the week of September 5 – 9<sup>th</sup> there were displays located at the Governance Building and the Health Building with information about Fetal Alcohol Spectrum Disorder. There was a small questionnaire on the table for folks to complete and enter in a box for a draw. Thank you to those of you who completed the questionnaire. Congratulations to Yvonne Galligos who won the draw and received a \$50.00 gift card for Save On Foods.

In case you missed the displays, the following are the questions that were on the questionnaire, as well as the answers:

1. **What is more damaging to the unborn fetus? Alcohol or Cocaine?**

It is natural for us to think that cocaine would be more damaging to a fetus because we know it is an illegal drug and a strong drug. The truth, however, is that alcohol is more damaging to the un-

born baby in the mother's womb. This is because alcohol is in the category of drugs known as teratogens. The definition of a teratogen is "an agent or factor that causes malformation of an embryo". Another definition is a substance that causes cellular change in a fetus. Alcohol has the ability to cause cells in the body and brain to be changed in such a way that the development of the baby does not happen correctly.

Cocaine is not healthy for the unborn baby, but by itself it would not cause changes in the physical development the way alcohol can.

2. **When is it safe to drink alcohol? Early, middle, late, or never during pregnancy?**

There is no safe time during pregnancy and no safe amount of alcohol to drink during pregnancy. The baby's brain is developing throughout the entire pregnancy so there is the possibility to damage the brain at any time over those nine months.

3. **True or False: A woman's placenta protects the fetus from any alcohol she drinks.**

False – alcohol crosses the placenta and enters the blood stream of the fetus (unborn baby)

4. **Is it okay to drink alcohol while breastfeeding?**

The baby's brain is still developing after the baby is born. Alcohol enters a woman's breast milk and therefore it is not safe to drink alcohol while breastfeeding.

I hope this information is helpful to us all, and is something that we can share with our young people who are coming up for their years of starting families. My hands go up to members in our community who have worked hard to overcome the barriers that go hand in hand with living with FASD. Thank you to the parents and family members who have supported our people who have brain differences and special needs. While people living with FASD struggle with many challenges, they also have strengths, talents, and gifts to offer our community.



We still have T-shirts for sale - \$25.00 per shirt. Please stop by the Health Building if interested in purchasing a T-Shirt.



## Family Support Services Program for November 2017

The Family Support and Wellness provides guidance and emotional support to community members, as well as advocate and make referrals on your behalf.

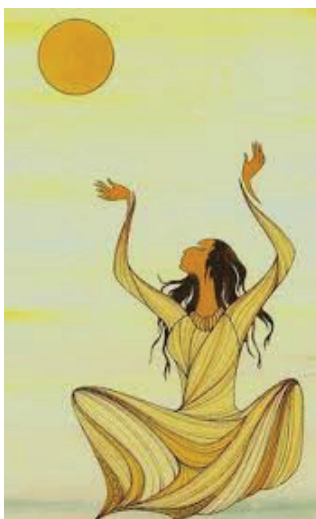
**Tuesday November 7 & 14<sup>th</sup>** Yoga 1030 – 12 Gym

**Wednesdays** Grief and Loss 10 – 12 (lunch)

**Thursdays** Social & Crafts 10 – 2 pm (lunch)

**November 2<sup>nd</sup>** Liane LeBlanc Healthy Drinks

**For more information call Sally at Tla'Amin Health.**



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

Next gathering is on Wednesday, November 22<sup>nd</sup> from 430 PM – 630 PM. Guests will be having a meditation class! Please register with 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.*

# **“THE ANNUAL DRUG AWARENESS MARCH”**

**November 16, 2017 @ 3:45**

**(Old) Band Office.**

Following the march, pizza will be served at 5:00 pm @ Gym  
Guest speaker on addiction to follow at 5:45 plus door prizes.

**In recognition of Drug Awareness Week  
November 12 to 18, 2017**

**Look forward to seeing everyone there.**

**Hosted by Tla'Amin Health, Tla'Amin Nation and Tla'Amin Justice Program**

# Fun Facts about Elks

- Elks inhabit the mountain meadow and forests of different parts of North America and Asia and being herbivores, feed on grass, bushes, and saplings.
- Elk is a ruminant animal: even-toed, cud-chewing, hooved and horned mammal and has a stomach which is divided into four compartments. This four-chambered stomach allows for digestion of the food they eat.
- Possessing a compact body with long and powerful legs, elks are great runners and swimmers. They are also among the largest form the deer family. However, they are not as big as moose.
- The Roosevelt elk is the largest subspecies of Elk and the largest males of Alaska Roosevelt elk can weigh around 600kg.
- The male elks are called bull and the females are called cow; their newborn is known as a calf. The collective name for a group of elk is called a herd or gang.
- Only the male elks grow antlers and that too, they shed and grow every year. They shed them at the onset of winters and grow them back in springs, right before the mating season. The new antlers are covered in a skin called velvet.
- The antlers grow an inch in a day and the growth is achieved by the flow of blood in them. The antlers of a mature bull can weigh around 40 pounds.
- The more the antlers are spread, the more attractive an elk bull is for the cows. The males use their antlers to fight with other potential males to attract the attention of the females.
- 'Fatal attraction' is the term given to the technique in which the male elk bath in its own urine. It does it in an interesting way by digging up holes in the ground, filling them with urine and rolling over it to attract cows.
- After a gestation period of 240 to 262 days, the cow gives birth to one offspring (twins are rare). Known as calf, the newborn weighs around 15 and 16 kilograms and is able to stand just after 20 minutes of its birth.
- Born spotted and scentless, the calves lose their spots by the end of summers.



- Calves spend the first few weeks in hiding with their mothers. The mother too protects the newborn by hiding it in a log or shrub or among tall grasses for the first few weeks.
- The females isolate themselves from the herd and remain away until the calf is large enough to escape the predators. Both, the mother and the calf are a prey to wolves, coyotes, cougars, mountain lions and bears.
- The calves join the herd at two weeks of age and are fully weaned when they are 2 months of age. They remain with their mothers for almost a year, leaving at the time when the next off springs are born.
- The elks raise their heads high, open their eyes wide and move stiffly and rotate their ears when they are alarmed.
- Curling back their upper lip, grinding their teeth and hissing softly is how elks communicate with each other, when they sense danger.
- The bull gathers the cows and calves into small groups which are called harems and they protect the harems till death.
- The unique sound made by an elk is known as a bark or a bugle.
- The elk can live 8 to 12 years in the wild and up to 20 years in captivity.
- During summers, the elk eats continuously, consuming anywhere between 4 and 7 kg daily.
- Elks have different coloured coat in different seasons and habitats: gray or lighter coloration in the winters and a darker coat and reddish coat in the summers.
- An elk's top two canine teeth are called ivories.
- The elk beds down in the trees at night during winters and in shady forests during the day in summers.
- Elks are hardy livestock; they are naturally immune to most diseases and can contract normal bovine diseases.
- The antlers and velvet of elks are often used as common ingredient in traditional medicines in parts of Asia.
- The Elk been has listed by the International Union for Conservation of Nature as 'Least Concern'.



These ribs and hind quarters will be used for ceremonial and community purposes

## Hetl Ums Too Wah

(Connection to Where We Come From)

### Xe chich (Autumn)

Although wuh xus (pacific tree frog) can be heard calling around the village throughout the year, their song gets louder when the chitl (rains) come. Their distinctive calls which can be heard up to 1 km away also used to signify when it was time to open and close the winter ceremony season and were also associated with some medicines. They can throw their voice to some extent and are very tricky to find because they cease calling if they feel threatened.

### Sotich (Winter)

The agile wuh xus has padded feet that help it climb and it can be found in a variety of habitats including: meadows, thech chem (woodlands), nish she yeok (pastures) and even urban areas, often quite far from the nearest body of water. In our old stories of the animal kingdom, frog was one of kyk (minks) many wives and also resisted the advances of kol (beaver).

### Kliy Chos (Spring)

Males move to small breeding ponds and start their mating chorus in unison to attract females who will lay clusters of 10-70 eggs that take 2-3 weeks to hatch. Breeding areas are usually located in thigh yeh klet (shallow seasonal pools) where there is a lot of sigh nah cheh jeh (underbrush) to avoid predatory jenkw (fish) and larger walth (coastal tailed frog and the red legged frog), which require larger permanent water bodies. Other predators include otl ky (snakes), and many species of Teh tus tes (birds), mammals and animals. Other threats include habitat loss, pollution and the introduction of invasive non-native species like the american bullfrog

### Klaqowiy (Summer)

Tadpoles metamorphose into tiny 1cm long wuh xus that mature into 3-5 cm long frogs that are ready to breed the year after their transformation. Their diet consists of a variety of smaller Kee keh (insects) while the tadpoles graze on algae and decomposed plant matter. Tla'amin people have always known these little amphibians to be predictors of seasons through their calls and colour change from



*wuh xus (pacific tree frog) was one of kyk (mink's) many wives*

grey, tan, brown, bronze, green and black in response to temperature changes. Now scientists believe that keeping track of this information can help us learn more about climate change and forest ecosystem health overall.

These are only small examples of traditional ecological knowledge through seasonal activities, language and Tla'amin people's interconnected relationships with their territory.

## Dippers and Saucers



Over the past centuries our ancestors did not have the tools to accurately measure ingredients as we know of today, and had to improvise their creative culinary skills with "Dippers and Saucers", a strong tradition that is still practised and going strong to this very day.

This column is dedicated to all the Kayamixw iron chefs that go beyond the call of duty in the kitchen and demonstrating extreme dedication to providing good old fashioned comfort meals for their families and guests. As the cold season slowly sneaks up on us here is a slow cooker recipe to warm you up.

### INGREDIENTS

- 1½ pounds boneless chicken breast
- 3 medium carrots, peeled and diced
- 3 stalks celery, diced
- 1 medium onion, diced
- 3 cloves garlic, minced
- 6 cups low sodium chicken broth
- 1 cup water
- 2 bay leaves
- 1 teaspoon Italian seasoning, or more to taste
- 2 cups cheese tortellini
- chopped fresh parsley for serving, if desired
- salt and pepper to taste



### INSTRUCTIONS

1. Add all of the ingredients to slow cooker except for the tortellini.
2. Cook on low for 6 hours.
3. Remove the cooked chicken from the slow cooker and shred or cube and add back to the slow cooker.
4. Add in the tortellini and cook for 15 minutes or until they are cooked all the way through.
5. Season with salt and pepper to taste. Discard bay leaves and serve immediately with chopped parsley, if desired.

## Historical Fact of the Month

Mid 1700s – eighteen Sliammon braves swim out to an anchored Spanish trading ship (although it had a reputation well known for pirating), with knives in their mouths and killed all of the sailors on board, then set the ship ablaze and sank it in front of the main village site. Unfortunately, records of missing ships do not go back prior to 1774 and the local pulp and paper mill has created too much sediment on the bottom to find it.



# Tla'amin Nation Executive Council Minutes

## September 20th, 2017

### Council Chambers, Governance House

**Attendance:** All Executive Council

**Resource:** Rod Allan, Verna Francis and Judith King

**Guests:** Larrisa Rutquist, Lori Pruce and Elizabeth Challinor

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

**2. APPROVAL OF MINUTES:** September 06, 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 Tyrone Wilson*

**4.0 PRESENTATION:** Justice Canada and British Columbia Corrections

Verna Francis introduced Larrisa Rutquist, Acting Regional Coordinator, Department of Justice, Elizabeth Challinor, Parole Officer, BC Corrections, Powell River and Lori Pruce, Director of Aboriginal Programs and Relationships, BC Corrections.

Justice Canada is looking to develop Indigenous Justice in Tla'amin. BC corrections has involvement in serious criminal behavior and there is a spectrum of interventions. Parole Officers can work with the victims providing ongoing guidance related to their rehabilitation and re-entry into the community. Larissa maintains that violence within communities can be served by culture-based programs that promote safety measures within the community. Clint suggests sitting down with the RCMP and Justice to liaise about developing indigenous justice. There is a new liaison officer Constable Chris Bakker who will replace Constable Jen Crossman on October 2nd. It is suggested that a what-if decision chart be added to the newsletter to inform community members of different scenarios.

#### 6.0 NEW BUSINESS:

##### Administration, Audit & Finance:

6.1. Concerning the House Posts (HP) Leaders' information and confidentiality, Rod would like to know when HP meetings are happening. Community members who sit on committees need to sign the confidentiality agreements. Rod will send the template to HP leaders.



6.1.1 All Councilors will re-sign the yearly Gunnawooth at the next Council meeting.

**6.2 Culture:** Clint received an email about a fundraiser exercise for fundraising for the Elders Gathering next year. They are calling for the Nation to hire another Elders Coordinator, but that will not be necessary.

**6.3 Elders and Youth:** Larry met the Elders for lunch. He distributed the funeral protocol paper. He asked those present to take some time and read it. The distribution of funeral pamphlet by Larry was a draft for the Elders to review. Some Elder's inquired about disabled housing availability. For the disabled houses waiting list, Rod will speak to Paula.

##### 6.4 Education:

6.4.1 Brandi Marriott is currently the preschool substitute teacher and SD47 cannot spare her for this job anymore. We will be looking for somebody with ECE certification that can be on call. Rod will talk to Jay Yule about using their substitute teachers for teachers absent from Chi Chuy Pre-school.

**6.4.2 Education Committee** – Council recommends that Education Program connect with Community Services Committee regarding decision-making authorities to regulate a new Education Committee. Roy Francis as Acting Education Manager may be able to look into the structure for committees.

**6.5 Emergency Services:** Our new Fire Chief, Jim Armstrong is on the job from the September 5th. Practices are on Tuesdays from 7pm - 9pm.

Fire Hall needs people for the First Responder course.

**6.6 Fishery & Hatchery:** There are two options for acquiring fish for community members. Plan A: 6,000 lbs. of fish from Musqueam could be canned. There will be fish for the community freezer. Plan B is to go out to Theodosia and catch some fish for smoking. Kevin will be the person in charge. Funding for the project will be man-hours invested. October 20th is the Canada Coast to Coast dinner and we would like to include a batch of fish in the dinner.

**6.7 Forestry:** On October 6th, the bid closed for the TSL002 cut block; the bid review is on October 12th.

**6.8 Housing:** We are waiting for the Residential Tenancy Law to be approved. On Monday, there was a meeting of the Housing Committee. They are forming ideas and plans for the committee. There is an open invite to all Councilors and Hegus from the housing committee. Clint will be advised on dates. September 27 is the next meeting.

**6.9 Lands:** Rod introduced the letter drafted to Canada's Johnathan Reitsma, Negotiator, Treaties and Aboriginal Government and read it to Council. Council approved the signing of the letter by all Legislators. Executive Council will sign today and the Legislators after the meeting.

**6.10 Public Works:** Five of the seven refurbished, bear-proof garbage cans have arrived and will be placed around the community.

# Tla'amin Nation Executive Council Minutes

## September 20th, 2017

### Council Chambers, Governance House

**6.11 Social Assistance & Development:** October 6th is the date for a meeting to look at the Social Policy review. Roy will send a notice of the meeting.

**6.12 Self-Government Transition:** A meeting on Friday, September 22nd takes place to review information to send to Minister Jody Wilson-Raybould. The subject concerns the Federal Government looking for feed-back on the treaty process.

#### HOUSE POSTS

**Lands and Resources Report:** Lori reports the Health parking lot's new asphalt roadway will be temperature and/or moisture dependent. The job may need to wait until springtime.

**Finance Report:** John announces that there is a Finance meeting on Friday, September 22nd concerning the audit. We will send a note to David Bond requesting status of their audit review.

**Community Services Report:** Larry proposes a student assembly (at the Salish Centre) to show students that Executive Council supports them in their school work. Maureen, Clint, Rod and Roy are expected to attend to show concern over their school success. We will think about ways to get the students in the door at the assembly.

**Public Works Report:** Tyrone and Jim spoke to the fire department trainees. The Housing Committee started on Monday. Clint needs a proposal from the Housing Committee on retiring the outstanding and long-standing debt on older rental houses which are in a deficit situation. He is hoping there is a way to make it simple.

#### Economic Development Report:

The Holdings and Operations Boards met on September 12th, 2017.

1. There was a discussion on the Lund Hotel.
2. The CEO job applicant board review is done.
3. The interim CEO – Marlane is holding on until the new CEO of TMS comes on board.
4. Kurt Pynch is gone. The Hotel Manager posting will post in the next few months.
5. Naut sa'mawt TC meeting is tomorrow in Squirrel Cove. Clint will not attend.

6. Naut sa'mawt TC AGM is the November 27 and 28. We will pass an open invitation onto the Legislators.

7. BC Clean Energy Conference on November 27-29, 2017 is happening at the same time as the Naut sa'mawt Tribal Council AGM.

Regional Emergency Executive Committee (REEC) met last Friday and Rod attended. There is standing open invite to all Executive Council.

1. Rod is hoping the seismologist who did a presentation at the REEC will come to speak to all Executive Council and the Community.

2. A suggestion was given by Clint to make up some household disaster kits to give to the community or keep them in a storage area in case of a disaster event.

3. REEC note – Sliammon Lake Dam project is in need of some reinventing with funding drying up. This is Year 2 of an extension to remove the small dam that exists now. We need a plan and a dam design to address any flood danger that may exist. The plan for any new houses that are built on Klahanie Drive with regard to their septic systems is that if they put in a new system they will receive a tax break.

#### Hegus Report

1. BBQ Community Dinner honoured the Canoe Journey families, Phillip George, Floyd George and Melvin Mitchell who are retiring from the Tla'amin Fire Department and the soccer players – Jerod Timothy, James Timothy and Mark Silvey who won gold at the North America Indigenous Games and Judith King, retiring Executive Assistant. Clint thanks all who helped to make the evening a success.

2. Tla'amin Management Services' job posting and participation on the interview panel is complete. A job offer in writing has been made to Chris Roddan with a possible start date of October 16th.

3. The Holdings Board met to discuss and approve two concept papers on aquaculture and waste management.

4. The Operations Board met to discuss the interim CEO report on hydroelectric projects, septic inspections, and 1116665 BC Ltd.

5. Tla'amin Resorts and Accommodations has reported financials to the end of May 2017; the organizational review of the management structure, human resources for the off-season, Hotel Committee, Land Study are being conducted by Dillon Consulting;



6. The C3 Forum meeting is on September 21, 2017 at 11:00am

7. Elk letters have been done and are ready for pick-up.

8. Canada Ice Breaker event on October 20th requires a plan for 150 persons for the fish dinner.

#### Other Business

1. UBCM is happening next week at the Vancouver Convention Centre. Council may be attending.

2. The Christmas Holiday operating hours have been decided and the office will be closed from December 23, 2017 to January 02, 2018 and open again on January 3rd, 2018.

3. Vancouver Urban Dinner – no location is planned; But, the date is December 9th

4. Victoria dinner will be by RSVP and tentatively on Dec 8th

5. Staff Christmas party – Dec 1st at Snickers, the Beach Gardens or the Rodmay Hotel

6. The Community Xmas dinner is on Wednesday, Dec 20th.

7. October, November and December meeting dates are as follows:

a) October Meeting dates are October 11th and October 25th.

b) November 8th meet in the small Forestry Boardroom and November 22 in the Council Chambers.

c) December meeting dates are December 6 and 20th.

#### ADJOURNMENT

*Moved by John Hackett  
Seconded by Tyrone Wilson*

Meeting adjourned at 2:41 pm

# Tla'amin Nation Executive Council Minutes

## October 11th, 2017

### Council Chambers, Governance House

Meeting called to Order @10:02 AM

**Attendance:** All Executive Council

**Resource:** Rod Allan and Serena Barnes

1. **CALL TO ORDER:** Hegus Clint Williams called the meeting to order at 10:02 AM

2. **APPROVAL OF MINUTES:**  
September 20, 2017

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

*Moved by John Hackett  
Seconded by Lori Wilson*

4. **MOTIONS OF COUNCIL:**

4.1 Approval of Serena Barnes for the Indian Registry Administrator.

*Moved by John Hackett  
Seconded by Lori Wilson*

5.0 **PRESENTATIONS:**

1. **Place Names Group & Dictionary Update** -  
Betty Wilson & Group - 10:30 AM

Betty Wilson, Bert Finnamore, Randy Timothy, Devin Pielle, Drew Blaney, Tanner Timothy provided an update on the Traditional Place Names Project which is an addition to the dictionary project. Executive Council was extended an invitation to participate in language recording.

2. **Future Acquisition Lands** –  
Roy Francis – 11:30 AM

Executive Council received information packages regarding future acquisition lands. The package explains steps and the process of acquiring the acquisition lands. Roy Francis reviewed the steps/procedures process for this to happen. Consensus to get RFP out to get appraisal done on all acquisition lands and to give notification to the Province of British Columbia on Tla'amin intent. The RFP is to be posted province wide.

3. **Citizenship** – Anthony Williams/Serena Barnes – 1:00 PM

This item was tabled to the next Executive Council agenda. A special meeting can be arranged if required.

6.0 **NEW BUSINESS:**



**Administration & Finance:**

1. **Annual Signing of the Gunn-a-whooth** by all Executive Council - Executive Council signed the documents and will receive copies.

2. **Manager Monthly Reports** - two reports missing and it was that the reports are reviewed prior to the meeting with questions brought to the meeting or emailed to the Chief Administrative Office in suggested review reports prior to the meeting.

3. **Neh Motl** - it is suggested that the Neh Motl be delivered to the lessees on Klahanie Drive and Southview Road. The Executive Council were in agreement.

4. **3C & REEC** – Dec – our turn, date December 12, 2017 @ Government House 11:30, Also, the suggested date for the Regional Recreation Working Group meeting is October 23, 2017.

5. **Personnel** - Losa Luaifoa will start on October 23 as the Executive Assistant/Government Secretary/Law Clerk. Serena Barnes, Membership paper work in works. Job postings for the following positions will be advertised: Health Director and Youth Worker. It was noted that an update did not occur from Health regarding one of the postings from health.

**Education:** It was noted that this is the last week for bus monitoring.

**Elders & Youth:** It was noted that the Elders fundraising luncheon is October 13, 2017.

**Emergency Services:** It was suggested that a letter to the Province of British Columbia be drafted requesting funding for fuel reduction.

**Forestry:** The Forestry bid closed on October 6, 2017. 9 submissions were received and will be reviewed on October 12. Firewood for the Elders will commence within the next week or two.

**Housing: 1. Eviction** – In-camera discussion commenced. Executive Order #29-2017 was approved by Council. 2. Ownership - Becky Harry and Ernest Harry home ownership direction given to proceed with homeownership process with the two individuals. 3. Wait List – Request for quarterly updates on list.

**Public Works:** An estimate for the demolition of the old band from Walter Paul was reviewed. The estimate did not include machine and operator costs. It was moved by Larry Louie and seconded by Tyrone Wilson that the Executive Council accept the proposed estimate from Walter Paul. It was suggested that a closing or ceremony be done for this. The issue was raised of rodents and concerns for the community members and the issue of rodents spreading to nearby homes. It was noted that preventative measures be taken to eradicate the problem. Lori Wilson to raise the concern with the Housing Department.

**Social Development/Assistance:** The first Social Assistant meeting regarding the policy was held and the second meeting will take place in November, 2017.

**Taxation:** No update was provided.

# *Tla'amin Nation Executive Council Minutes*

## October 11th, 2017

### Council Chambers, Governance House

Transition to Self-Government: A copy of a letter received from Jonathon Reitsma, Klahanie claim is provided in the Executive Council package.

#### HOUSE POSTS

**Lands & Resources** - meeting is scheduled for Monday, October 16, 2017.

**Administration & Finance** – A Finance meeting was held 2 weeks prior to the completion of the audit. A meeting is scheduled for next week to review the audit.

**Community Programs & Services** - The first review of the Social Assistance Policy was October 5. The next meeting is scheduled for November.

**Education** would like celebration for first semester for students. First Nations Health November 27-30 in Vancouver.

**Public Works** – The Housing Committee had its first meeting. Village maintenance of sidewalks, government building, boat ramp and fire hall were completed. Seeking space within the community to do training. The gym was recommended. Numbers are growing for volunteer fire fighting. Lift pump is on the brink again as well as the mop head, solutions are being considered. These are private residents station problems.

**Economic Development** - November 6 is the Law Policy review from 9:30 am to 3:00 pm. Executive Council is requested to attend. Chris Rodden, the new Chief Executive Office will be in attendance and starts on October 16, 2017.

**Other Reports** – External Entities

**Naut'sa mawt Tribal Council** – AGM date is in November. Discussed appointing one legislator to the Board.

**Regional Emergency Executive Committee** – No meeting held.

#### Hegus' Report

- C3 meeting was a presentation of the Draft Social Plan (September 21)

- Canadian Council for Aboriginal Business Awards as a guest of SODEXO, they are offering a tour of their kitchen facilities in town. I have suggested the date of October 17 if anyone is interested.

- September 22 was the first get together and the second call was on October 2 for the Policy and Law review being conducted via tele-conference. A face to face planning session is

planned for October 26, 2017 at the Governance House.

- Elk hunt was October 3 in Theodosia. The elk was brought to the Chopping Block to age in the cooler and then later to be cut up and packaged.

- DNA is pursuing monies from INAC re: sewer project. Tla'amin is not responsible for this but I have offered to sit with DNA and INAC to see if DNA can convince INAC representatives to pay them or not.

- Canada C3 dinner planning: Elk-10lb. roasts, smoked salmon and BBQ?

- PRSC Public Meeting, declined to attend since this is a city land use planning meeting.

- Bible group was offered one of the portables beside Ahms Taow. Agreement was completed by Rod.

- Long house meeting with Rob Everson and Lacasse construction group. They will do the drawings of a smaller version of our long house to construct on Texada so that we can do this structure first and then do the larger version here in our community later.

- Land and Resources Open House was a big success.

- TMS November 6 Law and Policy review will take place at the Governance House. They have requested to have elected officials and TMS Board members to sit and review various items.

- It appears that the Powell River end of the approval for the name change is complete and now in the hands of the Provincial Government for final approval now.

#### Other Business:

- Pacific Salmon Foundation dinner – Floyd/Lee/attendees, Clint, Lori, Tyrone and Shawn confirmed their attendance. John and Larry provided their regrets.

- Committee structure is discussed. House post holders have their core committees. They are to decide whether to strike sub-committees, ad-hoc committees or bring in resources depending on the agenda.

- Passing in Vancouver - Stacy Moore who is a foster parent to Andrew Thomas Harry has passed on. His mother was Mary Harry who passed in 2004.

- Fireworks budget: \$1000 will be donated which is the same amount donated in 2016.

- Vancouver Christmas party will be held at the Atrium Inn on Hastings at Renfrew.

Adjournment at 2:49 PM

*Moved by Tyrone Wilson  
Seconded by Larry Louie*



# Favourite Travel Mug



**D**o you have a favourite mug? One that feel especially good to hold on these cool mornings? If not, part of your morning ritual may be enriched with finding the perfect mug.

When you're flying out the door for the day, a lidded travel mug is a great option to keep your drink hot and your lap free from spills. Another bonus of a travel mug is the discount some cafes give you at the till. If you don't have a travel mug, here are some hot tips for bringing one into your life:

- Inexpensive travel mugs can be scored by the patient thrift store shopper.
- Transform a mason jar into a to-go mug by adding a knitted sleeve (or a colourful sock you've cut to suit). You can either use the regular lids, or invest in a sippy cup style made for mason jars, available at eco-friendly stores.
- Invest in a new mug that feels good in your hand and is easy to clean. Nowadays there are plenty of options from double walled stainless steel to ceramic.
- Personalize your mug with stickers and other adornments.

Now the trick will be to remember to have a mug with you when you're out and about and decide to treat yourself to a hot bevy. Keeping a few to-go mugs under your car

seat can ensure that at least one of them is ready for the honour of holding your next latte. Forget your cup? Consider taking a break from your busy day. Make your order to stay and drink the beverage from an in-house mug.

If you do find a disposable cup in your possession, try to ensure it makes it into a recycling bin. Keep these details in mind.

- Clean paper cups are recyclable locally in the container stream at depots.
- Cardboard sleeves are also recyclable.
- Clean styrofoam cups are only recyclable if they are the thick kind you would buy for a party. Thin compressed foam cups sold at some cafes are NOT recyclable.
- Clean plastic lids are recyclable, as long as they are NOT labeled compostable or biodegradable. These are, ironically, garbage, in Powell River. They are not compostable through our drop off compost program at Town Centre recycling depot either, as the receiving composting facility, Salish Soils in Sechelt, does not accept them.
- Plastic stir sticks and straws are garbage.

Disposable cups are actually decidedly inconvenient when it comes to trying to figure out how to properly recycle them at the end of their short life. Recycling is a better option than the landfill, but it does take both mental energy and earth's limited resources. Getting the habit of bringing and then rinsing your travel mugs could significantly impact your recycling bin. In Metro Vancouver, about half the litter in garbage cans is disposable coffee cups.

## Let's Talk Trash.ca

WHAT IS WASTE?



If you're not already a fan of the travel mug movement, you can start a new habit and lead the way in your community. Changes like these will be observed by family, friend and colleagues, and could lead significant positive impact for the planet. Drink responsibly. Bring your own mug!

**Let's Talk Trash is Powell River Regional District's waste-management education program.**

What's your Target?  
**ZERO IN ON WASTE**





Taryn Thiele



Jacob Gallagher

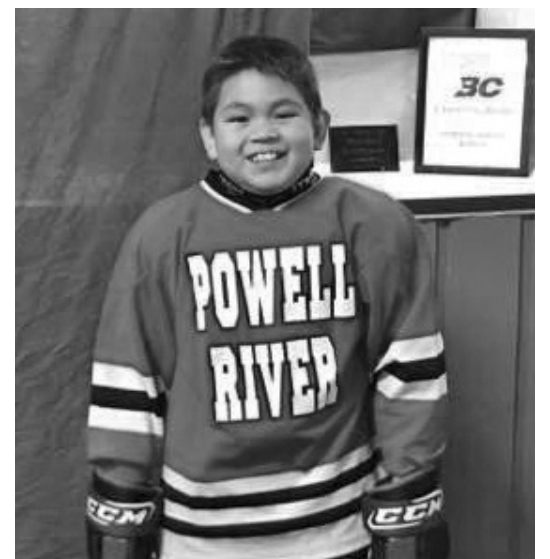


Yakira Louie

# FUTURE HALL OF FAMERS



Tobin LeBlanc started playing hockey at age 4



Rylan first year of hockey. Keep reaching for the stars. Love Mom, Dad, Papa, and Priya xox



Annabelle Louie



Taryn in Tae Kwon Do



Mattias Gallagher



Kobe and Shawn Galligos



Kings Cup Tourney Braedyn Louie Adam Hopper Tanner Burt. Braedyn getting Digger award scoring five goals thanksgiving day weekend having lots of family and friends watching Sweet Lou #18 Proud Parents Brad Harry & Amanda Louie

# ANNOUNCEMENTS



## Happy 6th Birthday Princess Priya

On the Night you were born, the moon smiled with such wonder that stars peeked into see you. Heaven Blew every trumpet & played every horn on the Wonderful Marvellous Night You Were Born xoxo

We love you!  
Love Mom, Dad and Family

## Thank you all that supported Steven Harrys service and to all that donated flowers and kitchen support.

Thank you to the Tla'amin Nation for their contribution. We are very proud of our nation and how well we come together in time of grief for family.

Thank you from the Harry and Peters family. Emote



## Happy Bithday Joan on November 16th

*Caring...Loving...Wonderful...*

*Supportive...Thoughtful*

*You are all these...*

*and more!*

*Here's wishing You*

*a Birthday...*

*That's just as special*

*as you are!*

*Love the Gallaghers*

*&*

*Mr. Andy Whiskers*

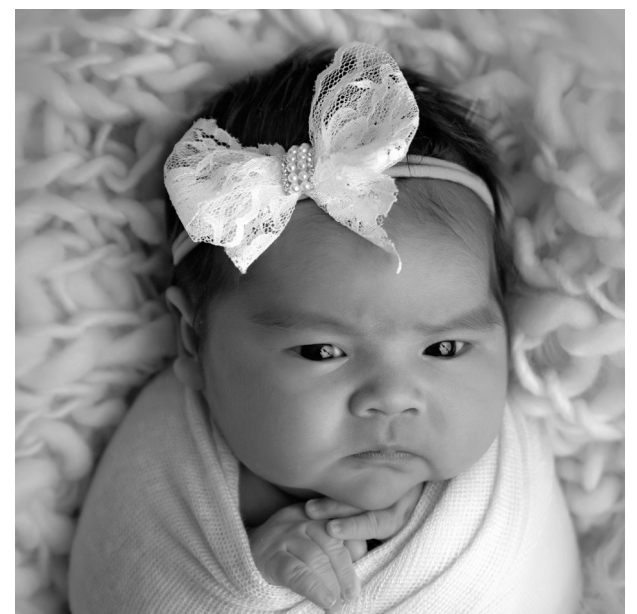
Heart felt thank you to Tla'amin and Ucluelet members that supported our son Gregory Louie for the loss of his wife, Maureen Touchie Louie.

We appreciated the family, friends and relatives that made the journey to Ucluelet for the funeral.

We were very impressed by the great number of Tla'amin members that attended from all over the area, from Fraser Valley, Victoria, Cowichan, and Campbell River, and Klahoose. Sorry if we missed anywhere else.

May our creator put a blessing on all that attended.

Thank you  
Eugene & Linda Louie



## Welcoming Baby Brea Danielle Louie

September 25/17 8:32 am 19 1/2" 8lbs 8oz

Proud Parents Brad Harry & Amanda Louie  
Big brother Braedyn & Big sister Kendall

## Kids coloring corner