



NEHMOTL "Us"

December 2017

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

Grandfather Canoe Makes it's Journey Home



by Alex Sutcliffe

The Hehewšín reconciliation project ended with a huge celebration in Tla'amin over the weekend. I say ended but really, it's just the beginning. The grandfather tree was transformed into a beautiful 26ft 5in canoe by skilled canoe builder Joe Martin from Tla-o-qui-aht Nation, and his team of carvers: Alvin Wilson, Sherman Pallen, Ivan Rosypskye, Phil Russell, Mathew Louie, Dakota Gustafson and John Dominic. The canoe was given it's first taste of the ocean in a special ceremony held on Willingdon Beach on Saturday the 18th of November. Joe performed the blessing of the canoe alongside his family who came down to take part, with over 500 people who came out to witness this special event. The canoe was then placed into the waters where the carvers paddled it out for it's maiden voyage before returning to the beach.

The original plan was to paddle the Canoe from Willingdon into Tla'amin with a Tla'amin canoe escorting, but due to the unpredictable weather and gusty winds it was decided to err on the side of caution and the canoe was driven into Tla'amin instead. From the waterfront, children from both communities climbed into the canoe and the canoe was then escorted up to the Salish Center before being carried (children and all!) inside, where it was blanketed. The gym was packed full of people who came out to welcome the canoe into the community and take part in the presentation ceremony.

I was asked to be a witness on this day, along side Scott Galligos, Devin Pielle and Shelley Chaney. I was very honored to bear witness to these important ceremonies. I have watched the project from the beginning. I feel I am in an interesting position in that I represent both communities. I grew up in the non-indigenous world, but my wife and children are Tla'amin Citizens and I live here now too, this is home and I see everyone as part of my extended family. I am grateful to be where I am and I will do my best to represent both communities to the best of my ability.

Growing up in Australia, I never really understood the kinds of issues indigenous people have had to deal with. It wasn't until I came here that I began to really learn. I understand a lot more now, and I continue to learn.

From what I saw on the day of the ceremonies, there was a huge turn out from both communities. This tells me we are moving in the right direction. There is a



significant number of people from the non-indigenous community that are understanding these issues, that want to come together and many that also want to learn to see the world through indigenous teachings. In my experience, the world is not what we see on tv. All the doom and gloom, conflict and separation that you see on the news is one tiny fraction of our world that seems to have a magnifying glass placed on it to keep people in fear. In reality most people are decent, caring and loving. We can see this with our eyes just by looking around us. We know from the teachings that we are all connected, and it is also common sense. We are all related to each other, we all have a mother and a father, brothers, sisters, children, aunts, uncles, cousins, friends, people that we love, and they all have people they love and it expands outward, on and on across the whole planet. There is no separation, we literally are all one people.

Most people have an intuitive understanding of people to people connections. But teachings from the indigenous world take it even further and after living in this community for the last 5 years (I've been coming

and going for another 10 years before that) I am starting to understand the relationship with the land, the deeper connection to the land. This is something that is hard to put into words and is more like a feeling in your soul. Once you feel that, you start to see the world through different eyes. When you understand that everything is alive, everything has a spirit or is part of one spirit, and you can feel it, then you start to really understand how everything is connected. Once you have that understanding, it changes you. You move into your heart. The heart understands that all life is connected and when you begin to create and shape your reality from here, the heart would never create anything that could be harmful to life.

Reconciliation has a number of layers to it (people to people/nation to nation, people to nature, and individual with creator) and it seems like these are areas for everyone to be doing the inner work to heal those things in our lives that are no longer serving us. By Tla'amin opening the doors to the

GRANDFATHER CANOE
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Message from the Hegus



It was an honor to participate in this year's drug march with Executive Councillors Tyrone Wilson & John Hackett along with the wonderful caring people of the Tla'amin community. It is always a pleasure to stand beside the organizing staff along with the youth, parents and especially our elders that keep coming out each year. Our Chief Administration Officer also joined us this year to show his support.

This annual event has traditionally seen very large crowds, however this year's march seemed to have a lower level of participation compared to other events over the years. I would like to see us showing more community support for this initiative as

this issue is a concern for all of our families. No one ever wants to lose family members to something that can be prevented. I would like to propose that we come together as a community in the spring time to conduct another event to show our support for our Drug & Alcohol workers and to support our people that are working on their addictions to better themselves. We will make plans and arrangements for another event.

November 18th 2017 was a historical day for the Tla'amin people as our community was gifted the Hehewshin Canoe in the spirit of reconciliation between the people of Powell River and our people. It was a very beautiful sight to see approximately 400 people at Willingdon beach to witness the blessing & ceremony, also to see the canoe's first time in the water. It is good to know that there are many caring people in the Powell River area, far too often we only hear from the negative minds of people that do not wish to see progress between our communities and feel threatened to see us succeed. When our people succeed, the region as a whole will see success and experience the benefits of our developments.



It was a shame that the winds prevented the canoe from being paddled from Willingdon beach to the shores of Tee-shosum as originally planned, but instead the canoe was trailered out to the front of the church where there were people waiting to welcome the canoe to our community. Before the procession up to the Salish center the canoe was loaded with 12-14 children that were paraded up to the luncheon. As we were making our way from the church to the Salish center there were many eagles circling overhead for most of the walk, this was a wonderful image to witness and made me feel as though the ancestors were also glad to be a part of this event.

The luncheon and ceremonies were wonderfully organized by the Hehewshin volunteers, it was very inspiring to see them acknowledge our elders by standing them up in front of our community and honouring them with blankets and songs from our drummers. It was also great to see that our neighbouring nation's elders in attendance were also respectfully included; there was representation from the Comox, Homalco, Klahoose, Qualicum, Sechelt, Haida.

On behalf of the Tla'amin Nation Government and our Community; I want to say that we very much appreciated the hard work and dedication that the Hehewshin group volunteers did leading up to this incredible day. Thank you! Che chah hah tahn nah pesht !

Tla'amin Governance House Updates

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Toll Free: 877-483-9646



GRANDFATHER CANOE

(Continued from page 1)

non-indigenous community, you are creating other pathways for bringing people together, and facilitating healing on so many levels. By sharing Tla'amin culture and Tla'amin teachings you are also helping the world see through different eyes, which ultimately leads to the heart based understanding I spoke about above. This will change the world.



I'd like to acknowledge everyone who has been working behind the scenes to make all of this a reality, John Louie and Cyndi Pallen for their guidance and contributions throughout the whole process, and Phil Russell who in my opinion was the brainchild of this project. I know firsthand that the main concern that Phil had was preserving the integrity of this project throughout the entire process and he worked tirelessly to make sure that happened, I saw it and I truly respect him and the amount



of effort he put into this project. I'd also like to thank the entire Hehewshin committee and all the volunteers who helped along the way, there have been so many people... I also want to acknowledge Joe and all the carvers (old hats and youth!) for their commitment to this project, they were there, day in day out, transforming the grandfather into something amazing, and sharing their culture and teachings with everyone who came to visit. I should also mention the Canoe has a sibling made from the same grandfather, a smaller canoe that is yet to be completed by the youth so stay tuned for that. I'd also like to acknowledge the drummers and singers and everyone working in the language – the cultural revitalization happening here is inspiring to watch and it is so much more, it is the rebuilding and remembering of

the Nations identity which is so important. I also want to acknowledge the entire Tla'amin Nation, I've seen how this community has grown and changed over the last 15 years, it's been an amazing journey to see and be part of and I really hope everyone is proud of who they are and where they come from. I see how the nation is moving forward collectively, and now I also saw - through these ceremonies - everyone coming together, indigenous and non-indigenous, and I know deep down - we will all move forward together and create a unified world filled with amazing opportunities and experiences for all of our children, and their children, and their children's children. In the end, they are all that really matters.

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Tla'amin Cultural Week Showcases Different Aspects of our Culture

By Tyler Peters
Tla'amin Education

First off I would like to thank everyone who provides support and are involved with the Gr. 4 Cross Culture event. With out the resource people, support from the Hatchery crew, the Ab Ed staff, the Nation, and the School District this event would not be possible.

The goal of Gr.4 Cross Culture is to raise awareness of Tla'amin traditional ways of living and knowing. This year over the course of 3 days we had nearly 300 Gr. 4's attend this event. Each class was able to go through a series of stations at the Salish Center and take a tour of the Fish Hatchery before they were treated to a lunch that consisted of traditional foods. There were 10 stations



this year, each of which showcased a different aspect of Tla'amin culture. These stations provide a brief window through which students are able to experience our traditional ways and see the invaluable knowledge of our people. Students have the opportunity to drum, sing, weave, learn the language, and participate in directed art, just to name a few of the stations. Each station provides the chance for students to learn the value and knowledge found in our traditional ways. They can see that all of our traditional practices and teachings are rooted in subjects like science and math and that it wasn't a coincidence that our people thrived here for thousands of years.

Providing opportunities like this where an entire district can participate in is an excellent way to raise awareness of the value of Indigenous knowledge. It fosters change by allowing our Nation to reach students from the entire district and impart essential knowledge to future generations.

There is a strong working relationship that the Tla'amin Nation has with School District 47. For many years now Tla'amin and SD47 have had an Aboriginal Education Enhancement agreement that has been designed to support and meet the needs of all Aboriginal students in the district. The agreement's purpose is to raise academic achievement, foster social responsibility, as well as to increase the presence of Aboriginal culture and language in the classroom. Within SD47 the Tla'amin language program runs from Kindergarten to Gr.12 and our language can be used to meet the second language requirements at several universities. This agreement existed long before BC made it mandatory for Indigenous content to be an essential part of the curriculum in 2016. This speaks to the strength of the relationship between Tla'amin and SD47. The curriculum shift that occurred in 2016, with its new Aboriginal focus, makes it a very exciting time for Aboriginal education from a provincial standpoint. The new curriculum is in its infancy and it will be exciting to see the changes that occur in the next few years and how Aboriginal culture and the Provincial wide curriculum are woven together.



Students Improve through Tutoring

Tutoring at Brooks Secondary
Tuesday & Thursday
3:15pm-4:30pm

Tutoring at Ahms Tah Ow School
Monday & Wednesday
5pm-7pm

Tla'amin Post-Secondary hours

Friday 830 am - 430 pm

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



Lands & Resources Update

by Lori Wilson

Hi everyone, I have summarized the situation for the community food fish, Salish Drive & Health Centre Parking Lot Project, & demolition of the old band office. News from other departments and leaders may overlap with my news because usually projects involve more than one department at the Nation.

This last summer we were unsuccessful for the second year in a row at securing a harvest of sockeye for our community. Despite early & innovative efforts to secure a sockeye food fish allocation for community distribution, community members were left with securing their own winter supply of sockeye preservatives. For the first time as a test-project we harvested chum, traditionally smoked them at our community smoke house and jarred them for a community distribution. The goal is have 1 chum per jar and one jar distributed to one family household this winter; to distribute to families living within and outside our core community (I.R. #1). Another test-project we are trying for the first time is a canned fish distribution from a cannery on the Lower Mainland. Fish was purchased and delivered to Jane's Cannery with the goal of distributing a certain number of cans to each household living within and outside our core community. Looking ahead to 2018, we are discussing "workshops" or a series of small group events for community members who are interested in learning how to traditionally smoke salmon at our community smoke house so community members can

harvest and smoke salmon with instruction and support; and exercise this successfully.

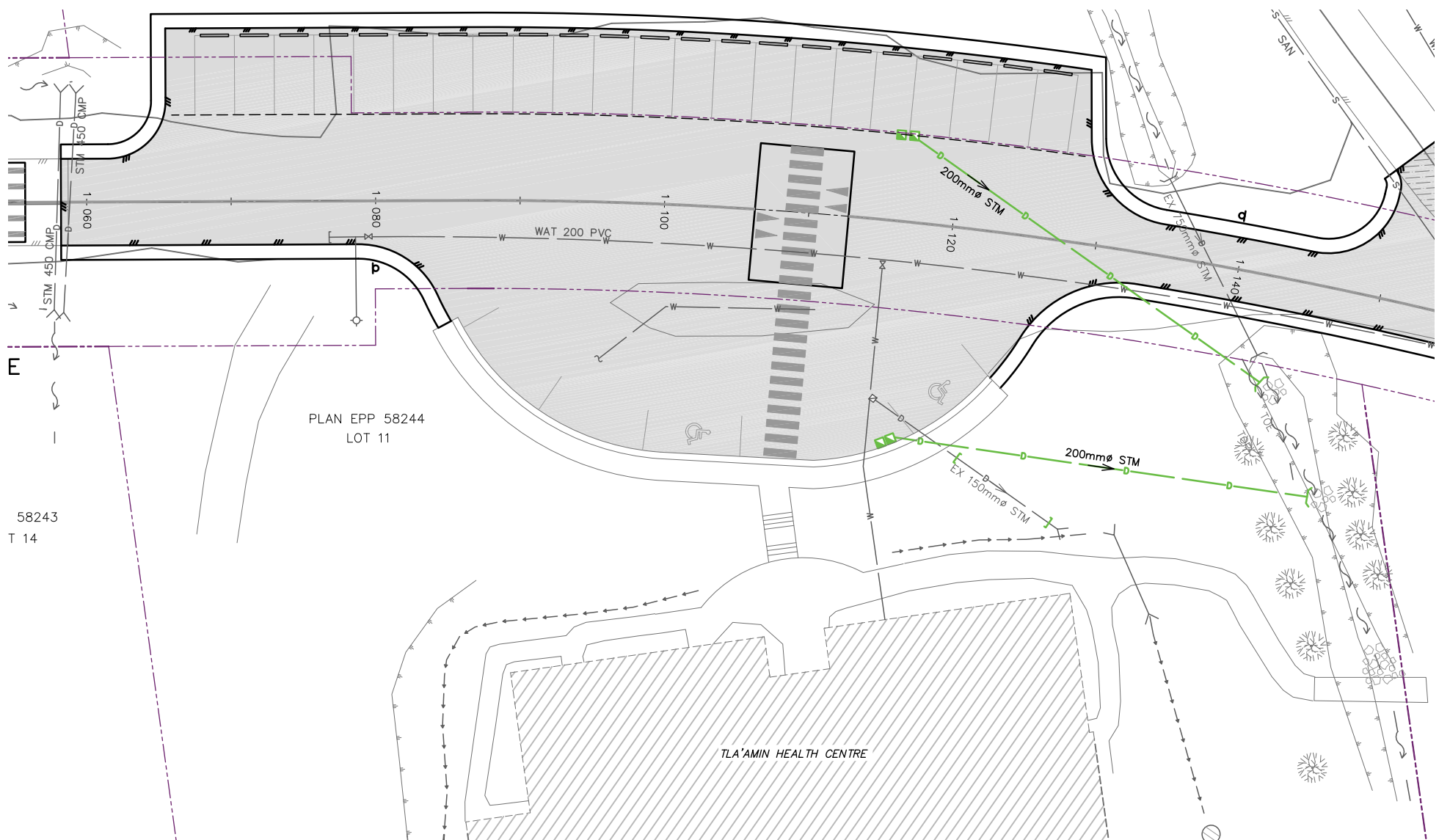
The proposed design for the extension of Salish Drive and paving in the Health Centre parking lot includes several changes to the existing parking lot. There will be 2 handicap parking stalls and 2 Elder parking stalls at the present sidewalk & stairs to the entrance. Alongside this row of handicap and Elder parking stalls will be a one-direction drop-off and pick-up lane; on the outer side of this lane will be a clearing lane with nothing on it but to provide visibility and space before the edge of the Salish Drive roadside. Salish Drive will have one lane in both directions and another clearing lane on the other side of it before the 22 parking stalls. There will be 3 speed bumps, one at each end of the parking lot and a large speed bump in the middle which will also be used as a cross-walk. This large speed bump will be the same type as the large speed bumps used in BC Ferries line-ups. The cross-walk will line up with the existing stairs & entrance, see diagram provided. The road to the gym will be altered to implement a 3-way intersection, and the Child Development Centre parking lot entrance will be altered to line up with this new intersection. The tree-island (cement centre piece) will be removed completely.

The planning for the demolition of the old band office is still in progress and a date has not been set, but it may take place before Xmas. There are a number of steps that need to take place before the building can be torn down and removed. To date, the



electricity has been removed, contamination expert has assessed it for the labourers to go in and we have spent 2+ months at the exterminator phase. We are aiming to have it 100% exterminated.

A friendly reminder to hunters to call me or Serena Barnes at the office to report your catch. We are trying to catch up and process harvest card applications so if you applied for one but we haven't issued it to you yet, please let me know your hunting catch anyway. We are want to record numbers so we can look at our annual count as a community. My office number is (604) 483-9646 extension 108 and my email is lori.wilson@tn-bc.ca.



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18th Annual Community Day of Action

Brief History – Annual Drug March & Community Day of Action



8th Annual Community Day of Action was established 2009 – Formalized and structured Tla'amin Justice Committee to deal with drug dealers, drug issues and concerns in our community.

- Tla'amin Justice Program
- Tla'amin Administration/Leadership
- Community Members
- Tla'amin Liaison Officer/PR RCMP
- PR Probation
- PR Police Based Victim Service

18th Annual Drug March started 2000 – Purpose/Objectives: Drug Awareness in Community and Prevention. Organized by Tla'amin Addiction Program and Traditional Wellness Team listed below:

Traditional Wellness Team: Thank you to all the counsellors for dedicated service and commitment to provide services and support to our people and special appreciations to Nina Peers for work you do as addictions counsellor, helping so many of our people through Tuxmey group, residential treatment programs and also after care.

- Addiction Counsellor: Nina Peers
- Child & Youth Wellness: Shirley Louie/Lesley Ann Louie
- Men's Support Counsellor: John Louie
- Family Support: Sally Louie
- Elders Coordinator: Darron Cound
- Youth & Family Advocate: Brenda Pielle
- Aboriginal Child & Family: Cyndi Pallen

- Tla'amin Justice Coordinator: Verna Francis
- Tla'amin RCMP Liaison Officer: Chris Bakker
- Early Childhood Development Outreach Program: Dana Gustafson

Drug March and Community Day of Action is not to offend, blame or point fingers at anyone, we recognize drug/alcohol is an issue and concern for some and has resulted in the following:

- **Critical Incidents:** Fentanyl Crisis & Overdose, Domestic Violence, Assault Charges, Theft, Sexual Assaults, Suicide etc. incidents end up in Criminal Justice System.
- **Neglect & Abandonment Issues:** Ministry of Children & Family System Disconnection/Separation, Poverty & Employment Issues.

Annual Drug March – Community Day of Action – Organized in collaboration with Tla'amin Justice Program and Tla'amin Health.

Thank you to all who participated and supported the Drug March held November 16th 2017 – was huge success with 70 people in attendance.

Appreciations/Acknowledgements:

Contributions for Door Prizes:

- Tla'amin Administration: Samsung Galaxy Tablet – Congratulations to Sandi Louie.
- Tla'amin Health: Family Swim Passes, Hockey Passes, Save On Cards, Guest Speaker.
- Tla'amin Social Development: 2 – Tla'amin Hoodies, paper plates/napkins.
- Tla'amin Justice Program: Pizza's/Cake.
- Tla'amin RCMP Liaison Officer Chris Bakker: Presentation on latest drugs in Powell River



and stats on Fentanyl Crisis.

- Fire Department: Dedicated commitment and support for 18 years, guiding the drug march.
- Powell River RCMP: Dedicated commitment and support.
- Guest Speaker: David Dawson from Kingcome Inlet, sharing his story and his journey of acceptance, growth, peace, and contentment, fueled by LOVE.
- Big thank you and appreciations to Tla'amin Health Tuxemy Group for setting up tables and chairs, posters etc. for confidentiality reasons I cannot share names. Tuxemy Group drop in group that meets 4 times a week with addictions counsellor Nina Peers for setting up tables and chairs, posters etc.

*Merry Christmas and Happy New Year.
Safe & Happy Holidays*

Verna Francis
Justice Program



University of Saskatchewan Historians Seek Tla'amin Community Guidance

By Keith Carlson and Colin Osmond



Several years ago, Tla'amin elder Mary George was talking with Keith Carlson (Professor of History at the University of Saskatchewan, born and raised in Powell River) about Tla'amin legendary stories. They discussed the way there seemed to be differences between Coast Salish men's and women's stories. Mrs. George said

she noticed that when male Tla'amin elders talked about history and territory, they spoke most often of local landscapes. When women spoke about these legends, they seemed to emphasize larger geographies and more distant places. Mrs. George and Keith discussed whether this was traditional to Coast Salish storytelling, or if perhaps it was something that changed after contact with Europeans. Coincidentally, Keith had a similar discussion with Tilly Gutierrez, an elder from the Stó:lō territory, where Keith had spent many years doing community research. These questions launched us into our current research project.

Hegus Clint Williams, Betty Wilson, Elsie Paul, and Randy Timothy, over the past year, we have been working in both the Tla'amin and the Stó:lō communities to research and document legendary stories as part of a project that looks at differences and similarities between male and female perspectives of Coast Salish history. We have additionally been collaborating with Tla'amin teachers Gail Blaney and Karina Peters, working to ensure the research is relevant and helpful in the school system. The project, *Mapping the Transformers' Travels*, will combine oral histories and legendary stories with interactive mapping technology to represent these stories connection to the physical Tla'amin territory. Students will be able to use this database to do keyword searches and compare how different elders were told stories over time. The database will have interactive features that will show how the characters in the stories travelled over time and space. This feature will help students think spatially about Tla'amin history.

Last summer, to build capacity for the project, we hired two Tla'amin students, Drew Blaney and Kirsten Paul, to work with us on the project. Blaney and Paul researched a wide range of records looking for references to Tla'amin legends. They then compiled these sources into forms that will eventually be used to build the database. These students provide an important community perspective that helps keep the project oriented towards community needs and expectations. We would like to thank these students for their excellent work over the summer,

and recognize their passion for Tla'amin history and culture. We look forward to working with both of them in the future!

We are committed to making every effort to ensure that this project meets community goals and expectations. In the next phase, we hope to do new oral history research with Tla'amin community members. To guide us, we would like to form a steering committee of interested people from the Tla'amin community. This committee would meet formally twice per year to give us feedback and to allow us the chance to give an update on the status of the research. Food and hospitality will be provided to committee members, and gifts will be given to community members who participate in the oral history work. We will be in Tla'amin from December 5-10 to hold the first meeting of the Steering Community. If you are interested in participating (or in finding out more about the project) please contact us using the email or phone number below!

Our goal is to honour the original questions asked by Coast Salish elders Mary George and Tilly Gutierrez about the ways traditional stories are told by different people over time, and ensure that we can build a useful tool for researchers, students, and the Tla'amin community. By working closely with the Tla'amin community, we aim to conduct respectful research that is useful to, and valued by, the community. We are happy to answer any questions, or hear any suggestions from the community. Please do not hesitate to email colin.osmond@usask.ca, or call (306)850-5417.

We look forward to continuing our work with the Tla'amin community. Emote!

Colin Osmond
PhD Student, University of Saskatchewan
colin.osmond@usask.ca
(306)850-5417



Do you want to learn more about post-secondary courses and programs?

Trades- carpentry/welding/automotive/culinary arts and hairdressing

Bold Eagle Aboriginal Summer Program

RCMP- Aboriginal

Come and listen to a great information session:

Thursday January 11 2018 at 6 pm

Ahms Tah Ow School

Friday January 12th 2018 at 9am

Brooks Secondary School

****DOOR PRIZES****



Charleigh

Welcome Our Sweet Baby Girl
Charleigh Grace Williams
Born Nov 25/17 @ 4:49am
8 pounds 14 ounces 21 inches
Welcomed with ♥ By Shaya & Mike



This summary of police calls for service is intended to advise community members of what is occurring in the community and to encourage community members to report all suspicious activities.



Powell River RCMP Non-Emergency (604)485-6255		In Case of Emergency Call 911
OCT 01	HWY 101	Police responded to report of suspicious male knocking on door at residence.
OCT 07	RIVER RD	Police responded to report of a possible breach of probation.
OCT 10	HARWOOD DR	Police responded to a request to keep the peace.
OCT 13	WATERFRONT RD	Police responded to an assault that occurred at a house party.
OCT 16	HOMALCO RD HWY 101	Police responded to a report of an unlicensed driver who was driving. Police responded to a request for assistance from the Canadian Firearms Program for an individual with an expired firearms license.
OCT 17	HWY 101	Police responded to a report of a vehicle that hit a bear cub.
OCT 21	EAGLE DR	Police responded to report of intoxicated male repeatedly ringing the doorbell of a residence.
	RIVER RD	Police responded to a report of an intoxicated female at a residence.
OCT 27	HOMALCO RD	Police responded to report of a drug impaired driver.
OCT 28	HARWOOD ISL	Police responded to report of an abandoned dog found on Harwood Island.
OCT 31	HARWOOD DR	Police responded to mischief complaint where 3 youth threw a rock at a house and broke the window.
NOV 04	HWY 101	Police responded to a report of a suspicious fire.
NOV 08	HWY 101	Police responded to a report of theft from Tla'amin Governance House. A red tidy tank was stolen from the parking lot on 2017-11-05 at around 19:50.
NOV 09	RIVER RD	Police responded to a report of a missing youth. Youth was returned home by a family member a short time later.
NOV 11	SALISH DR	Police responded to alarm at the Salish Centre. Alarm determined to be false.
	BEACH RD	Police responded to a disturbance involving an intoxicated male
	WATERFRONT RD	Police responded to a disturbance, which led to a small seizure of marijuana and cocaine.
NOV 17	BEACH RD	Police responded to a report of a theft of a wood stove from a residence.

MONTHLY SAFETY TIP



DISTRACTED DRIVING LAWS

The use of hand held personal electronic devices while driving has been banned in BC since 2010

The Law also applies when you are stopped at a red light or slowed in traffic

The penalty for using a hand held electronic device while driving is \$368 and 4 penalty points (\$175) for a total of \$573



Drivers who talk on their cell phone lose about 50% of what is going on around them visually.

Most rear end crashes resulting in injury are caused by distracted drivers



Distracted Driving is responsible for over one quarter (27%) of all car crash fatalities in BC.

You are 5X more likely to Crash if you are on your phone!



CALL FOR INTEREST !

Construction Safety Training System (CSTS)

Stay safe at work and advance your construction career with CSTS-09 certification.

CSTS-09 is a general safety awareness program for workers in the construction industry. The self-paced, computer-based course consists of 15 modules covering 82 topics presented in a user-friendly format in all NVIATS offices.

CSTS-09 includes a generic WHMIS worker training module. You will need a full six- to eight-hour day to complete CSTS-09. Upon successful completion, you will receive a laminated certificate that includes the date of issue. The certificate does not expire.

This Training will include W.H.M.I.S certification, any W.H.M.I.S prior to 2015 is outdated and would need to be updated.

If you require CSTS-09, contact Trisha Wilson, Training and Development Coordinator at (604) 483-9646 Ext. 110

**Firefighters Wanted
Come Join Our Team**



The Tla'amin Fire Department is actively seeking new members to join the team. We practice on Tuesdays at 7pm. If you have any questions about joining, please call Chief Armstrong at 604-483-9646 (ext 136).

In the last few weeks, 3 of our members have passed all the requirements to become First Responders, certified CPR/AED Health Care Providers. The course involves 40-hours of in-class training, a written exam and 2-hours of practical scenario skills testing.

Another 5 members expect to get their certification before Christmas. At that point, there will be 10-certified First Responders on the department.

The Department is looking to replace its 1987 GMC pumper with a newer First Responder crew cab vehicle.

Community residents are reminded to keep their chimneys clean and check clothes dryer venting for lint build up. Please store all flammables outdoors and ensure that your house numbers are displayed prominently.

The Department's Free Extinguisher and Smoke Detector program is just getting underway. If you would like more information, Chief Armstrong can be reached at 604-483-9646 (ext 136) or by email at firehall@tn-bc.ca.

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

Chen'sum tox'who toms qui'he'gun, toom's TAOW.

I will learn as I go through mind, and spirit, is what reconciliation means to me.



Hehewsin' Reconciliation Project, a seven generation initiative originated by a hand full of individuals here in Powell River. This journey to reconciliation has taken flight;

In honor of Tla'amin peoples and territory in which Tla'amin ancestors resided... the work of Phil Russell, of Ireland, residing in Powell River, within Tla'amin people's territory, has gained support from various local participants working collectively to honor the teachings and territory of Tla'amin First Nations people. With support of Tla'amin Nation, Hegus Clint Williams and Western Forest Products a cedar log, (known to First Nation's as Grandfather) was delivered to Willington Beach, where this historical traditional carving of a canoe took place. This project was guided with support by two Tla'amin First Nations community members, John Louie (Yaxwum), Men's Support and Cyndi Pallen, (Chennay), Aboriginal Child and Family Counselor who given this project's name called "He'he'wshin" meaning (Moving Forward). Through participating in past Tribal Journey's Phil Russell has gained a broad understanding of how colonialism has impacted First Nation's people. His desire is to build relationships and understanding of the vast detrimental effects of assimilation that was perpetuated against First Nation people in North America. Acknowledging these atrocities is an important step, to understand what is expected from a non-indigenous perspective to help set things right.

Through a longing, Phil's vision has been to not only make things right for those wrongs, but to create a new way of moving forward together, to embrace inclusion, understanding, and the legacy of First Nations people's experiences. This has prompted dialogue and brought heightened understanding that has engaged many organizations and Institutions, but is a people to people led movement in the Upper Sunshine Coast community.

At the first meeting with Tla'amin Nation Hegus Clint Williams and Tla'amin Legislators are very supportive of this canoe project, and have been providing support along this reconciliation journey, known as "Hehewsin: The Way Forward".

This honored canoe carving project was lead by Canoe builder Joe Martin, who mentored four local artists. Alvin Wilson of Tla'amin , Sherman Pallen of Homalco , Ivan Rosytskye of Heiltsuk and Phil Russell of Ireland.

Joe is from the Tla-o-Quaht Nation and brings the Traditional knowledge of canoe building, as taught to him by his father and Grandfather. He has lost count of the number of Canoe's he's built. We are truly honoured and privileged to have Joe come to our territory and share his knowledge and teachings of his people. Reconciliation is not for Indigenous peoples but for Canadians.

Cyndi Pallen

Fun Facts about Seals

Seals are warm-blooded, air breathing mammals that live in or near the sea. There are many different species including fur seals, sea lions, and common seals.

Learn more about seal habitats, what seals eat, how long they live and other interesting information with these fun seal facts.

- Seals are semiaquatic marine mammals. They have four flippers, so are in a category of animals known as pinnipedia which means 'fin-footed'.
- The pinnipeds group contains 3 families: phocidae, the earless or true seal (eg. common seal), otaridae, eared seals (eg. fur seals and sea lions) and odobenidae (walrus).
- Seals are believed to have evolved from land based, bear or otter-like ancestors.
- There are around 33 species of seals.
- Seals are found in most waters of the world, mainly in the Arctic and Antarctic but also in some areas of the tropics.
- Seals have a layer of fat under skin called blubber, which keeps them warm in cold water. Their slick fur coat is streamlined for gliding through water.
- A seal's whiskers help it to detect prey in dark murky waters.
- Seals live on average for 25 - 30 years, females usually live longer than males.
- Seals range in size from about 1 m (3 ft 3 in) and 45 kg (100 lb) such as the earless Baikal seal and eared Galapagos fur seal,



up to the 5 m (16 ft) and 3,200 kg (7,100 lb) southern elephant seal.

- The seal is a carnivorous mammal that usually feeds on fish, squid, shellfish, crustaceans or sea birds. Some, like the leopard seal, eat other species of seals.
- Seals mainly live in the water, they only come ashore to mate, give birth, moult or escape from predators such as orca whales and sharks.
- Because they can spend months at sea, seals can sleep underwater.
- Some seal species can hold their breath for nearly two hours underwater by slowing their heart beat and conserving oxygen.
- About once a year a female seal, called a cow, gives birth to one pup on land.
- Humans have traditionally hunted seals for their meat, blubber and fur coats, however seals are now protected by international law. They are still commonly kept in captivity though and sometimes trained to perform tricks and tasks.

Indigenous Peoples Relationship with Animals

Many Indigenous Peoples believe that "the Animal People have spirits and enter the human world to give their bodies to supply men with food, fur and other materials. After their flesh is used the animals return home, put on new flesh and re-enter the human world whenever they choose."

Animals, in many Indigenous cultures, are imbued with great spiritual significance. In the Seven Sacred Teachings "the traditional concepts of respect and sharing that form the foundation of the Aboriginal way of life are built around the seven natural laws, or sacred teachings. Each teaching honours one of the basic virtues intrinsic to a full and healthy life. Each law is embodied by an animal to underscore the point that all actions and decisions made by man are manifest on a physical plain. The animal world taught man how to live close to the earth, and the connection that has been established between the animal world and that of man has instilled a respect for all life in those who follow the traditional Aboriginal way.

Given this interconnected relationship between animals and humans, Indigenous Peoples were careful and respectful of the natural lifecycles of the animals they shared the Earth with - they made efforts to not over-fish, over-hunt or over-harvest. They

hunted, fished and collected what was needed to sustain their families, tribes, or clans. Every part of the animal was used, and in many cultures there were accompanying celebrations and rituals of appreciation. There was no stock or species depletion due to over-harvesting - this came with the Europeans and a prime example is the sad fate of the buffalo.



Tla'amin Justice Update

"Assist with: Transportation to and from court, apply for legal aid, navigate clients through the justice system, meetings with crown/prosecutor, probation/victim service appointments, family case conferences, lawyer referrals, dialogue circles/conflict resolution, Restorative Justice Forums, referrals to justice program for Alternative Measures Wellness Plan." Verna Francis

Contact Agency: Verna Francis
Days: Monday – Friday
Time: 8:30 – 4:30
Location: Governance House
Work: 604 483-9646 ext.113
Cell: 604 578-8850
Fax: 778 762-5246

Aboriginal Day School Class Action

Important Notice: As of to date re: Day School Action there is "No Resolution" – the class action is still on the table for negotiations in court. Misinformation in community that the class action was approved, I have confirmed with Gowling Associates Law Clerk Christina Ruest @ 1 844 539 3815 that there is no resolution. If you require further information please call the 1800 # to confirm class action stage. If you require new registration form please contact me at 604 483 9646 Ext. 113

Criminal & Family Court

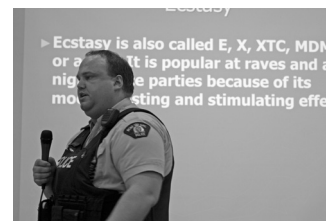
Next Court Days:

First Appearance: 9:00 am
 Criminal Court: 9:30
 Family Court:
December 12, 2017

Note: Please call in advance for transportation to and from court and please bring your court documents particulars to court for duty counsel or lawyers to be able to assist.

First Nation Community Policing Officer

Cst. Jennifer Crossman has reached her three year term with Tla'amin Nation as First Nation Community Policing Officer, Jennifer Crossman will no longer occupy the position as of October 2, 2017. Appreciations/Acknowledgement event to be announced, thank you Jennifer for your dedicated service to Tla'amin Nation.



Cst. Chris Bakker will be the new First Nation Community Policing Officer effective date October 2, 2017, I look forward to working with Cst. Chris Bakker on future initiatives to help keep our community safe.

Contact information: Tla'amin Governance House @ 604 483 9646 Ext. 140 or @ the Powell River RCMP detachment 604 485 6255

Ministry of Children & Families



Tla'amin Justice Coordinator Verna Francis: Contact agency for Tla'amin Nation. Protocol Agreement between Tla'amin Nation & Ministry of Children and Families:

- MCFD: must contact Tla'amin Nation (Justice Program) at all times when conducting an investigation or following up on reports.
- MCFD must be culturally sensitive to families in need of services and for Tla'amin Nation to provide culturally appropriate support services to children and families living in Tla'amin aimed at ensuring the safety and well - being of children.
- MCFD – look within community and families for temporary or permanent placements.
- Tla'amin Nation: be involved in the assessment, planning and delivery of services to Tla'amin families whose children might be at risk.

Currently Tla'amin Justice Program has 17 – 25 open files and contacts from Ministry of Children & Families from Powell River, Surrey, Vancouver Island and few contacts from United States.

Note: Recruiting Tla'amin Members for temporary and permanent foster care training please call Verna @ 604 483 9646 Ext. 113 or call Angela Skilbeck @ 604 485 0613



CRIME STOPPERS

Powell River RCMP Police 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



Tla'amin Christmas Dinner with Santa

December 20th, Salish Centre
Doors open at 4:00 / Dinner at 5:00
Pictures with Santa from 5:00 - 8:00

Tla'amin Elders Christmas Luncheon

Tuesday December 19th
Elders Christmas Luncheon
11:00 - 1:00
Tla'amin Health Centre

Child Development Resource Centre

December 8th-breakfast with Santa from 9-11am at the CDRC

December 12th - scarf making from 1:30-3:30 at the CDRC

December 13th-personalized coasters
(bring a picture to use or we can take one here) from 1:30-3:30 at the CDRC

December 14th-scented candle making from 1:30-3:30pm at the CDRC

Please register with Dana for the following activities by calling
604-483-3009 ext. 141

Christmas

VANCOUVER Christmas Dinner

Saturday December 9th
Atruim Inn, Cypress Room
2889 Hastings Street
Doors open at 5:00 / Dinner at 6:00

Xmas Dividends 2017

\$50 per person
Starting 1st week of December
See application form



Application form available at
personnel@vancouverdividends.com
or on the website

www.vancouverdividends.com

CHRISTMAS DECORATIONS CRAFT NIGHTS

Age: 8 to 12

Date: Every Wednesday December 6, 13, 20, 2017

Location: Tla'Amin Health

Time: 3:30 to 5:30 pm

Parents need to drop off /pick up participant

Snacks provided

Contact: Shirley Louie

Family Fun Day

Sunday December 17th

Salish Centre

11:00-3:00

Bouncers and Crafts

ders

er 12th

uncheon

O

th

Countdown

**VICTORIA
Christmas
Dinner**

Friday, December 8, 2017

Sandman Inn Hotel

2852 Douglas Street

Doors open at 5:00 pm

Buffet Dinner at 6:00

Winter Wonderland Skate

Saturday December 23rd

P.R.Complex

2:30-4:30

James Thomson

Wed, Thu, Fri Dec 13, 14, 15th: Winter Wonderland! Schedules TBA.

Tuesday, Dec. 19th: Christmas Concert!

Afternoon and evening performances - seating is limited. Ticket requests to come home soon!

Friday, Dec. 22nd: School-wide Turkey Lunch. Volunteers needed to make this lunch a success!

dends

17

person

of December

for details!

Information can be obtained in
from the Governance House
on the website:

www.tlaamination.com

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."

2018 Leadership in Quality Winner CEO, First Nations Health Authority



Joe Gallagher, Kwunuhmen, is Coast Salish of Tla'amin First Nation ancestry and serves as the CEO of the First Nations Health Authority (FNHA). Over the past decade, he has worked to address the health inequalities faced by First Nations people in BC.

Joe was a leader in the formation of a new health governance partnership between BC First Nations, the province of BC and the government of Canada, which included the negotiation of the successful transfer of federal health services to BC First Nations control. This work, a first for Canada, led to the formation of the FNHA in 2012.

Today Joe is leading a shift in policy and public awareness toward embracing the concepts of cultural safety and humility — a response to the discrimination First Nations people still experience within care.

First Nations have a rich history of wellness that extends back in time for many thousands of years. This overall health was disrupted through a process of colonization that included aggressive tactics and policy initiatives like the residential school system and Indian hospitals. These institutions created a legacy of trauma among First Nations people as well as health and social inequities that persist to this day.

Stigma, racism and discrimination against First Nations people are products of these social inequities. They exist throughout the health care system, resulting in a lack of appropriate treatment and barriers to accessing care. As a result, First Nations people do not consult care providers at the same rates, do not get screened at the same rates, and do not have the same

health outcomes as non-Aboriginal people. Status First Nations people live 7.5 fewer years than non-Aboriginal people in our province.

But with Joe's guidance and holistic approach to system-wide change, BC is seeing significant change in practices. He has tackled the issue of culturally unsafe care with incredible determination and passion, leading not just BC, but our entire country, by setting a clear example of how cultural safety can be fostered through health care practice and policy across Canada.

An example of how Joe's leadership is transforming our health care system is the ongoing collaboration between the FNHA and the BC Coroners Service that began with the signing of a Memorandum of Understanding in May 2014. Joe initiated the relationship after his infant niece passed away suddenly and the following investigation's autopsy procedure contradicted the Tla'amin Nation's death practices and his family's spiritual beliefs. Joe and other First Nations leaders intervened in the investigation to start a larger conversation around cultural safety, ultimately leading the BC Coroners Service to review its practices and policies. Now, as a result of many changes within the Coroners Service, First Nations and all BC families can determine how their children's remains will be treated once legal requirements are satisfied.

Joe's work with the Coroners Service was a catalyst for much of the change to come and, in 2015, this and other similar advocacy work became officially known as "cultural safety and humility." In July of that year, Joe invited the CEOs of BC's health authorities as well as the Deputy Minister of the province's Ministry of Health to sign a Declaration of Commitment to Cultural Safety and Humility in health services for First Nations and Aboriginal people in BC. A second Declaration was signed by the 23 health regulatory bodies of BC in March 2017. Since signing the Declaration, a number of exciting cultural safety initiatives have been championed by the health authorities and other health organizations—and the movement continues to grow.

Ultimately, cultural safety and humility, as championed by Joe, is a crucial step toward quality improvement, safety and disease prevention for First Nations people. It is fundamental to creating a health system built on trust, safety, empathy and care. Joe's leadership and personalized approach to this work is truly transforming care for better health outcomes for First Nations people and all British Columbians.

Elders Corner



The Christmas Season is fast upon us, and we are reflecting on the year and all our achievements.

Tla'amin Nation has come into its own, with the theme of "moving forward" and reconciliation. A new year is fast approaching and we are looking forward to more visits with our Neighbouring communities, starting with Sechelt in January.

Our community garden was quite successful this year, with whole lot of food planted, grown and harvested. Our Health Center was able to use some of the vegetables grown in our meal plans which help saved money, setting up for next year's garden will be a priority over the winter. The green house is nearly built, and food will be grown into the cooler months, increasing our ability to provide good, wholesome food longer into the year.

Elder T-Shirt Fund raiser: still lots of T shirts available for \$25 each, all proceeds go towards our Elder Gathering expenses next July. Sizes S-M-L-XL-2XL. These shirts are made from a sturdy blend of cotton and polyester, and have our Nation's Logo on the front. These make great Christmas gifts!

December Calendar of Events

- Tuesday December 5: EDP Luncheon 11-1pm
- Friday December 8th: Breakfast with Santa
 9am -11 at CDRC
- Tuesday December 12th: Elder Christmas Luncheon 11-1pm at Health
- Tuesday December 19th: EDP Luncheon 11-1pm
- Wednesday December 20, Community Christmas Party (Salish Center)
- Thursday December 21, Seniors Together at Powell River Rec Center

From our family, to yours. We wish you a Merry Christmas, and a prosperous New Year!

Why use a certified foot care nurse?

Foot care nurses are highly educated and medically trained

The feet are capable of taking on a lot, so it's very important to take care of them. After all, your feet carry your weight for a lifetime as you stand, walk, or run, all day, every day.

A person with diabetes is at higher risk of developing foot injuries, wounds, and infections as a result of changes in circulation and damage to peripheral nerves that can develop over time. He or she may not have any symptoms of pain or discomfort even with severe infections and deep wounds.

Foot care nurses are registered nurses (RNs), licensed practical nurses (LPNs)/registered practical nurses (RPNs) and personal support workers (PSWs) that are trained and certified in this practice. The difference is that PSWs are licensed to provide basic foot care while RNs and LPNs/RPNs can provide advanced foot care to their clients.

In order to protect the public, all foot care nurses must be certified by their provincial nursing college and a member in good standing. Ian holds a current Certificate of Competence with the College of Nurses of Ontario (CNO), which is a requirement for all nurses in Ontario. To specialize in foot care nursing, Ian also took additional courses specifically related to foot care.

Foot care nurses provide a professional nursing service, not pedicures

As a certified foot care nurse in Ontario, Ian has a legal responsibility to report any medical issues he finds to his client and/or family caregiver to ensure that they are aware of the situation and that there is follow-up care.

Nail technicians and spa workers have undeclared amounts of training for the work that they do but unless the person is an RN, an LPN/RPN, or a trained PSW, they are not health care professionals or, in the case of a PSW, a health care worker, nor do they have any professional college that would hold them to any standard of practice. Basically, they are not trained to recognize or care for a health problem or provide health teaching to the client.

And, because not all provinces require nail technicians to be licensed, consumers may be seeing someone who is not up to speed on all of the latest safety and foot care best practice guidelines. Proper foot care tools on-hand to do the job of caring for feet (including foot care for seniors). When he's on the job, Ian has nine sets of foot care tools that he relies on. Each tool set includes: Blacks file, which is used to sand down nail edges to trim involuted nails and help to prevent ingrown toenails.



Angus Charlie was cutting mens hair during Movember week. He is available to do home visits where you can get your hair cut.



Rick Berghauer (2nd from left) is at Tla'amin Health every Thursday afternoon from 12:30-4:30 to council mental health issues. Call Health for more information.

Men and Mental Health


Many mental illnesses affect both men and women however men may be less likely to talk about their feelings and seek help. Recognizing the signs that someone may have a mood or mental disorder is the first step toward getting treatment and living a better life.

Warning Signs

Men and women experience many of the same mental disorders but their willingness to talk about their feelings may be very different. This is one of the reasons that their symptoms may be very different as well. For example, some men with depression or an anxiety disorder hide their emotions and may appear to be angry or aggressive while many women will express sadness. Some men may turn to drugs or alcohol to try to cope with their emotional issues. Sometimes mental health symptoms appear to be physical issues. For example, a racing heart, tightening chest, ongoing headaches, and digestive issues can be a sign of an emotional problem.

Warning signs include

- Anger, irritability or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- A need for alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Ongoing headaches, digestive issues, or pain
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life









MAKE A FRESH START WITH A UNIVERSITY CLASS THIS SPRING!

ENROLMENT IS NOW OPEN FOR COURSES AT VANCOUVER ISLAND UNIVERSITY'S POWELL RIVER CAMPUS.


Spring semester begins January 8, 2018

Choose from the following courses:

<p>PSYC 112</p>  <p>Contemporary Psychology II 4:30-7:30 pm Mondays</p> <p>A survey of the current status of selected areas, emphasizing the scientific approach to the study of the behaviour of humans and animals.</p>	<p>ENGL 115</p>  <p>University Writing and Research 4:00-5:30 pm Tue./Thurs. Classes begin January 30</p> <p>An introduction to critical thinking and reading, academic writing, and research skills.</p>
<p>SOCI 112</p>  <p>Canadian Society in the Contemporary World 1:00-4:00 pm Thursdays</p> <p>An introduction to Sociology through the study of Canadian society and its global context.</p>	<p>ENGL 125</p>  <p>Literature and Culture 9:00-10:30 am Mon./Wed.</p> <p>An introduction to the concept of literary genres that explores the relation between literature and its historical and cultural contexts.</p>
<p>PHIL 230</p>  <p>Contemporary Social Issues 1:00-4:00 pm Tuesdays</p> <p>A study of current controversial social issues. Topics include abortion, euthanasia, paternalism, sexual morality, human and animal rights, civil disobedience, morality of war, and others.</p>	<p>MUSC 100</p>  <p>Introduction to Musical Theory I 6:00-9:00 pm Tuesdays</p> <p>An exploration of musical parameters in various different musical styles. Development of tools for understanding and manipulating musical fundamentals.</p>

For more information visit: www.pr.viu.ca/university or call: 604-485-2878

FINANCIAL ASSISTANCE IS AVAILABLE. REGISTRATION IS OPEN UNTIL THE SECOND WEEK OF CLASSES, BUT CLASS SIZES ARE LIMITED, SO ENROLL EARLY!





Make Connections with our Children this Winter

By Brenda Pielle
Youth and Family Advocate

December is once again upon us and the Christmas season is here. The twelve months in one calendar year seem to go around so quickly it is hard to believe the year 2017 is drawing to a close.

Our children and youth will be home for two weeks of winter break and we may be feeling a great deal of stress about how to find the money we want to spend on them for their Christmas gifts. I'd like to invite you to also remember to be thinking about the time you are going to spend with your young people. The time we spend with our children is more important than the money we spend on them.

The winter break from school might be the perfect time to try to do some special things with our children and youth, and then we can also try to make these special activities a regular part of our family life in the New Year. Making connections with our young people is so very important.

When our children are babies and toddlers there are many things we can do to promote their healthy development. Reading to our little ones, singing to our little ones, and giving them lots of touch while we are doing this helps the human brain to grow and make connections necessary for learning. There are many beautiful Christmas books to read while having your child sitting on your lap, and many songs to sing while holding or rocking your little one.

Young children love to take part in Christmas activities such as baking, making crafts, driving around looking at Christmas lights, going skating, and playing in the snow if we are lucky enough to get some. Watching the many Christmas cartoon specials with a nice healthy snack such as fruit and veggies is a fun family activity to enjoy together.

When our children become teenagers it can be more challenging to connect with them. Youth want to be with their friends more than they want to be with their family. Although this is a normal and natural part of their process of separating from us and developing their own identity, we need to "reel them in" sometimes and still maintain close bonds with our youth. I think sometimes as parents we can worry too much about what is going to be okay or seen as "cool" with our teens. We shy away from asking them to play a board game at home because we expect them to wrinkle their noses at the suggestion. However, I have seen it happen where teens are encouraged to "let their hair down" and relax with their family – to get away from the stress of impressing their peers, and they discover it can be a lot of fun to play a game. They find out they like it. Sometimes we have to give them that little push, even if it is in a teasing way, to get them to get close to us.

I remember when my brothers and I were teens and my Mom would insist on hugging us once or twice a day. We would sometimes be standing there rolling our eyes and she would not be bothered by that. She would just coax us along by saying something like, "oh I know it's a nuisance to hug your old Mom....but hug me anyway" then she'd laugh and wrap her arms around us. Our teens can act like they don't need the cuddling and gentle touches that they craved as young children, but we know better. As parents we know that our teenagers need to be hugged and held and told the same sweet messages that we told them as little ones: "I love you", "I'm proud of you", "You're so special to me".

Our cultural practices can help us to connect with our youth. I remember years ago inviting an elder to speak at a parent group. The late Agnes McGee came to our group and told us that she used to brush her children and youth with cedar branches every day

for health and safety protection. I recently asked John Louie about this practice. John agreed that parents can use this cultural practice in their homes. Cedar branches can be gathered in the morning from the East side of a tree. A parent can use a cedar branch to brush over their child or youth's body from head to toe to brush away any negative energy, sadness, or heavy feelings a young person may be carrying. Afterwards the cedar branch is to be placed at the foot of the tree, standing up and leaning against the trunk, again, on the East side of the tree.

We can also teach our youth to pray a very simple prayer such as thanking the Creator for the day, for their health, for their friends, and asking the Creator for strength for the day for themselves, or for someone they care about.

Giving our children and youth praise and encouragement is also a cultural teaching. Remember how your grandparents found ways to catch you doing the right thing and ways to let you know that they were happy with you? These are the positive words we can bring forward to our teens. We need to thank them and let them know we appreciate it when they do even the smallest act of helping around the house – like bringing their dirty dishes to the sink. The more we acknowledge them, the more we can encourage them to take on more responsibilities and further their learning about how to manage a household.

Cedar brushing, prayer, and giving praise are ways we can help our youth become grounded in their identity and uplifted in their spirit. The result will be a stronger connection to us as their parents, and to their extended family and their community. If we take some time to try these practices over the holidays, we might be able to continue them on an ongoing daily basis.

This Christmas I'm wishing you lots of stories and songs with your babies and toddlers, lots of baking, crafting, and playing with your middle aged children, and lots of hugs, family board games and times to try some cultural practices with your youth. For 2018 I'm wishing you times to do all of these things on the weekends or whenever time allows throughout the busy year. May we all treasure our family connections and always put every effort into keeping them strong.



18th Annual Community Day of Action



Thank you again for all that participated in our 18th Annual Drug March Event, it was another success. Even though numbers were down with the march, the event was well attended. We are so fortunate to have the support of Verna Francis Justice Program, Tla' Amin Health, Tla'amin Nation and Hegus, Local RCMP and now our new Rcmp Liason officer Chris Bakker.

With the fentanyl/opiod crisis, it was great to have some information provided by Chris Bakker regarding the drug crisis and a moving life journey testimony from our guest speaker David Dawson.

Let's remember that addiction is no respecter of person and has devastating effects on all walks of life, every addict out there is someone's child, mother, daughter, father, relative. Addiction is an illness. Noone wakes up one day and says, "I'm going to destroy my life and the lives of others. There is help available for those who need it, as well as families.

Treatment referrals and one on one counselling is available through myself at Health and Tuxahmiy Volunteer Support group is available from Tuesday to Friday 10:00 am to 12:00 with lunch provided. You are not alone and welcome to come join us. No judgement and Confidentiality is a priority.

Thanks again for all that make this a memorial event and look forward to seeing you again next year.

In Wellness,

Nina Peers, C.C.A.C

Addictions Counsellor/Tuxahmiy Support



Health Matters

Welcome to our 4 new staff Leslie Louie the Youth Wellness Coordinator, Sheila Paquette the Public Health nurse, Johanne Paquette Early Childhood educator, and Monica Pagani our Community Health nurse who will start in January 2, 2018

We have a variety of activities happening in December at our Health Centre and at the Child Development centre so please drop in.

We will be hosting an Open House to acknowledge the first day of So'tich (Winter)

Thursday December 21st from 11:30 pm to 1:30 pm @ the Health

Bring your appetite Bring your suggestions for Winter Wellness activities

Sandra Tom/Associate Health Director

Paper Kings Game Night

Boys/Girls

Ages: 8 to 12

Date: Saturday December 2, 2017

Location: Child Development Resource Centre

Will take the first 11 that registers

Meet @ Health 6:00 pm Leave @ 6:15 pm

Game time 7:15 pm

Bring your own money for snacks or refreshments

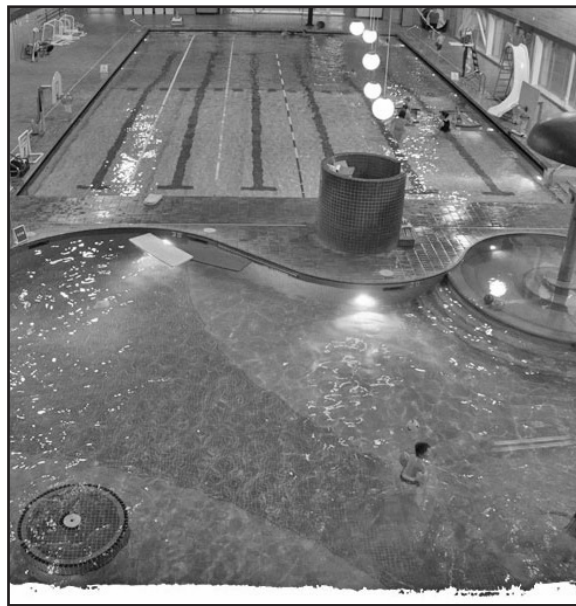
Contact: Shirley or Leslie



Meet the New Public Health Nurse

Sheila lives just north of Tla'amin with her husband and 2 children. After visiting Powell River and falling in love with the area, they moved from Alberta in 2016. She graduated from the University of Alberta with a Bachelor of Science in Nursing in 2008 and began working in Public Health. She has a passion for Health Promotion and is looking forward to serving the Public Health needs of the community. Public Health services provided include: Immunizations, flu vaccines, taking care of mom and baby before and after birth, Sexual Health and TB testing. She can be reached at 604 483-3009 ext #110 for any questions or concerns or just come and say hello!

Tla'amin Nation Public Swim @ Complex



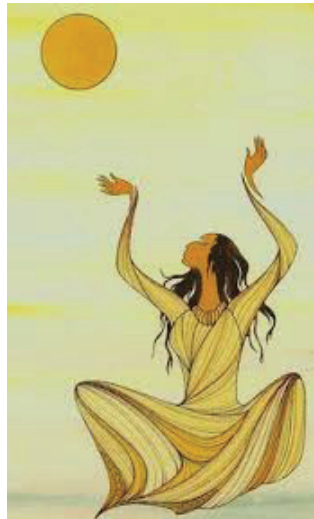
Sending out information regarding the Complex swim, that starts October 13, 2017, Fridays and October 16, 2017 Mondays, we want our participants to sign in and in the right age group, for financial purposes. This is how the Complex bills Tla'amin Health based on where and who has signed in each age group.

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



λasəm saltx^w

Strong Woman

Next gathering is on Wednesday, December 13th from 430 PM – 630 PM. We will be making soap! Please register with Kim Markel at health to ensure there are enough supplies for everyone.

The strong woman group is a time for women to talk about health and wellness, share ideas and concerns, learn about our community and its resources and sit down to a meal together.

Learning Our Tla'amin Language

Encouraging our families to practice and share these head parts

English	Phoentic	Orthograthy
Head	Moh ohs	Moʔos
Hair	Muk ken	Maqen
Eye	Kah woom	Qaʔwum
Mouth	Tho then	θoθen
Nose	Muk sen	mεqsεn
Cheeks	See Sigh yeh juhs	Čεkʷajεs
Teeth	Gin gin nes	jin jine

Emote
Dawna Pallen for
Tla'amin Language

Culturally safe health and wellness support is available for First Nations children in BC.

You may know a child or youth in your area that needs health and wellness assistance. Maybe you're concerned they won't get the help they need because they don't have a status number or maybe you're having difficulty getting a referral from a physician because of where you live. Maybe it's another unique problem.

In honour of National Child Day, November 20, we're spreading the word that culturally safe help is available for First Nations children in BC. You can call 1.866.913.0033 to access support services.

We understand that, at times, the health-care system can be intimidating and somewhat complicated. Let's not let this prevent you from getting you and your loved ones the help they need. We want to hear your story and support you to navigate the system of care for your children and youth. If you are eligible for FNHA benefits, then the process can start right away.

Jordan's Principle is meant to prevent First Nations children from being denied essential services or experiencing delays in receiving them. Jordan's Principle applies to all First Nations children, supports navigation through all jurisdictional disputes and provides payment for needed services. If there are questions surrounding eligibility, we can help you build a case to access special Jordan's Principle funding.

For example, a child who is under one year old can access care by using the status number of their parent or guardian. If the child is older than one year old, and is eligible to be registered, the child will still be covered under Jordan's Principle. We can help you with the paperwork and will guide you through the entire process, assess your child's needs, and work with you to get help early on.

Regardless of health or social status, and no matter where they live, First Nations children and youth (0-19) may be eligible for Jordan's Principle funding if they have an identified need for a publicly funded health or social service ordinarily available to all other Canadian children. If you're confused or don't know where to start, we can help.

Our teachings tell us fairness is good medicine, and that's what Jordan's Principle is all about. This National Child Day, reach out on behalf of a child in your life and see if Jordan's Principle can help

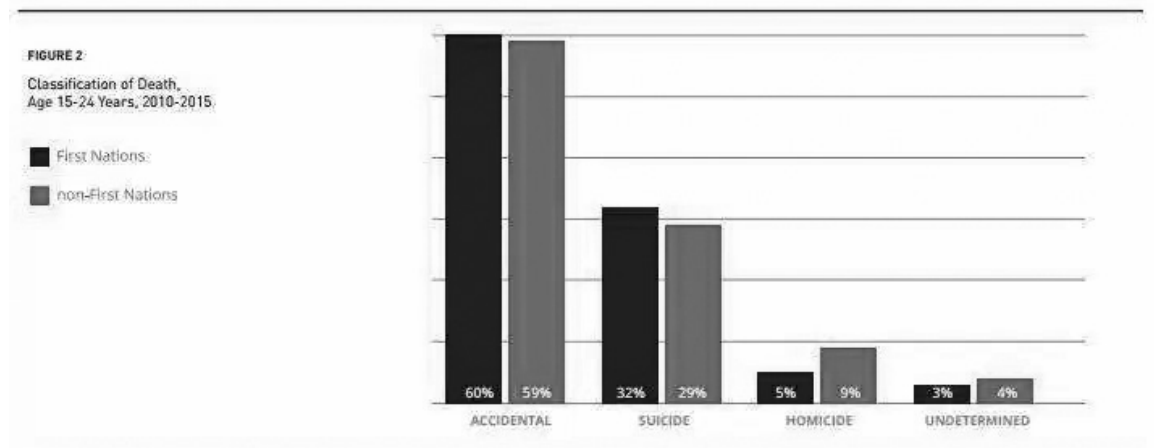
B.C. First Nations youth twice as likely to die as non-Indigenous peers

A coroner review panel looking at deaths of First Nations young people has found they are dying at nearly twice the rate of their peers who are not Indigenous.

The report, co-authored by the First Nations Health Authority (FNHA) and BC Coroners Service (BCCS) looked at the deaths of British Columbians aged 15 to 24 between 2010 and 2015.

It found First Nations youth accounted for more than a third of the deaths in that period, 95 out of 276 in total.

Sixty per cent of the First Nations youth deaths were attributed to preventable accidents, while 32 per cent were suicides.



"These aren't just statistics. These are children. They are children of families and children of communities," said Shannon McDonald, Deputy Chief Medical Officer with the FNHA.

The report also found a gender imbalance in the data, showing that young First Nations women are dying at three-times the rate of their non-Indigenous peers.

"Many of these young people had had contact with systems that could have potentially supported them through difficult times," McDonald said.

Even more devastating, McDonald added, was that nearly one in four of the youth who died were parents themselves.

While the numbers are startling, McDonald added that they likely don't show the true scale of the problem because they were collected before the peak of the overdose crisis.

The panel has made several recommendations to address the alarming trend, including improving access to services for First Nations youth.

The panel has also recommended finding ways to better connect First Nations youth with their peers, family, community and culture and promoting cultural safety and trauma-informed care.

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Interested in the Trades?

Fast Track to Trades

6-Week Funded Program





February 5 - March 16, 2018

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

Industry Certificates:

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

Possible Tuition funding in upcoming Trades Programs:

- Automotive Service Technician
- Carpentry
- Culinary Arts
- 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, Indigenous 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

Hello Tla'Amin Community Members

My name is Leslie Louie, and I've recently been hired at the Tla'Amin Health Center as the Youth Wellness Coordinator. I will be working closely within the Jeh Jeh Circle of Care which includes working together with the Elders Coordinator, Darron Cound, and, Chronic Disease Care Coordinator, Kim Markel.

More specifically some of my key duties and responsibilities are to work with our older youth (12-25) to promote culture, safety, health and wellness; through workshops, leisure activities and culture through collaboration with members of the health care team.

I look forward to working with families and youth as a member of the health team to support and strengthen relationships with the youth that will reflect Tla'Amin's traditional ways, any thoughts or ideas are welcome and encouraged. I can be reached at Tla'Amin Health at 604-483-3009 (ext.103) or by email leslie.louie@tn-bc.ca.

Respectfully,
Leslie Louie
Youth Wellness Coordinator

Wellness Journey



January 11th 3:00-7:00
Salish Centre

**Health screening stations,
door prizes & dinner**

Let's Talk Trash.ca

WHAT IS WASTE?



If an abundance of holiday celebrations will get you running to the store for last-minute items, you might find yourself making spontaneous purchases and even putting your eco-friendly ethics on hold.

When we are unable to plan ahead for zero-waste festivities, results can often mean a bigger footprint. Soon, you may find yourself accumulating plastic: shopping bags, to-go containers, water bottles, and gifts made primarily of plastic, not to mention, driving in circles to complete all your shopping in time. Rather than suggesting we need to become a Grinch and hunker down until all the celebrating is over, we put together a list of plastic-free gifts for the loved ones on your list.

Top ten plastic-free gifts that also reduce plastic consumption:

- Portable water bottle or coffee thermos
- Bamboo or wooden cutlery set to carry in your bag at all times
- Stainless steel, glass or bamboo straw

Earth Friendly Gifts

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- Glass or steel to-go containers for eating out

Earth Friendly Gifts

- Glass or steel to-go containers for eating out
- Straw shopping basket or cloth shopping bag
- Natural-fibre clothing (avoid nylon, polyester and fleece)
- Beeswax-infused cloth for wrapping snacks
- Bamboo toothbrush or hairbrush
- Soap nuts, which are an alternative to laundry detergent
- Wooden toys or games are great for children and adults.

Whoever is on your shopping list, there is likely something on the list they would enjoy. You can rest easy with the knowledge that you not only avoided bringing more plastic into the world, but also encouraged someone in your life to lighten their plastic impact.

Before heading out the door, remember to grab a water bottle, some snacks to power up with and a shopping basket. Say "no thanks" to any products or packaging labelled as compostable or biodegradable plastic; these are not the cure they may appear to be.

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

Zero Waste Gift Wrapping Ideas

Despite our best intentions, many of us produce more waste in December than at any other time of the year. With a little planning, however, we can avoid adding up to 25 per cent more trash to our garbage can this month.

If you are gearing up to wrap gifts in the next couple of weeks, consider these creative and eco-friendly alternatives to wrapping paper:

Reduce:

- Gift an experience, such as a family outing, homemade coupons for doing household chores or tickets to an event.

- Send your loved one on a treasure hunt through the house to find the unwrapped gift.

- Blindfold the recipient and have them guess the unwrapped gift by feel.

- Make the packaging part of the gift. Wrap with a tablecloth, dish towel, fabric napkin or other textiles.

- Learn furoshiki, a Japanese fabric-wrapping art. You will be amazed at all the ways you can fold a simple, square piece of cloth.

Reuse:

- If you salvaged last year's wrapping paper and ribbon, you are already set.

- Visit your local thrift store for great deals on gently used gift bags and secondhand cards.

Upcycle:

- Sew together reusable fabric bags using torn clothing or material from a thrift store. These can be kept in the family and used for years to come.

- Make your own gift cards from colourful clothing tags, a decorated cereal box or any number of other crafty odds and ends.

- Create a potato "stamp" and decorate plain paper or a grocery bag for some homemade wrapping paper.

- Wrap your gift in music paper, the pages of this newspaper or pages from a colouring book.

- Bows and string can be fashioned from bits of rope, paper and yarn you have around the house.

These simple tips will give your wrapping a personal touch while also reducing your footprint. What a great gift to offer the planet this holiday season.

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Tla'amin Nation Executive Council Minutes

October 25th, 2017

Council Chambers, Governance House

Attendance: All Executive Council

Resource: Rod Allan, Losa Luaifoa, Judith King, Chris Roddan, Steve Hunter

Guests: Noelle Bellomi, Anthony George, Cathy Paul, Teresa Smith and Betty Wilson

1. CALL TO ORDER: Hegus Clint Williams called the meeting to order at 10:04 AM.

2. APPROVAL OF MINUTES: October 11, 2017

Moved by Lori Wilson
Seconded by John Hackett

3. ADOPTION OF AGENDA: Motion to adopt the Agenda

Moved by Tyrone Wilson
Seconded by John Hackett

4. PRESENTATIONS:

RBC Dominion Securities – Noelle Bellomi, in attendance before Executive Council (EC) to provide a brief presentation re: Tla'amin Nation's (TN) portfolio with the RBC.

Noelle noted RBC's commitment to TN and shared RBC's history of Aboriginal community partnerships.

EC introduced Chris Roddan as the new Chief Executive Officer of the Tla'amin Management Services LP (TMS). Chris noted he has worked with First Nation communities for 25 years primarily with economic development initiatives.

Rotary Club Proposal - Steve Hunter, Chief Financial Officer, in attendance before EC to discuss a proposal from the Powell River Rotary Club.

Steve advised that the Rotary Club in Powell River has expressed an interest to partner with TN on a community project. The proposal for EC's consideration is new playground equipment. The estimated cost is \$100,000 which is based on a comparison of costs from the recently replaced equipment at James Thompson Elementary. TN and the Rotary Club would share costs (approximately 50/50) for the project. Steve will advise the Rotary Club that the EC supports the proposal and invite the Rotary Club to attend a future EC meeting to discuss further details.

Citizenship Committee Update – Anthony George, Cathy Paul and Theresa Smith, in attendance before EC to provide a quarterly update on what the Committee is doing.

It was noted that the Committee met in May, 2017 and discussed revising the policies of the qualifications for TN Citizenship. The Committee noted that any changes to policy and procedures will be brought forward to the EC. The Committee has processed "straight



forward" applications such as a child obtaining their status etc. Questions have been raised about how far back generationally is considered eligible for citizenship. A Committee meeting is scheduled for November 7 at 4:30 pm at the Government Building. EC is extended an invitation to attend. The Committee will return to EC at the December 6 meeting (tentatively) with an update. Also, a community information session will be held at a future date and will include a variety of citizenship scenarios which members will be asked to provide their feedback on.

Language Update – Betty Wilson, in attendance before EC to provide an update on the language dictionary project.

Betty noted that at a recent meeting of the 4 nations (Klahoose, Homalco, Comox and Tla'amin) it was requested that TN change to a 4-vowel system. Betty is seeking direction from Council regarding the request and also seeking endorsement to proceed with the project if other nations are not able to participate. The EC noted that Tla'amin has been the lead on the project and should continue to move forward with the project and also continue to extend invitations to the other groups to participate. EC recommended that a Terms of Reference be created to help guide the project. Furthermore, EC is in support of continuing with the current language writing system and recognizes the orthography work with phonetic style linguistics.

Betty noted that the National Indian Brotherhood will be issuing a Call for Proposals in November and expressed interest in submitting a proposal to help build capacity within the program.

Additionally, Betty would like to explore the traditional settlements along the coast and would like to seek funding to do the place names project.

5. NEW BUSINESS:

Administration & Finance:

Christmas Dividend – The CFO confirmed with EC that the Christmas Dividend will be \$50 and the CFO will begin working on this as soon as possible.

Health Update - 2 interviews will commence on Friday, October 27 for the Health Director position and there are 4 applicants for the 2 nurse positions. The posting for Youth Worker has been posted for a third time. EC questioned why it has been posted again and it was noted that there were no qualified applicants. It was further noted that a Bachelor of Education degree is one of the qualifications required by the First Nations Health Authority.

Culture: Hegus expressed his gratitude and thanked the community members and staff for all the hard work that went in to making the C3 gathering a huge success.

Education: Councillor L. Louie noted the efforts being made to revitalize the Education Committee. A meeting is scheduled for Thursday, November 16; education staff and workers will be invited to attend. Councillor L. Louie expressed interest in hosting a celebration for the youth to remind the students that the parents and education staff fully support them.

Elders & Youth: TN purchased \$1500 of t-shirts for the TN Elders Program, in-kind. The t-shirts are being sold for \$25 each to raise funds for the Elders program and monies collected will be deposited into the Elders program account.

Emergency Services: Councillor T. Wilson noted that the First Responder course will be completed at the end of October with testing to follow the week after. Attendance has been good and participation was greater than initially expected. It was further noted that a program to have smoke alarms and fire extin-

Tla'amin Nation Executive Council Minutes

October 25th, 2017

Council Chambers, Governance House

guishers in the 215 homes in the TN community is planned for. Additional First Aid courses are planned for as well.

Fisheries & Hatchery:

Cost estimate for Nahmint Raider - EC reviewed a cost estimate from Ocean Pacific to overhaul the Nahmint Raider. The Natural Resource Committee met on October 16, 2017 and recommended that TN purchase the new Volvo D6 engine. EC endorsed the estimate provided for \$172,028 and noted that this is the final approval and no further increases would be authorized. EC further resolved that alternately, if the purchase of a new boat with the same general setup became available for same cost of the overhaul, the recommendation would be to purchase the new boat and sell the Nahmint Raider.

Fisheries Job Posting - EC reviewed the Fisheries Technician job posting and approved it. The position is for 6-months with the possibility of being extended.

Moved by Lori Wilson
Seconded by John Hackett

Forestry: Councillor Hackett reported that the firewood project for the elders is complete with 57 loads distributed. There was only 1 complaint and there were 9 elders added onto the list this year.

Brotherston has been awarded the bid for the TSL002 cut block and have 9 months to complete the project.

Housing: EC discussion ensued regarding approval of building projects in the community and it was resolved that the regulations be reviewed to determine if they might be too restrictive or not restrictive enough.

Lands: Councillor L. Wilson reported that a plan to control the rat issue at the old band office has been implemented. The rat traps will be set in place for a few weeks. EC discussed the old furniture and whether it was an option to sell them to the community for lowered prices. A concern was raised that some of the furniture is made from particle board material which could be soiled with rat urine therefore cannot be wiped down. These items cannot be sold and it was noted that the majority of the reusable furniture in good condition has been taken already.

Taxation: Klahanie Drive leaseholders met a week ago and were pleased with how things are going. One request was for snow removal this winter. It was noted that Village Maintenance staff are capable of providing the snow removal service and it was further noted that a salter unit is available for use with the dump truck.

Transition to Self-Government: A law and policy review meeting is scheduled for October 26, 2017 to complete the final paper for submission. The meeting will be at 9:30 am at the Government Building and EC is welcome to attend.

6. HOUSE POSTS

Lands & Resources – Preparation for the demolition of the old band office is on-going.

Finance – 3 mortgages have been approved totaling \$580,000 and construction has commenced for one house. A \$2 million fund was established to guarantee mortgages for TN members. \$1.6 million has been utilized from the fund. EC will discuss the possibility of allocating additional funds into the program at a later date.

The KPMG audit required finalization of one item for completion. The former development corporation re-organization contributed to the delay of the audit being completed as some items were outstanding. Completed financial statements should be forthcoming within two weeks.

Community Service – 2 interviews will be held for the Health Director position and 2 nurse positions have yielded 4 applications.

Public Works – The new gate was installed at the Hatchery last week. Cameras have been posted at the garbage bin by the gymnasium and have captured photos of non-members illegally dumping. EC resolved that a letter be written to those individuals with the photo attached as evidence.

Councillor T. Wilson will work with Housing staff to review the building inspection guidelines.

Economic Development – A TMS meeting was held on October 24.

First Nations art has been purchased for the Lund Hotel.

A proposal was submitted for the Sliammon Lake dam project. EC is hopeful that the approved funding for \$65,000 can be utilized to remove the current dam and replace it. This will be confirmed with the funders.

7. HEGUS' REPORT

- A calendar of photos from the 2017 Canoe Journey will be sold for a fundraiser. TN has been asked if there is interest to pre-order some. The EC approved the purchase of 30 calendars.
- The Hehewshin presentation of the completed canoe will take place on November 18 accompanied by a celebratory luncheon at the Salish Centre.
- A request for TN to provide \$500 sponsorship for the movie "Kayak to Klemtu" was received. The movie was filmed partly in Lund and will be part of the Powell River Film Festival. EC approved the \$500 sponsorship request.



- Jessica McLachlan, Cannabis BC inquired if TN is interested in being part of a consultation session to learn about policy in regards to the legalization of marijuana with Province of British Columbia representatives. The EC expressed interest in being part of a consultation session.
- The meeting with BBA Engineering (Ali Taleb & Glen Ichikawa) has been re-scheduled and proposed for November 7 with EC.
- Hegus attended a meeting re: Dinner Rock Campsite and a right-of-way (ROW) through the campsite. It was resolved that the ROW will continue to be used for recreational use.
- Brotherston was the successful bidder on the TLS Block 2 for \$2.7 million.
- Hegus and Councillor L. Wilson and Councillor Louie participated in a tour of Sodexo at the Powell River Hospital. Sodexo mentioned it is always seeking casual staff for the kitchen.
- Two interviews for the Health Director position are scheduled for Friday, October 27.
- Chum fish will be delivered to Lund this week to be smoked at the hatchery. 1500 pieces @ \$2.00 per fish.
- Sliammon Lake break water and dam clearing project is set for this week.
- Vancouver Island Christmas Party – EC recommended that a request for RSVP by November 10, 2017 be sent out to Vancouver Island residents. It was suggested that dinner be held at a smaller venue and the Chief Administrative Officer noted that there are a few potential restaurants that can be booked.
- Tla'amin language celebration – October 31 from noon to 4:00 pm at the Salish Centre. Homalco, Klahoose and Comox have been invited.

ADJOURNMENT

Moved by John Hackett
Seconded by Lori Wilson

Meeting adjourned at 2:20 pm

ANNOUNCEMENTS



Wishing Kyle a very
Happy birthday

May life lead you to happiness
Success and hope that all your
wishes come true
Keep shining son
Enjoy your special day

Love mom dad
Court ciera
Roxy& Bishop



Happy Birthday
Princess Ariya
December 18th!

You're growing up so quickly!
already 3 years old ! It seems
like just yesterday you were
only 3 days old.

Love,
Mommy, Daddy and Ryder



Happy 2nd Birthday
Ryder !
January 3rd

Sticky fingers, dirty face
Rugs and pillows out of place
Cars and tractors here and
there

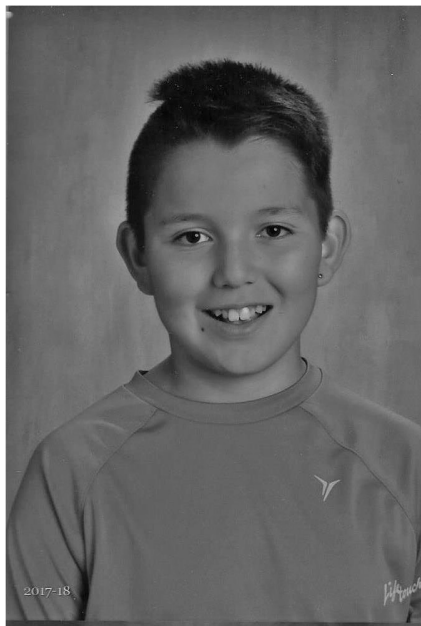
Boats and blocks everywhere
Gold and silver I have none
But worth a million is my son

Love,
Mommy, Daddy and Ariya



Happy Birthday to our
beautiful daughter Rebecca
December 1st

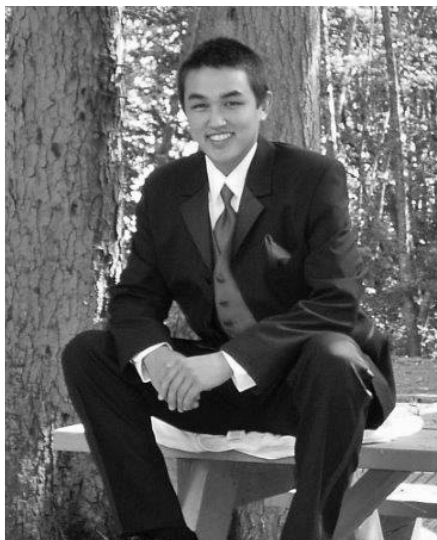
Love always Mom and Dad



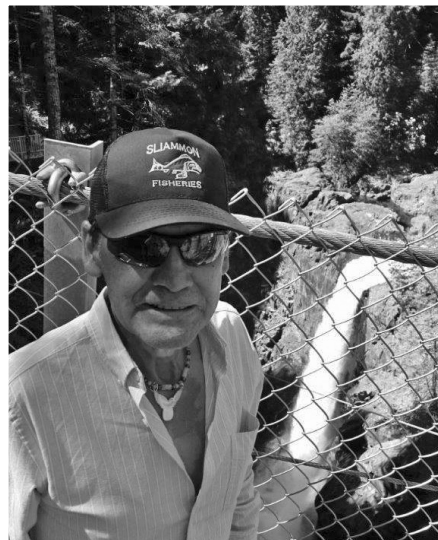
HAPPY 11th birthday
Malachi
December 20th

No matter how old you grow,
never forget that you will for-
ever remain Our baby boy.
and our greatest pride in life
We Love you to the moon
and back and a million times
more.

Love always Dad and Mom



Mike Williams
December 28th



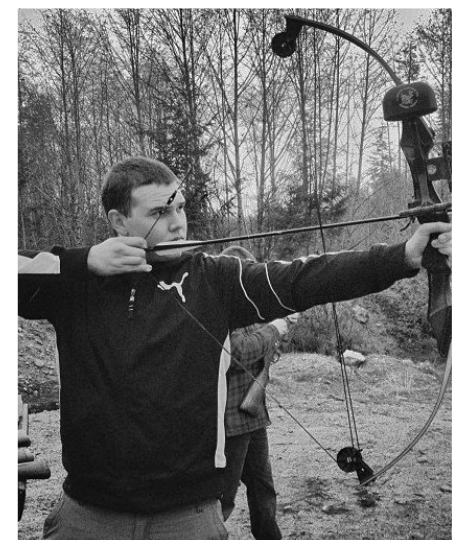
Wayne Noble
December 15th



Clint Williams
December 15th

Happy Birthday

**Family would like to wish you all a
very happy birthday and an awesome
year ahead.**



Kyler Williams
December 5th