



NEHIMOTL "US"

Christmas Edition

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

Here Comes Santa Claus

2017

YEAR IN REVIEW



The Fire Department's Free Extinguisher and Smoke Detector program is just getting underway. To get your free installation contact Chief Armstrong at 604-483-9646 (ext 136) or by email at firehall@tn-bc.ca.

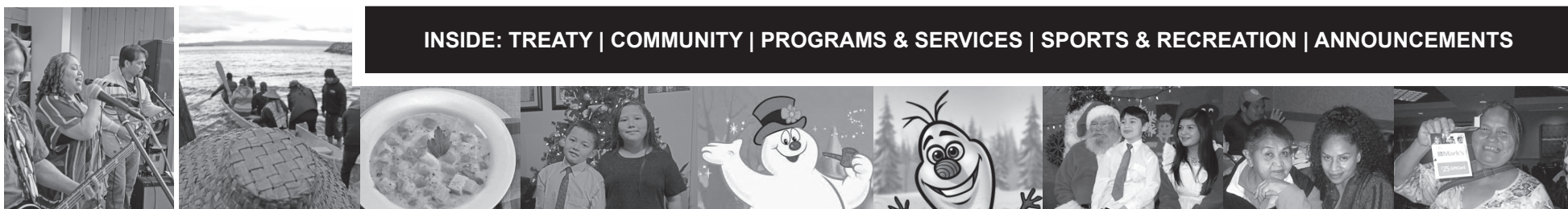


The Governance House will be closed on December 25th and will re-open on January 3rd, 2018.



4 year old Kohen Louie is tickled as Santa discusses his Christmas wish list

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



JANUARY



Martial Arts Academy Introduces Little Ninjas

Peace Controls Power!

Little Ninjas Academy enhances childrens basic motor skills, as well as their positive mental skills. These skills will help children enter society with a confident and enthusiastic outlook.

First Load splashes into the water at our new mill pond facility on schedule



Log Dump Facility Begins

TLC (Tla'amin Lake Contracting) will be constructing a log dump and log scaling operation at the Powell River mill pond. This log dump will be a new forestry operation for the benefit of the Tla'amin Nation. The facility will provide direct access to the Strait of Georgia for Thichum's timber and other's timber such as the Powell River Community Forest.

Freezing Temperatures Didn't Stop Polar Bear Swim 2017



Message from the Hegus

We would like to wish everyone a safe and enjoyable Christmas holiday, and to the families that are grieving this season we pass along our sincere condolences and well wishes to the entire family.

We have just returned from hosting two out of town Christmas dinners for our people in the Victoria and Vancouver areas. Both events had amazing turn outs and it was wonderful to see faces that I haven't seen in such a long time, it was also great to see many of our young families in attendance with their babies and having the privilege to meet many of them for the first time.

The highlight of the Victoria dinner was having our youth open the dinner festivities with the prayer song, it was amazing to travel and to be welcomed by our people in this fashion. I love that the children are proud of who they are and where they come from; be loud and proud with your songs! Parents keep up the excellent work.

The Vancouver event also seen a very large turn out and there were many familiar faces and also many new faces attending the event for the first time. This year we invited Drew Blaney to attend and share a few songs with our people and I am glad that he took us up on our offer. Drew shared the Prayer song and the Honor song to open the evening's festivities to pay respect to our families that were unable to attend due to unforeseen circumstances, we all passed along our thoughts and well wishes from all of the Tla'amin family in attendance. This event was a huge success and thank you to all of those that were able to attend and share a wonderful meal with us.

We are very sad to have had to cancel the Tla'amin Community Christmas dinner this year, it is with great respect to the families that are going through a very challenging time during this holiday season that we felt it



wasn't proper to carry on with the celebrations during this time. Again our apologies for any inconveniences that this may have caused.

We hope that we will be able to make up for this cancellation to the community at our General Assembly that we will be calling for February or March in the New Year. Our General assembly is an event where we invite our membership home to go over our budgeting and reviewing of the audited financial statements. We will attempt to make this event a celebration for us all to enjoy a side from the official business that must occur.

2017 was a very productive year for our people, although there have been many challenges we always are able to work our way through them. I want to thank our staff for their great work as we do demand a lot of them and they always come through for our people. 2018 will be no different and will no doubt produce many new challenges for our community and our organizations, we must always remain committed to constantly improving on ourselves and building a brighter future for our future generations.

On behalf of your leadership we wish you the best of the holiday season, and please be safe and enjoy your family time by visiting and communicating with one another!

MERRY CHRISTMAS



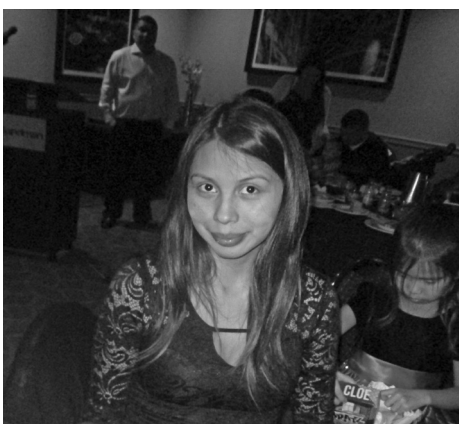
Merry Christmas and a Happy New Year from Hegus and Legislators at Tla'amin Nation:

Hegus Clint Williams • Gloria Francis • Brian Hackett • John Hackett
Larry Louie • Shawn Louie • Denise Smith • Lori Wilson • Tyrone Wilson



Bianca's 1st Christmas
Love always mom and dad

Victoria Christmas Dinner December 8th

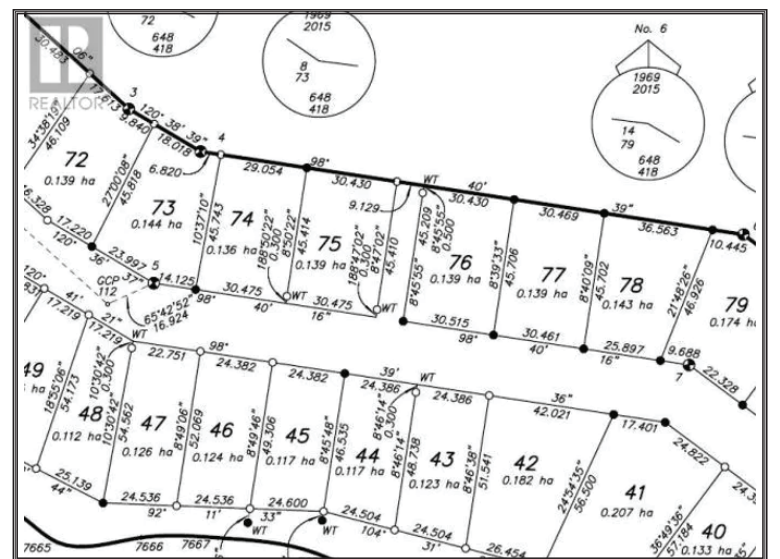


FEBRUARY



Tla'amin Lake Contracting Turns 10

Starting in 2007 with no equipment or revenues, Tla'amin Lake Contracting Partnership (TLC) has grown into a profitable logging contractor with annual revenues of \$3 million and has accumulated \$1.5 million in equipment, while distributing over \$1 million to the partners.



Klahanie Lease Revenues Claim

After many years of research and negotiations, Tla'amin is currently in detailed negotiations with Canada for a settlement of Klahanie Lease Revenues. Canada has agreed that Tla'amin did not get full value from these leases in the past and our negotiating team has been pressing hard to get full value for Tla'amin. We have not reached agreement yet on a settlement amount and will provide an update when more detail is available. If our team believes there is a reasonable offer from Canada, there will be community meetings and a vote to decide whether it should be accepted or not.



MARCH



Randolph Sr. Completes ArcGIS Course

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



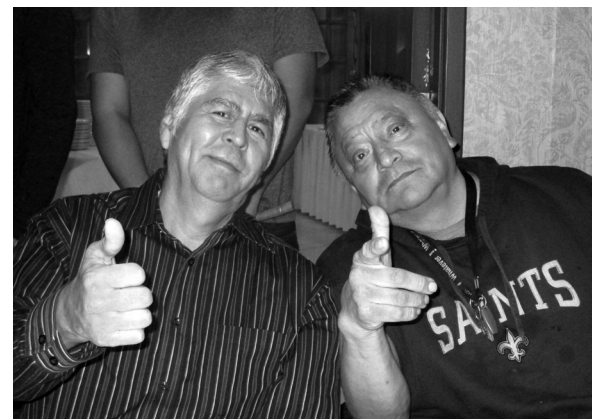
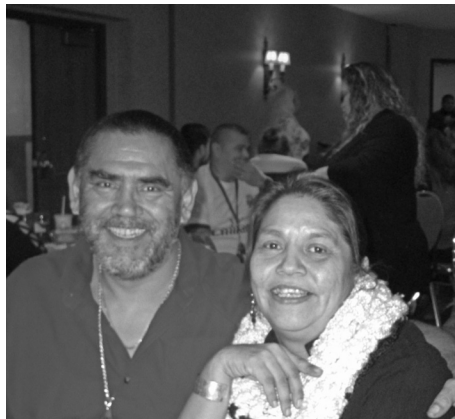
Wu Woom Festival Showcases Diversity

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

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

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

Vancouver Christmas Dinner December 9th



*Merry
Christmas
from Pa'aje
Silviculture
Services Inc.*

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



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

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

Creamy Turkey Chowder

This recipe makes great use of leftover roast turkey. If you have it, use homemade turkey broth to add exceptional flavour to this hearty, satisfying dish. It takes a little time to cook, but it's very low maintenance. You could also use leftover cooked chicken.

Ingredients

- 2 tbsp (30 mL) butter
- 2 carrots, diced
- 2 ribs celery, diced
- 1 onion, diced
- 8 oz (227 g) Yukon Gold potato
- 1/2 tsp (2 mL) dried thyme
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) crumbled dried sage
- 1/4 tsp (1 mL) pepper
- 1/4 cup (60 mL) all-purpose flour
- 2 cups (500 mL) sodium-reduced chicken broth
- 2 cups (500 mL) diced cooked turkey
- 1-1/2 cups (375 mL) milk

Preparation

In large Dutch oven, heat butter over medium heat; cook carrots, celery, onion, potato, thyme, salt, sage and pepper, stirring occasionally, until onion is softened, about 6 minutes.

Stir in flour; cook, stirring, for 2 minutes. Whisk in broth and 2 cups water; bring to boil. Reduce heat, cover and simmer until potatoes are tender, about 15 minutes.

Stir in turkey and milk and bring just to simmer (do not boil); simmer gently to heat through, 5 minutes.

Servings: 4



APRIL



World Totem Pole Assembled in Hong Kong

A delegation from Tla'amin travelled to China from April 7 to 16, 2017. "It truly was an honour and a privilege to be a part of the delegation to deliver the 2016 International Choral Kathau-mixw Totem of the World winners, the Wah Yan Kowloon Boys College, Hong Kong. Although it was a holiday for the school they still had their choir on hand to perform a couple of songs, and also shared music on traditional Chinese instruments."

-Hegus Clint Williams-

Health care workers show their commitment to cultural safety and humility



On April 27th, Tla'amin Nation along with FNHA hosted a cultural sharing event with Dr. Evan Adams as the main speaker. Dr. Adams shared his words and learnings as Chief Medical Officer of FNHA but also as a young First Nations man growing up in the academic and health system. The engagement with many of our external partners was touching, impactful and inspiring.

Nutritionist Now Available



I hope to build my role in Tla'amin Nation around the needs of the community and so I welcome you to share your thoughts on how we can work together to support you and the community's food and nutrition-related goals.

Liane LeBlanc



*On behalf of the Tla'amin Administration,
we would like to wish you all a wonderful
and safe holiday season. See you in 2018.*

Rod & Rosa

MAY



Lori, Eileen and Vangie at the 2017 PR Salmon Gala Dinner where our Hatchery was recognized

Tla'amin Hatchery Celebrates Its 40th Year In Operation

The Tla'amin salmon hatchery facility has been in operation since 1977. The operation began under the leadership of the late Joe Mitchell, who had a vision of enhancing salmon stocks for future Tla'amin generations to enjoy. The area of salmon enhancement was a very good fit with the cultural importance of salmon to the Tla'amin people. The work started with a feasibility study to identify available habitat and determine water flows needed to establish the current salmon enhancement facility.



Heavy Equipment and Operator & Driver Training Program

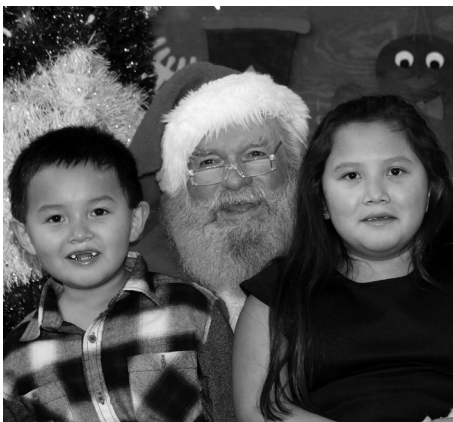
(Left to right) Jason Francis, Rick Louie, Louie Tom, Andrew Timothy, Wade Williams, William Adams and Instructor Kevin Levins



Tla'amin Tax Authority Established

The Tax Authority is made up of 4 elected officials – John Hackett, Larry Louie, Lori Sparrow (missing) and Tyrone Wilson. Laura Walz (2nd from left) is the representative for the Klahanie and Southview Leasseees. Her role is to participate and represent Non-members with regard to property tax decisions that may affect them.

Tla'amin Christmas Dinner 2016



Looking for Employment, Summer Employment, Training, or Education? Check out the **Canadian Armed Forces Information Session**

Date: Thursday, January 11, 2018
Time: 6:00pm
Location: Ahms Tah Ow School

Date: Friday, January 12th 2018
Time: 9am
Location: Brooks Secondary School Max Cameron Theatre





National
Defence / Défense
nationale



FORCES
JOBS + EMPLOIS



JUNE



Local Carvers Celebrate their Culture

Opening the event Hegus Clint Williams acknowledged the drummers and singers for welcoming the carvers. "There is a big balancing act between humility and pride and today we celebrate our culture. There is a lot

of pride here today and their work is absolutely beautiful and it's nice to see the young men here and it's very rewarding to see these role models. It's amazing to see people come out of their shell and do their carving," said Hegus.

Celebration of Success



School District 47 educators receive a well recognized honor song

It's really good to see us all get together to honour our children and parents. We go for a long stretch during the school year and have many things that happen in our life that is out of our control which makes things challenging. But we can make good things happen for individuals to use the education to get great opportunities that all people have a right to. Education is an individual right and we need to be more in charge for our children to grow up being educated.

-Lindsay Louie-



Welcoming Pole at Brooks Overlooks Tla'amin Traditional Territory

On June 14th Brooks Schools vision of the future became a reality with the raising of the welcoming figure to move forward on the path of reconciliation.

Hegus Clint Williams said this is such a rewarding time and an honour to be standing here in such a respectful manner. I thank you for your patience and understanding as we raise the welcoming figure. It wasn't all that long ago that the mission of the Canadian Government was to "Kill the Indian inside the child" so that we would be assimilated into the rest of the population. When it comes to Canadas 150 celebration I really find it hard to find positive things to say, but when I look at the work that has been done with the school district it's a piece of reconciliation.



Senior Citizens' Association Offer Symbolic Quilt

In celebration of your first year of Tla'amin self-governance, the Senior Citizens' Association of BC Branch #49 Powell River are offering you a symbolic quilt made by our own craft/quilt group. Each square of each house was stitched together to form a beautiful quilt symbolizing a welcome us into yours. We hope

that it will hang in your governance house a symbol of unity for all seniors and as a reminder that the Elders of Tla'amin are always welcome at the seniors' centre in Cranberry.



Lilly Tom Receives Ambassador Title

Over the years we have watched how the school and its workers have embraced and encouraged the drumming and singing to take place in the school during their events. I always thought that this is a great and positive experience for our students and our people. As the school ambassadors were changing over at this year's James Thomson May Day ceremony, I was very proud of their speeches.

-Hegus Clint Williams-



Hehewsin: The Way Forward

On Sunday the 25th of June, there was a special reconciliation ceremony held at the Salish Center in the heart of the Tla'amin Nation. This ceremony was different however, in that it was organized and lead by members from the non-indigenous community, all following Tla'amin people's protocol and cultural practices.



Vancouver Sun Run

Congratulations on completing another **Annual Sun Run**, a healthy physical activity!!

Cyndi and Jordyn

July August



2017 Tribal Journeys

On July 30th, Tla'amin pullers on both Cheechlem Chichia & Otaqken headed to Nanaimo to start Tribal Journeys 2017. The final destination for all canoe families this year was in Wei Wai Kai and Wei Way Kum (Campbell River). Stops in 5 nations including; Snaw-naw-as (Nanoose) Kwalikum (Qualicum), K'omoks (Comox), We Wai Kai (Cape Mudge), and then our final destination, We Wai Kum, on August 5th.



Elder's Gathering Campbell River BC July 10 - July 13, 2017

Over 40 elder's and escorts from Tla'amin attended the Annual First Nations Elders Gathering hosted by Campbell River Nation. Special "Thank you the Tla'amin Nation for the support"!!!

It was a joy to witness elder's connecting with one another to visit and exchange memories, many of whom met each other while attending residential schools. The basic purpose for gatherings is the need for elders throughout BC to have inter-social and community links that bind them together as a nation. Our Tla'amin Elder's participated in the opening "Grand March Ceremony" Tuesday morning 10 am. It was great experience to share in this opening ceremony, many laughs and spending time with kin folk and meeting others from all nations across BC.



Preserving the Past Place Names

Wayne Pielle receiving the written outline and memory stick that contains all the reel to reels that he lent to the Traditional Place Names group. Erica Louie, summer student did all the editing.

We could do the same for any community member who want their cassettes, etc. updated. We put the information on our data base and we return to you an updated version of some history which you may want to pass onto the next generation. For further info contact Devin Pielle or Randy Timothy.



Gold Medal Champions in Toronto

Congratulations to James and Jerod Timothy and Mark Silvey who never allowed a goal in his four appearances at the North American Indigenous Games. James finished with four goals while Jerod hit the onion bag five times. Final score in the gold medal game was 1-0 over Saskatchewan.



Congratulations Stars

Stars win E.A Memorial in Campbell River

Braedyn Louie (rising star), Charles Timothy, and William Adam earned AllStar. Blake Harry scored the most goals.

Stars defeated the Shell Beach Winter Hawks 11-2 in the finals.



Tla'amin Christmas Dinner 2016





Jeanne Paul Receives Doctor of the Year for Naturopathic Research

One question I hear a lot is, who can be a Traditional Healer? Generally they are defined as a person who has “the sight” to be told of these medicines and their uses. Ancestors obviously made use of their observational skills that is watching birds and animals in their innate knowledge of what they could eat and when to eat them. There are those who are just inspired by Inner Guides who gave this gift to an avid student. There are those who were taught by their Elders. Students would become apprentices to a Medicine Man.

-Jeanne Paul-



Exciting Outdoor Summer Learning Adventure for Tla’amin Children

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

Tla’amin Christmas Dinner 2016



SEPTEMBER



Thank You Shelley for 21 years of Health Care

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

Author: Stephen Schwartz



Bianca Charlotte Marie Louie
born on September 13 th 2017 @ 3:38 pm
Congratulations too Rebecca Louie and Travis Harry on there beautiful baby girl



Welcoming Baby Brea Danielle Louie

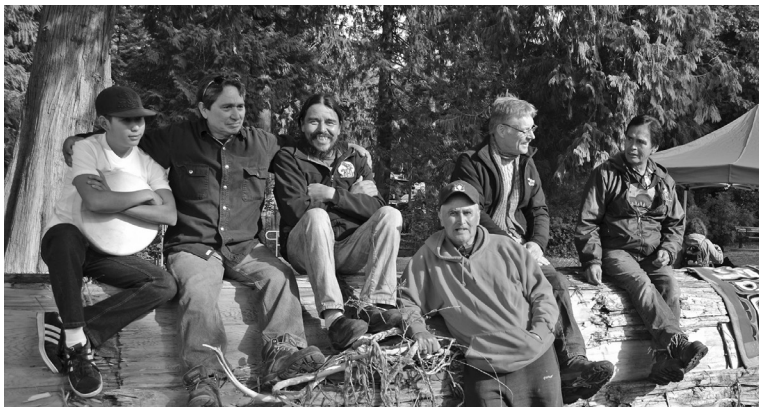
September 25/17 8:32 am 19 1/2” 8lbs 8oz
Proud Parents Brad Harry & Amanda Louie
Big brother Braedyn & big sister Kendall

OCTOBER



Canada C3 arrives in Tla'amin

Honouring the past and looking towards the future, Canada C3 will explore the four key themes: Diversity and Inclusion, Reconciliation, Youth Engagement and the Environment.



Həhəwšɪn: The Way Forward Carving Begins!

Carving officially begins at Willingdon Beach where the Grandfather tree was officially welcomed through the blessing ceremony which was held on September 21st. Lots of people came out to take part and witness this great milestone, which represents one small step in the path towards true reconciliation.



City of Powell River Donates Loggers Sport Bench

Special thanks to the City of Powell River for the donation of the loggers sports bench to our people, this bench is a beautiful addition to our display at the Governance House and we are extremely grateful to receive this wonderful gift. Again thank you very much on behalf of the Tla'amin Nation!

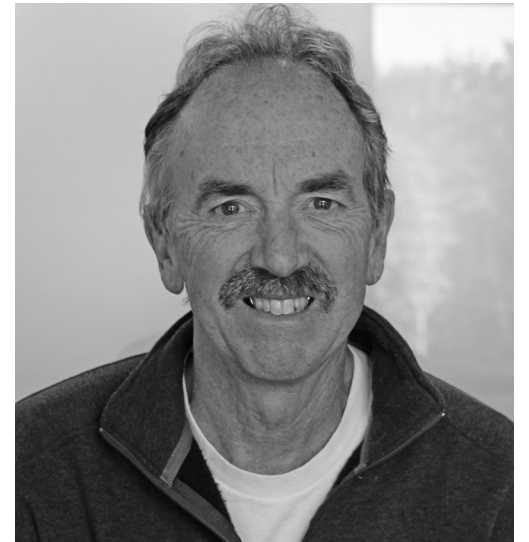
-Hegus Clint Williams-

New Fire Chief Recruiting for Volunteers

Jim Armstrong has been involved in volunteer firefighting for 24-years. Jim began with Mission Fire/Rescue Service in the Fraser Valley and retired as a paid-on-call Captain in 2014. "My wife Heather and I retired from our city jobs that summer and moved to Klahanie Drive. Since then I've been practicing and working with Northside Fire Department." said the new Fire Chief.

Taking over the Chief's position at Tla'amin from retiring Chief Floyd George is a tremendous opportunity. For over 40 years, Chief George and his fire crews have always been there doing their utmost to protect the community. My plan is to build on that foundation of work.

In coming weeks, we will be initiating a recruitment drive to build up our numbers.



Tla'amin Fire Chief Jim Armstrong



Grandfather Canoe Makes its Journey Home



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.

18th Annual Community Day of Action



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 spectator 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

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.



NOVEMBER



Tla'amin Cultural Week Showcases Different Aspects of our Culture

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.

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.



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 & Mi



DECEMBER



The Hanson duo and Elders Coordinator Darron Count provided Christmas jingles at the Elders Luncheon



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!



Breakfast with Santa



Health and

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

Wellness



Elders Corner

Season's Greetings

All year long, we are so busy with our day to day lives we forget the true spirit of Christmas. To me it is not just some religious holiday that comes and goes without even thinking of it, but a special time of family, friends, a time of reflecting on the past year, and planning for the future. It's a time we learn to forgive our neighbors, and hope for forgiveness from ones we may have offended. In other words, a new beginning. This is the true spirit of Christmas.

My journey in this community has let me make a lot of new friends, and it's my hope this will only strengthen as time passes. I am truly grateful for the Tla'amin Community allowing me to work with all of you, and continue the good work of making this community well again.

From our Home, to yours, my wife Nazareth and I wish everyone a very Merry, Prosperous and Healthy New Year. Emote!

Elder Day Program for January 2018

- **Tuesday Jan 2.** No EDP
- **Tuesday Jan 9** EDP Luncheon 11-1

Sechelt Elders Luncheon January 10th

We are planning a trip to Sechelt Nation to meet and greet with Elders in the Community. We plan to leave early (8:30) am to catch the 9:25 Saltry Bay Ferry. We will stay for lunch in the community, and may have a tour planned for the rest of the afternoon. Our return time will be 6:30 pm. Please let Elder Coordinator know if you are coming, as we need to book vehicles for the day.

- **Tuesday Jan 16** EDP Luncheon 11-1
- **Thursday Jan 18th** Seniors Together 11-1 @ PR Rec Center (Van leaves at 10:30)
- **Tuesday Jan 23** EDP Luncheon 11-1
- **Thursday Jan 25** Community Garden Planning Luncheon (door prizes and Lunch included)
- **Tuesday Jan 30** EDP Luncheon 11-1 Bingo, Prizes for bringing a friend!

Community Garden Update.

Our Community Garden Planning committee will be meeting Thursday Jan 25 at Tla'amin Health. We will be planning; what to plant, when, roles and responsibilities for the New Year. We will be offering a stipend to a select few gardeners who wish to be a part of this important project. As you may have heard on the news, food prices are expected to rise again this year, making good quality food expensive and out of reach for most of our Elder and infirmed members of our community. Gardening is easy, our garden has raised beds, which do not require the need to strain your back when planting or watering. The community garden is an excellent space to come and relax, and get close to mother Earth. This garden is also a healing space.



Phillip George and Maggie Vivier were feeling festive at the Elders Christmas Luncheon

Family Support & Wellness Program

New Year, a new beginning and another year of new resolutions! What do you need to bring happiness and health to you and your family? Here are some holistic programs from the Family Support and Wellness Program that may help with your goals in the new year.

Mondays - Self Care from 1:00 – 3:30 at the Complex. Exercise is Key to stress and medical conditions. You take part in work out room, exercise programs, swim, hot tub, sauna and more.

Tuesdays - Guidance and Support – call for appointment 8:30 – 4:30

Wednesday - Grief & Loss Support from 10 – 12 noon (lunch provided) Supporting one another through our grief and loss of loved one, learning ways to cope.

Thursday - Social Support & Crafts 10 – 2pm (lunch provided) A gathering with crafts projects, a visit with one another can be very therapeutic and prevents isolation.

The Family Support & Wellness Worker provides referrals, support, guidance and problem solving to clients to address the issues of concern they may be experiencing. Please free feel to call.

Wishing the Tla'Amin community the best in this New Year. Be safe, healthy and happy!

Sally Louie
 Family Support & Wellness Worker



BREAKFAST WITH SANTA AT CDRC



Doris and Doreen had a tough choice when Vangie passed around the desserts

Enjoying a Happy and Sober Holiday Season

Helpful tips for staying sober, avoiding relapse, and preventing the holiday blues – Hazelden Betty Ford Foundation

Preventing Relapse: Plan and Protect Your Sobriety During the Holidays

The holiday season can be a joyous time, but for those in recovery from drug or alcohol addictions, it can also be a minefield. High expectations, over-commitment, and fatigue can lead to heightened emotions and mood swings. Travel and busy schedules increase stress. You might be away from your support network and routines, enhancing a feeling of isolation.

1. Plan your support system ahead of time.

Prepare a plan to support and protect your sobriety ahead of key holiday events, whether at work or leisure. This may mean going to a Twelve Step meeting before or after the event, attending the occasion with your sponsor or a friend in recovery, and making sure you can leave at any time and are not dependent on someone else for transportation.

2. Understand the emotional complexity of the holidays.

Talk with your sponsor, a friend, or a professional counselor about the emotions and expectations you have wrapped up in the holidays. This is called “calculating reality.” The holidays will not be like they were when you were six years old. Everybody will be tired and stressed, possibly depressed, as past holiday disappointments may hang in the air. Know this. Awareness will help you lower expectations and be forgiving of yourself and others.

It’s also important to be aware that some people are most vulnerable after the holidays. The stress and resentments that may come up over the holidays can lead to rationalization—we can convince ourselves we’re entitled to drink or use—and sometimes as addicts we do better through the crisis than after it. Remember, the disease of addiction is as powerful the day after a holiday as it is the day before.

3. Focus on others.

The holidays offer a spiritual opportunity to practice focusing on others with gratitude and joy. Adopting this perspective can take tremendous courage. Because you are in recovery, you have already demonstrated the capacity for tremendous courage and change. Look for ways to think about others. Serve a meal at a homeless shelter. Reach out to a newcomer. Go sledding with children. Spend time with a neighbor who is confined.

4. Keep track of what you are drinking and steer clear of rationalizations.

At social gatherings, it’s generally helpful to have something to drink in your hand so people aren’t constantly offering you a drink. Be proactive! Get your own beverage, watch how it is being made, and keep track of it. If you ask someone to get a beverage for you, he or she may forget or not know your situation and bring you an alcoholic drink.

5. Avoid vulnerable situations.

If you know Aunt Lucy is going to criticize your hair and shoes, avoid her. If Uncle Bob will try to mix you a stiff drink, stay away from him. If you know the office New Year’s party is all about alcohol and other drugs, make a brief appearance or don’t attend. It is unrealistic to say, “I can soldier through.” The lesson of Step One of the Twelve Steps is: You don’t have the power. Alone we use.

6. Remember self-care.

Celebrate the holiday season by taking time for yourself. Proper nutrition and physical movement can be extremely helpful. The better you feel physically, the stronger you will be emotionally. Maintain your spirituality. The holidays are a time for reflection and connection with those you love. It is critical to take some quiet time each day for relaxation and meditation, even for a few minutes, no matter how busy you are.

Wish you all the best this holiday season and throughout the year, Merry Christmas.

Nina Peers, C.C.A.C , Addictions counsellor /Tuxahmiy Support

Will it be a Blue Christmas?

Christmas is just around the corner and while it is a special time of the year, for some of us it can be a very difficult time. I’m thinking especially of those families in our community who have lost loved ones this month of December. At these sad times we can wonder how we can enjoy what is supposed to be a happy celebration.

For some of us sadness also comes from remembering being away from family as children, while at residential school. For others it is about going through a break up or ending a relationship. For some it might be having to be far from home for work, school, incarceration, or some other reason. Being sad at Christmas, or being disconnected from family might be a feeling you are going through this year for the first time, or it might be a feeling you have every year at Christmas.

Whatever your own situation might be, it can be helpful to know you are not alone. It is important for all of us to know that we are not alone, and to be reminded that we do not have to be alone with our feelings. Take some time to tell someone else in your life how you are feeling. It can help to “lighten the load” and not have to carry the sadness all by yourself.

When we feel sad or depressed it is often the time that we start to keep to ourselves. We don’t feel like going out anywhere or being around other people. However, when we isolate ourselves and stop spending time with other people, the sadness and depression can grow and become worse. It is really important to reach out and stay connected with a circle of support for yourself.

It is also important to tune in to our children and youth at this time of year. Often we become distracted with all the things to do to get ready for Christmas, and we can lose track of the simple job of checking in with our young people. Is there anything in their lives that has been upsetting? Has a close friend moved



away, or a romantic relationship come to an end for a teenager? Has the homework been piling up and is the young student in our life feeling anxious about school? Has there been a death in the family this year? Has there been a death in the family a few years ago and the young person doesn’t know how to bring up the topic that he or she is still hurting? Our children and youth can be very quiet about these deep feelings and worries, and sometimes they do not have all the words or all of the strength to bring up certain conversations. It is up to us as the adults to check in with our young people and see if they are in need of any extra reassurance or comfort at this time.

We are fortunate in our community to have people who know the special cultural practices that can help us with grief and other heavy feelings. Such teachings can be strong medicine and very helpful at these times. Prayer, brushing off with cedar, being outdoors with the trees and the ocean are some of the ways of the ancestors of this territory.

If you are feeling blue this Christmas, or if a child or youth in your care is feeling blue this Christmas, take good care of yourselves. Come by Tla’Amin Community Health Services to make an appointment with a counsellor. Try to do something extra special for yourself to make sure you appreciate how important you and your good health are now and always. Lots of love and prayers to everyone this Christmas.

Sincerely,
Brenda Pielle
Youth, and Family Advocate



Merry Christmas and Happy New Year

Wishing you and your families a holiday full of festivities, laughter and Good will.

We would like welcome two new Health staff Nathan Jantz our Health Director and Monica Pagani our Home and Community care nurse. Their start date will be January 2nd, 2018

NOTE:

Tla’amin Health will be opened with a very minimum of operational services on December 27th 28th & 29th

Majority of Health staff on holidays December 27th – 29th

WELLNESS JOURNEY
JANUARY 11, 2018
3:30-7:00 pm @ SALISH CENTRE

Come out to this health and wellness event!

Screening offered for:

- HIV
- High blood pressure
- Mental health
- Breathing
- Healthy eating

Dinner at 5:30, followed by draws for door prizes (must participate in the health event to enter the draw).

"And now we Welcome the New Year

Full of things that have never been." Rainer Maria Rilke

Best wishes during the Holiday season.

Kim Markel, RN



**Mammograms for Women
Why a mammogram?**

It can detect breast cancer early.

Who: Women over 50 or

if your family has a history of breast cancer

Date: January 18, 2018

Time: 10 am – 1 pm

Place: PR Hospital

We have booked a day at the PR Hospital for our Tla'Amin ladies in the community.

There is a registration form to fill out and book your appointment time.

I can transport the ladies who don't have vehicles, I must know in advance.

Information: Contact Dawna Pallen @ 604.483.3009 Ext. 122 Emote

Mammograms save lives



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:

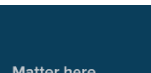
Thursday January 11 2018 at 6 pm

Ahms Tah Ow School

Friday January 12th 2018 at 9am

Brooks Secondary School

****DOOR PRIZES****



Resolving to Quit Plastics

It is that time of the year, when motivation to change old habits and start fresh begins.

This year, you may find your willpower strengthened by choosing to make a green revolution rather than a New Year's resolution. Our suggestion for 2018: quit using single-use plastics.

Take a quick scan of your kitchen, car, recycling box or trash can and you are likely to find evidence of having indulged in some single-use plastics. These find their way into even the greenest of homes in the form of snack-food packaging, compostable coffee to-go lids, stir sticks, fruit-produce stickers, straws, handy to-go utensils and convenient shopping bags.

Though we may try to release our guilt by tossing these items into the recycling bin, many are not recyclable through our local system. And let's be honest, an overflowing recycling bin is nothing to boast about. Mining, transporting and processing plastic is energy intensive and drains a precious global resource frivouly.

If the thought of going cold turkey overwhelms you, try integrating one new plastic-free habit per month for you or your household.

An easy place to start is with beverages. Canadians dispose of approximately 1.6 billion coffee cups and 65 million water bottles each year. Start your new year off with a thrift store hunt for a to-go cup and water bottle, or invest in a plastic-free version of both.



Next on the list can be to give up relying on plastic shopping bags. Stock a few cloth bags in your car and at the front door, along with a reminder note in both places that asks, "Got bags?"

Woven baskets are a great alternative as well, because they can hold so many of your bulk or heavy items.

Once you start, you may find plastic reduction is your newest hobby. If you're already in the habit of bringing your own to-go bottles and

Let's Talk Trash.ca

WHAT IS WASTE?



shopping bags, here are some other ways to kick the plastic habit:

- Go strawless. Refuse altogether, or replace with your own stainless steel, bamboo or glass reuseable straw.
- Carry your own to-go containers with you for left over food from meals out and also for deli counter purchases.
- Replace clingwrap with reuseable beeswax infused cotton wraps. You can buy Abeego, or make your own with an iron.
- Buy in bulk or shop at farmer's markets where possible to avoid excess packaging. Bring a basket to carry your purchases.

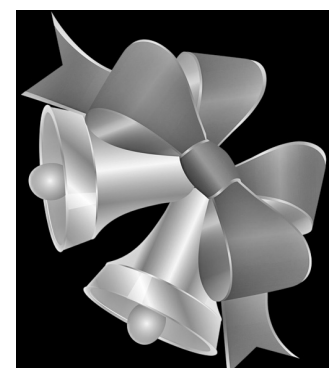
A quick search online will reveal more great tips and tricks to support your journey. Becoming a mindful resident of the planet feels good and is a revolution worth making.

Let's Talk Trash is the waste management education program of the Powell River regional district.

What's your Target?
ZERO IN ON WASTE



POWELL RIVER REGIONAL DISTRICT



Youth Group Activities

Movie Matinee

January 2, 2018
Youth ages 7-14 (space is limited)
Small popcorn and small drink provided.
Ferdinand: tells the story of a giant bull with a big heart. After being mistaken for a dangerous beast, he is captured and torn from his home. Determined to return to his family, he rallies a misfit team on the ultimate adventure.
Please call Leslie or Shirly to register @ 604-483-3009
Leslie (ext. 103) Shirly (ext. 104)
Meet at health @ 12:15, drop off at home.

Youth Bowling

January 3rd, 2018
Youth Ages 10-17 (space is limited)
Snacks provided
Please call Leslie or Shirly to register @ 604-483-3009
Leslie (ext. 103) Shirly (ext. 104)
Meet at health @ 10:30, drop off at home.
Bowling 11-1

Wednesday Night Ball Hockey With Shirly and Chris Bakker

Starts January 10 2018
Ages 7-14
From 4:30-6:00
Location: Salish Center
Water Provided

Girls Group

Thursday's Starting January 11, 2018
Ages 7-14
Time: 4-6pm
Location: Health Center
Various Activities, crafts, cooking, movies etc.
Contact: Shirly 604-483-3009 (ext. 104)

Grandparents and Grandchildren Hockey Night Out

čəjətən and ʔəməθən
Date: Friday January 5, 2018
Meet at Health by 6:30pm.
Grandparents & Youth Aged 10-17
Please bring your own money for the concession.
Please call Leslie or Shirly to register, or if you require transportation to the Health Center @ 604-483-3009 (ext. 103), space is limited.



Happy Holidays
Makaela & Mattias

Happy Belated Birthday
Jeremy Smith #1 (Dec. 14)

Happy Birthday
Caitlynn Smith (January 19)
Wayne (Smitty). (January 15)



My First Christmas
1 Month old xoxo
Charleigh Grace



Merry Christmas & Happy New Year!

**“Merry Christmas and a Happy New Year to all the
Tla’amin Citizens and their family.**

From the Lands and Resources Staff.”