



NEHIMOTL "Us"

February 2018

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

Tla'amin History from the Crossroads of Colonialism: Part One-Protest

My name is Colin Osmond, and I am a PhD student from the University of Saskatchewan. As I continue my research into the history of Tla'amin in the late 19th and early 20th centuries, and I'd like to share some of my findings with the community. Each month, I'll share a short historical article on key moments in the early colonial history of Tla'amin. If you would like to know more, or to contribute information or thoughts on Tla'amin history, please contact me at colin.osmond@usask.ca. Emote!

In October of 1878, Indian Land Commissioner Gilbert Malcolm Sproat wrote to the British Columbia Chief Commissioner of Land and Works reporting that there had been a disturbance among the "Sliammon Indian Tribes respecting the cutting of timber in the neighbourhood of their villages." The Tla'amin complained that white loggers were cutting trees too close to their villages, and requested that the British Columbia government immediately survey their lands. And although Sproat had reported their concerns several times to both Israel W. Powell (the Superintendent of Indian Affairs) and to the Department of Land and Works (who were responsible for surveying settler lands), the Tla'amin's requests were ignored. The Tla'amin took the situation into their own hands by seizing all the logs cut by white loggers in the vicinity of their villages. A Tla'amin Chief (unnamed in the document) gave a stern message to the Government Agent at Comox: "Now Mr. Modello, as you are the foot-agent here, and you have always been our best friend, we now depend on you that you will inform Dr. Powell, our agent, of this matter and hoping that he will settle this. If not, we will protect ourselves." Sproat, who was currently working in the interior of British Columbia, requested to go directly to Sliammon to hear their grievances and settle any disputes between the Tla'amin and the white loggers. Powell, however,



Gilbert Malcolm Sproat seated beside his tent in the Fraser Valley (Courtesy of the Royal BC Museum).

stated that visiting Sliammon would "do more harm than good," and did not give Sproat orders to travel to Tla'amin territory until the fall of 1879.

The news of the protest did not surprise Sproat. In 1874, several Tla'amin Chiefs, alongside Chiefs from along the mainland coast and the Fraser River, petitioned the provincial government to protect their lands from settlement through surveys. As more and more white settlers arrived in Tla'amin territory (mostly seeking permits and leases for logging), several Tla'amin sent letters to Sproat through the Catholic Bishop, "begging that they would not be forgotten" by the government. Sproat himself had written many letters between 1876 and 1879 reporting the Tla'amin's complaints about settlers appropriating parts

of their territory. Shortly before he boarded a schooner to visit Sliammon in October of 1879, he penned an 8-page letter to Powell shaming the provincial government for ignoring the Tla'amin for "22 years after the establishment of the colony and 8 years after Confederation" while their territory was "sold and placed beyond their reach." To Sproat's surprise, a group of Tla'amin and Klahoose, upon hearing that the commission would depart for Sliammon, showed "their gratitude of at least getting their land matters seen to... by the rapidity with which many of them came to my schooner over 100 miles in their canoes."

When Sproat sat down with Tla'amin leaders, such as Chief Captain Timothy, Tla'amin, Klahoose, and Homalco people from all over the coast

gathered in Sliammon. On hearing word that Sproat would soon visit to discuss land surveys, people began gathering at Sliammon weeks before his arrival. In his usual custom, Sproat congregated the Tla'amin, Homalco, and Klahoose leaders outside of his rain-soaked canvas tent, and listened at length as each presented their opinions and demands for their reserves. Not surprisingly, given the violent events of late, this meeting was no calm affair. After listening and conversing for several hours, Sproat retired to his nearby tent to digest the day's events. However, he reported that "among themselves there were land issues which were debated so hotly outside

TLA'AMIN HISTORY
(Continued on page 2)

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Tla'amin Governance House Updates

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

Notice of Tla'amin General Assembly



Saturday, February 10th, 2018
Salish Center

Doors open at 9:30 am
Pancake brunch served at 10:00 am
Presentation at 11:30 am



The purpose of this General Assembly is to present the Nation's 2016-2017 financial statements and to answer any questions related to the presentation.



The agenda will be provided at the meeting.



Information Booths will be set up from Tla'amin Departments/Programs and Businesses.

Our local General Assembly is open to all Tla'amin Citizens and Members

One Heart, One Mind, One Nation.

Legislative Assembly



Hegus Clint Williams
Executive Council
Community Economic Development House Post



John Hackett
Executive Council
Finance & Administration House



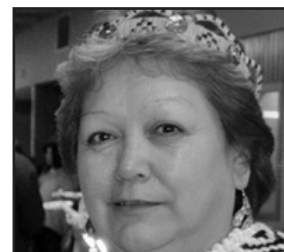
Lori Wilson
Executive Council
Lands & Natural Resources House Post



Larry Louie
Executive Council
Community Programs and Services House Post



Tyrone Wilson
Executive Council
Public Works House Post



Denise Smith
Legislator
Required to meet with Executive Council to form the Legislative Assembly at least twice per year



Gloria Francis
Legislator
Required to meet with Executive Council to form the Legislative Assembly at least twice per year



Brian Hackett
Legislator
Required to meet with Executive Council to form the Legislative Assembly at least twice per year



Shawn Louie
Legislator
Required to meet with Executive Council to form the Legislative Assembly at least twice per year

TLA'AMIN HISTORY

(Continued on page 1)

my tent, that I did not get to sleep till past midnight." Even after the travel weary commissioner finally found rest, arguments outside of his tent escalated further. One land issue was so contentious that one man drew a knife and attempted to attack another. Clearly, Tla'amin land issues boiled in the cauldron of colonialism.

But for all of the commotion, Sproat left the Tla'amin with only promises that he would do his best to convince the government to send the official survey party to lay chain to their land. Unfortunately, the Tla'amin would have to wait nearly a decade before that happened. In Sproat's estimation, the government stalled on their efforts to survey the Tla'amin's reserves (among others in the area) due to the large quantity of valuable timber in the region, the discovery of deposits of iron ore, copper, and gold on Texada Island, and rumours that the soon-to-be-built Canadian Pacific Rrailway might locate its terminus in Bute Inlet. Regardless of the government's reasons, the Tla'amin understood that their world was quickly changing. Despite the Indian Land Commission's calls to delay any surveying in the Tla'amin's territory until they could survey reserves, the British Columbian government



Colin Osmond, PhD Student

had already ripped a sizable chunk from the Tla'amin's land base with the survey of Lot 450 for timber baron R.P. Rithet. The Tla'amin were not ignorant to what was happening- many Tla'amin men had worked in British Columbia's logging industry for decades by this time, and Captain Timothy had witnessed similar processes at work in Puget Sound and San Francisco while working on trade schooners. The Tla'amin found a sympathetic ear in Sproat, but he would be forced into retirement the following year (1880). The Tla'amin would have to wait until 1888 for the new land commissioner, Peter O'Reilly, to visit their lands.

Please check next month's *Neh Motl*, where I will pick up this story with the surveying of Tla'amin land in 1888.

Lands & Resources House Post

by Lori Wilson

- The harvesting of our second cut block from our Treaty Settlement Lands (TSL) is still in progress. The seedlings are ordered and we will be planting this Spring.

- Water quality study: our researcher, Tiffany Ortamond, has been teleconferencing with Natural Resources staff individually; and she has been studying our past water

study reports. Her next visit to Tla'Amin will be this Spring. She would like to offer sometime during her time with us a community tour of our river for an interactive day of learning about aquatic ecosystems. If you are interested in participating please let me know? This event will be advertised when the time comes but it would be nice to hear from you if you are interested.

- Fish canning project: the cannery hasn't processed our fish yet. We are still waiting for our order. This is a first-time project with a learning curve. Next Fall we will be more efficient and we will have a better understanding of logistics for this type of project.
- Building a Canoe shed: still in progress, we look forward to a canoe shelter to house our 3 canoes in the area across the round-a-bout from our Government House.
- Nahmint Raider prawn boat is still being renovated but it will be ready for the commercial prawn season.
- Thichum Forest Products won't be issuing firewood permits until after their waste & residue surveys have been done, and harvested timber volumes have been reported and billed to our Allowable Annual Cut at the Ministry.

There will be a General Assembly early on Saturday February 10 which will start off with a brunch. I hope you all can make it!

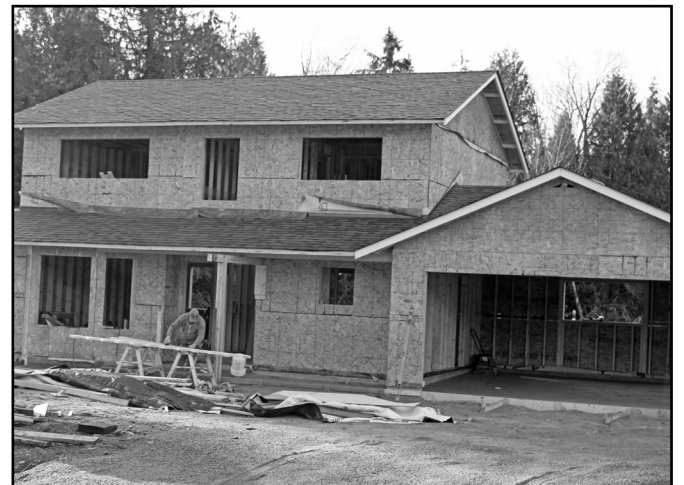
Lands Department Update

By Denise Smith – Lands Manager

Call for Resumes – It's that time of year again, we are gearing up for work that will take place around our community during the warmer months. If you are interested or looking for work, please bring in an updated or recent copy of your resume. If you have a Driver's License, please provide a copy of front and back of your license.

Community Parks and Playgrounds – The Tla'amin Nation has spent a significant amount of \$ on creating green spaces (parks) in our community for our people to enjoy. We have recently completed the new playground on Harwood Drive. We have noticed that recently someone has been driving around on the grass down on the waterfront. PLEASE STAY OFF THE GRASS AND FIELDS with your quads, motorbikes and vehicles. If you see anyone doing this, please report it to the Lands Department. Also, please pick up your garbage or use the bins to keep the area tidy.

New Subdivision – It has been a very busy time for the Lands Department. It is good to see our Nation put in place a housing program to allow people to build their own homes. The new subdivision (by the new administration office) is currently the only place available to build homes. There are 13 lots in the subdivision. One has been decommissioned to be used as a roadway to the future Public Works Yard (lot 15), and there are now only 3 lots left available.



Only family size and new homes are allowed (ie. No single wide trailers or used buildings). The process is to come in to the Lands Department – select a lot – and then you are required to see your bank and qualify for a loan. You are given 3 months to get your banking in order. Once that is done, you have one year to begin building or to complete purchase of your home. All homes must be built to the BC Building Code standard.

We are discussing the need for a new subdivision to meet the needs for housing in our community and will present more on this at a future community meeting.

Firewood Permits – Permits are for personal use – and for firewood. SALE OF FIREWOOD IS AGAINST TLA'AMIN LAW. Permits are for dead and down wood only – no cutting. We do monitor these permits and should we find that anyone is selling firewood, they will not be granted any further permits. We ask that people respect and follow these laws. We are also doing an inventory of which homes actually have wood stoves to help us determine whether or not to grant a firewood permit. The permits do expire so please check your permits and renew them when required.

Garbage Pick Up – We periodically hire to do a road side garbage pick up around the community. We have also utilized sports teams as well. If you are interested in this work, please drop a resume off to Lands Department.

Pa'aje Silviculture Services LP

by Lori Wilson

Pa'aje Silviculture Services has passed their first annual Worksafe BC Audit in January. The company looks forward to another year of working in our traditional territory and providing seasonal employment to community members. Gross revenue for the first year was approximately \$88,000.00. Since Pa'aje has secured respectful working relationships & proven reliability with their clients, we hope to work on increased productivity and decreasing operational costs for higher revenues in 2018.



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, 8 firefighters are now certified by Red Cross as Health Care Providers (HCP) completing 40 hours of training including a written test and hours of scenario. Here are some examples of their training skills; CPR, airway management, trauma, dangerous bleeds, childbirth, broken bones, etc.

We will be responding to all first responder calls in Tla'amin and assisting BCAS in all aspects of care including accompanying a patient in the ambulance en route to the hospital with medical treatment and attention.

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.

TLA'AMIN NATION | 604-483-9646 | EXTENSIONS

First Name	Last Name	Ext.	Other	Numbers
AHMS TAH OW	TYLER PETERS	102	1116665 BC Ltd	604 483 4259
ALEX	SUTCLIFFE	132	CDRC Daycare	604 483 3449
ANDREA	PAUL	104	Chiy Chuy Preschool	604 483 3434
CATHY	GALLIGOS	119	Elders Lodge	604 483 9630
CLINT	WILLIAMS	107	Firehall	604 483 2444
CRAIG	GALLIGOS	106	Hatchery	604 483 4111
DAVID	LOUIE	123	Health	604 483 3009
DENISE	SMITH	121	Lund Hotel	604 414 0474
DONNA	TOM	126	TMS (Devcorp)	604 483 7777
ESTHER	WILLIAMS	117	Tla'amin Nation	604 483 9646
GERRY	GALLIGOS	135	Water Plant	604 483 4399
GRAEME	STEWART	133		
JEANNIE	BASSETT	142		
JESSIE	PETERS	127	CDRC Daycare	604 483 3410
JIM	ARMSTRONG	136	Hatchery	604 483 4115
JOHN	HACKETT	109	Health	604 483 2466
JOLENE	SUTCLIFFE	115	Health Benefits	604 414 0388
LARRY	LOUIE	131	TMS (Devcorp)	604 483 7741
LORI	WILSON	108	Tla'amin Nation	604 483 9769
LOSA	LUAIFOA	124		
LOUISE	DOMINICK	125		
LUCY	LAMBERT	141		
MAUREEN	ADAMS	116		
PAM	WILSON	114		
PAULA	STEWART	103		
RCMP LIAISON	CHRIS BAKKER	140		
ROD	ALLAN	101		
ROY	FRANCIS	137		
SERENA	BARNES	150		
SHAWN	LOUIE	105		
STEVE	GALLAGHER	138		
STEVE	HUNTER	118		
TRISHA	WILSON	110		
VERNA	FRANCIS	113		



The Fire Department's Free Extinguisher and Smoke Detector Program

To get your free installation contact Chief Armstrong at 604-483-9646 (ext 136) or by email at firehall@tn-bc.ca.



You Asked For It!

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

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



Fun Facts about Butterflies for Kids

- Butterflies are insects.
- A butterfly's lifecycle is made up of four parts, egg, larva (caterpillars), pupa (chrysalis) and adult.
- Butterflies attach their eggs to leaves with a special glue.
- Most caterpillars are plant eaters (herbivores).
- Fully grown caterpillars attach themselves to a suitable twig or leaf before shedding their outside layer of skin to reveal a hard skin underneath known as a chrysalis.
- An adult butterfly will eventually emerge from the chrysalis where it will wait a few hours for its wings to fill with blood and dry, before flying for the first time.
- Butterflies can live in the adult stage from anywhere between a week and a year, depending on the species.
- Butterflies have four wings.
- Butterflies often have brightly coloured wings with unique patterns made up of tiny scales.
- Most butterflies feed on nectar from flowers.
- Butterflies have taste receptors on their feet.
- Scientists estimate that there are between 15000 and 20000 different species of butterfly.
- Birdwing butterflies have large, angular wings and fly in a similar way to birds.
- Monarch butterflies are known for their long migration. Every year monarch butterflies will travel a great distance (sometimes over 4000 km), females will lay eggs and a new generation of monarchs will travel back, completing the cycle.



ASSUMPTION SCHOOL FIRST NATIONS EDUCATION ASSISTANT (E.A.)



EMPLOYMENT OPPORTUNITY

This 30-hour position reports to the School Principal, as well as liaises with the Tla'amin Nation (TN) Education Coordinator, the successful candidate will act as a support to First Nation students attending Assumption School.

DUTIES AND RESPONSIBILITIES

- Ability to work effectively with a range of TN children ranging from K-9, including students with special needs.
- Provides educational support to students requiring assistance with school work. Supports them in increasing their individual potential and to experience success with their education.
- Ability to build and maintain rapport with students, demonstrating patience and understanding when resolving problems or conflicts that may arise.
- Strong communication skills, including ability to work collaboratively with teachers, and other associates.
- Respects confidential information.
- Provides teacher with feedback regarding student progress to help with assessing future need.
- Supervises students as required.
- Other duties as required.
- Must be willing to attend professional development days and specialized training as may be required.

QUALIFICATIONS AND EXPERIENCE

- Certification as an Educational Assistant from a recognized institution, including a successful supervised practicum.
- Be proficient with Microsoft Office Suite.
- High School graduation.
- Preferably have volunteer and/or paid experience working with people with disabilities.
- Level 1 OFA desirable.
- Experience working with First Nations children/youth.
- Valid Class 5 Driver's license with satisfactory driver's abstract. Must have reliable transportation.
- Knowledge of resources and services available to First Nations youth.
- Satisfactory criminal record check.

Please submit a recent resume and cover letter along with proof of certification and practicum reports, including email addresses of 1-2 sponsor teachers or EA mentors/supervisors as references.

*Salary to be determined.

Resumes may be submitted via email to: hr@tn-bc.ca or submitted to front desk at the TN Governance building by **Friday, Feb 9, 2018 at 4pm**.

Applicants of TN ancestry are encouraged to apply. We thank all applicants for their interest, however, only those who are short-listed will be contacted for an interview.

Job Posting Information Clerk



The Tla'amin Nation (TN) is seeking applications for a temporary part-time information clerk.

The successful candidate will organize and compile relevant information from Tla'amin Archives. The work will involve researching and organizing Tla'amin storage facilities, and treatment of important historical and cultural materials for display.

DUTIES AND RESPONSIBILITIES

- Organize records in systematic order.
- Organize and compile packages of learning materials for displaced individuals of TN ancestry to assist in acquainting them with TN history, culture and heritage.
- Planning and preparing TN artifacts for public display.

QUALIFICATIONS

- Applicants should possess strong organizational skills.
- Experience in file/records management an asset.
- Ability to catalog artifacts using librarian-type methods and procedures.
- Satisfactory criminal record check.
- Superior organizational skills, with attention to detail.

The position will be a fixed term position with the successful applicant working 2-3 day work-weeks, and will come to completion by March 30, 2018.

*Salary to be determined.

Interested individuals are asked to submit resumes and cover letters to Jessie Peters at hr@tn-bc.ca or may be submitted to front desk by **Friday, Feb 9, 2018 at 4pm**.

Applicants of TN ancestry are encouraged to apply.

We thank all applicants for their interest, however only those who are short-listed will be contacted for an interview.

HOUSING NOTICE

This reminder is for everyone on the housing list to renew their "Applications for Housing".



You must renew to hold your spot on the wait list or update family units if needed.

Forestry Harvesting Training & Job Opportunity



Vancouver Island University is hosting a **FUNDAMENTALS OF FORESTRY – Harvesting practices program**. Tla'amin Nation is seeking an individual who is interested in applying for this 3 month program. The successful graduate of this program will start a career in forestry harvesting at **Tla'amin Lake Contracting**. The individual must possess the following:

- Minimum Grade 10 education
- Minimum Grade 10 Math
- Physically fit (will be on your feet 8 – 10 hours/day)
- Ability to work in all types of weather (hot, cold, rain, snow)
- Class 5 Driver's licence recommended
- Be of Tla'amin Ancestry
- Willing to relocate to Woss, BC for the 3 month course
- Have a strong willingness to learn and the ability to take criticism and learn from your mistakes

The **FUNDAMENTALS OF FORESTRY** is not scheduled until April 16, 2018 however, we are doing an intense pre-selection for one successful candidate. This is a fully funded training opportunity with job placement. Tuition, accommodations & meals are provided. Successful applicant will need to provide their own Personal Protective Equipment but funding sources are available.

Tla'amin Nation will provide limited funding for transportation at the beginning and end of the course to and from Powell River. This is not a post-secondary funded opportunity.

To Apply at Tla'amin Nation:

Please submit the following:

1. Expression of Interest Letter with current contact phone number and current email;
2. Tla'amin Nation will assist you in applying to this program at Vancouver Island University and through the funding process.

Deadline: Tuesday, February 13, 2018 – 4:30pm

Submit complete applications to:

Attention: Lori Wilson
 Email: lori.wilson@tn-bc.ca
 Tla'amin Nation
 4779 Klahanie Road
 Powell River, BC
 V8A 0C4

The British Columbia Training and Education Savings Grant

The British Columbia Training and Education Savings Grant (BCTESG) is a new grant offered by the B.C. government as of August, 2015. The BCTESG provides \$1,200 towards an RESP for residents of B.C. born in 2007 or later.

The earliest that one can apply for the grant is after the sixth (6th) birthday of the child, with the deadline being the day before the child's ninth (9th) birthday.

To qualify for the BCTESG, a B.C. resident must open an RESP (Registered Education Savings Plan) and complete an application as follows:

- For a beneficiary born in 2007 or 2008, the deadline to apply is August 14, 2018;
- For a beneficiary born on or between January 1, 2009 and August 15, 2009, the deadline to apply is August 14, 2018; or
- For a beneficiary born any time on or after August 16, 2009, the deadline to apply is by the beneficiary's ninth (9th) birthday.

Required documents to prove B.C. residency:

- If this is a new RESP, the parent/guardian and the child must both possess a valid Social Insurance Number (SIN). Additionally, the parent/guardian must possess one of the following:
 - A valid British Columbia driver's licence;
 - A British Columbia Identification (BCID) Card with a picture;
 - A British Columbia Services Card; or
 - A British Columbia utilities bill (dated

Sign up for a RESP today and apply for a **\$1,200 B.C. Training and Education Savings Grant** from the Government of British Columbia



\$1,200 for children born in 2006 or later

Start saving for your child's future education and the Government of B.C. will help.

FOR A LIST OF PARTICIPATING FINANCIAL INSTITUTIONS VISIT: www.gov.bc.ca/bctesg OR FOR MORE INFORMATION CALL: 1-888-276-3624

within the last 3 months and listing the current address of the custodial parent or legal guardian). A utilities bill can be any of: electricity, gas, phone, cable, water or garbage bills.

Note: new B.C. CareCard and driver's licence will be fully implemented in 2018

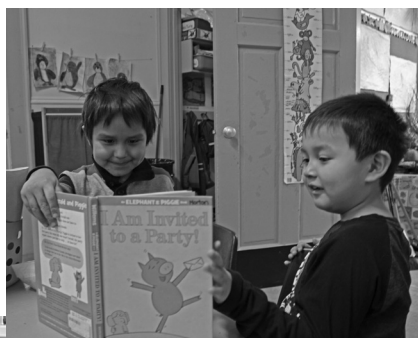
If approved, the \$1,200 grant will be deposited directly into the RESP once the application has been processed by Employment and Social Development Canada (ESDC). Each eligible child may receive one grant of \$1,200.

Call toll free: 1-888-276-3624w

Literacy Day at James Thomson



Family literacy programs focus on parents as the means to improve the reading and writing skills of all family members. By reading to children and engaging in fun literacy activities, parents are actively keeping their



own skills sharp while at the same time strengthening the relationship between the family which, in turn, encourages lifelong learning.



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."

Sechelt and Tla'amin Elders Share Stories



On January 10th, a group of our Tla'amin Elders made the Journey to Sechelt Nation to join their Elder's Group for a luncheon. This was a time for old friends and family to reconnect, share memories and foster new ones. Stories of old soccer rivalries filled the conversations as our Elders sang and learned new songs and shared some of our own.

After lunch, our Elders were escorted over to the Sechelt Cultural Museum where a presentation was made of the 4000 year old remains of what appeared to be a family, buried together. A ceremonial tunic made of tiny carved seashells and rocks that were all sewn together. The presenter told our elders that it would have taken 1 person 20 years of nonstop labour to make such a tunic, therefore it is believed that this family was revered (possibly a Hegus), his wife and twin sons were also buried with him. Artifacts of arrow heads and canoes of all sizes were also on display.

A gift was presented by Sechelt Elders to our Elder Phil George of two traditional handmade dolls from Sechelt Elder Willard Joe (above). These dolls were crafted by Elder Elizabeth Harry. Tla'amin Elder Charlie Bob gifted Sechelt with his hand made miniature paddles and traditional jewelry. The weather for our visit was extremely cooperative with sunshine filling the afternoon.

Elder Program Events for February:

Tuesday Feb 6th: EDP Luncheon (visit with Hegus and Council) 11-1pm

Friday Feb 9th Winter Wellness day at Salish Center

Tuesday Feb 13: No EDP Luncheon (Due to Stat holiday)

Thursday Feb 20: Seniors Together Luncheon 11-1 at the Powell River Rec Complex

Wednesday Feb 21st (5pm-7) Elders Spaghetti Fundraiser at Salish Center

Tuesday Feb 20th 11-1 EDP Luncheon

Tuesday Feb 27th 11-1 EDP Luncheon and Bingo. Bring a friend!

Are you an Elder 65 or Older? We would like to invite you to our luncheons, Tuesdays 11-1. We have fun, tell stories, listen to interesting topics and presenters, travel, and socialize in a safe and caring atmosphere. Lunch is served at noon. Together we plan for future outings and discuss matters of importance for our community. Call Elder Coordinator if you require a ride. 604 483 3009 ext. 126



Traditional hand made doll presented to Tla'amin elders



Family Support & Wellness Programs

The Family Support and Wellness provides guidance and emotional support for community members who may be going through difficult times either through individual support or holistic programming. Will also advocate and make referrals on your behalf as well as provide transportation for those in need.

Mondays

Self Care 12:30 to 3:30 at Complex (transportation provided)
 Take part in the work out room/aquacises
 Please call if you need ride

Tuesdays

8:30 – 4:30 Individual Support & Guidance. If you need transportation please call in advance

Wednesday

Grief & Loss 10 – 12 (lunch provided) Working on Memorial Wall hangings

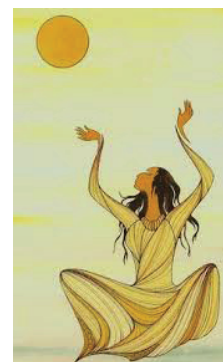
Thursday

Social Gathering & Crafts 10 – 2 (lunch provided)
 Working on personal projects, time to start on those Xmas gifts!

Grandparents Support Group (Feb 15th & 22nd)

5:30 – 7:30 pm
 (Light Dinner & Childminding) Pre-registration required

For all programs please, pre- register for food orders and transportation. For more information please call Sally at 604.483-3009 ext 117.

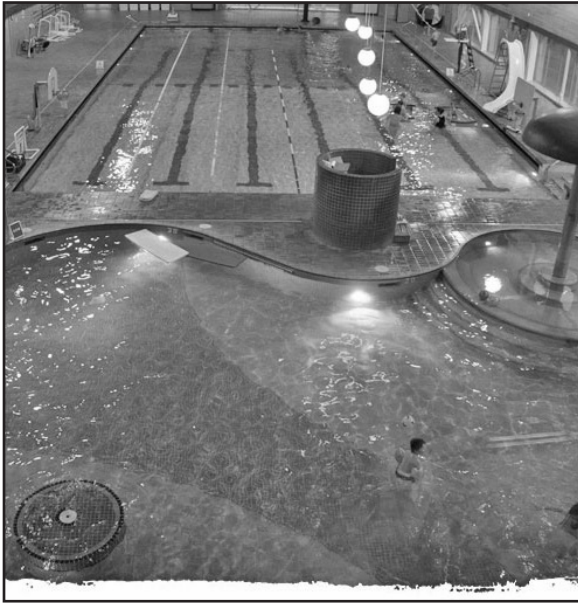


Lasəm saltx^w Strong Woman

Next gathering is on Wednesday, February 21st from 430 PM – 630 PM. We will be having a "Meet and Greet" with Sheila and Leslie! Please register with Leslie at health. (604) 483-3009 ext 103.

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

Tla'amin Nation Public Swim Mondays and Fridays



Come out and participate at the Recreation Complex for free swimming or skating (just pay for your own skate rentals).

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. Once you sign in your signed in for the day and can utilize all or any programs provided.

Children (under 7) 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

Learning Our Tla'amin Language

Encouraging our families to practice and share

English	Phoentic	Orthograthy
Black	Puth	pəθ
Red	Tah Them	'tat ^h em
White	Puk	pəq
Yellow	Kla Sem	λasem

We meet on Tuesdays for Language and Basket Weaving
3:30 over at the Cultural Building.
Drop by and talk with us in tla'amin.Emote

Dawna Pallen for
Tla'amin Language

What's Your Resolution this Year?

Winter Wellness Day



5K Run, Walk or Bike

Date: Friday, February 9, 2018

Time: 11 am - 1:30 pm

Place: Tla'amin Health

Lunch provided

Registration: @ 10:30, for walk, run & bike route.
Prizes

The walk, run, bike route will be around Tla'amin.
We will have someone located at certain points.

Contact 604.483.3009

Dawna Pallen Ext 122 or Leslie Louie Ext 103
for more information

Everyone Welcome

Youth Activities

Youth Weight Room Orientation

Wednesday February 7th, 2018

Powell River Recreation Complex @ 6pm

Space is limited **Ages: 13-15**

Please Contact Leslie to register

604-483-3009 ext. 103

Grade 12's Cooking & Nutrition

With Leslie and Liane

4:30-6:00 pm February 14th

Enjoy a light meal and learn tips for shopping on a Budget

Win Door Prizes for your kitchen!

Please Contact Leslie to register

604-483-3009 ext. 103

Strong Women's Group

February 21st, 2018 4:30-6:30

Meet & Greet with Sheila and Leslie

Self care and Guest Speaker

Contact Leslie or Sheila

604-483-3009

Youth Bowling & Pizza

Monday February 19th

Ages 13 -18

Meet at Health @ 4:30

Drop off at Home by 7:00 PM

Contact Leslie @ 604-483-3009 Ext. 103

**Groups will be cancelled February 1, 7, 8, 14, 15,
and will resume February 21, 2018**

Note

Switching of Girls group and ball hockey days

Wednesday Girl's Group – Feb 21st & 28th

Limited space available

Registration required

Time: 4:00 to 6:00 pm

Location: Tla'Amin Health

Ages: 7 to 14

Snacks & Refreshments Provided

Come out and enjoy a fun filled evening of fun & games.

Bowling

Swimming/Skating

Movie Night

Cooking

Craft Night

Ball Hockey with Shirley & Cst. Bakker

Feb 22nd Drop in

Time: 4:30 to 6:00

Location: Salish Center (GYM)

Ages: 7 to 14

Snacks and refreshments provided

February Family Activities:

9th-family fun event

Salish Centre from 1:30-3:30pm (bouncers, face painter, crepes)

14th-Valentine's day party

CDRC from 1:30-3pm (wear red or pink)

15th-Movie night

CDRC from 5-6:30pm (movie TBA)

27th-Orca bus

CDRC from 10-11:30am

Striving for the Best Health We Can

Brenda Pielle/Youth & Family Advocate

The new year of 2018 kicked off with a health fair at the gym on January 11th. Nina Peers and I were at a booth that was for Mental Health and Addictions. We had two short questionnaires that some of you filled in. One was a check in about substance use that was four questions. If you answered “yes” to any of these questions, it is recommended to speak to a doctor or counsellor about your drug or alcohol use. The other one was a Mental Wellness check in. This was ten questions and the instructions at the bottom said that if you scored 1s and 2s, your coping skills are doing well. If you scored 3s, you’ve got a bit more stress than you need. If you scored 4s or 5s, you should talk to a counsellor, nurse, or doctor as soon as possible about your stress level. If you missed this event and these questionnaires sound like something you would be interested in trying, please contact us at the Health Centre and we would be happy to provide these for you and talk with you more about them.

We also asked people who came by our booth “what does mental wellness mean to you?” Some of the answers that people gave were: taking care of myself,

happiness, harmony, being balanced in life, being able to focus, and being calm. We asked folks “what do you do to manage your stress and keep yourself well?” The answers were: keep busy, be active, be with people, go to the gym to work out, be involved with sports, practice spirituality, stay connected with friends, enjoy music, ask for help and let others know if you are feeling depressed. Thank you to all those who offered these wonderful suggestions.

We can see that ideas for managing stress and coping with life’s challenges can be different for everyone. One of the key messages from the materials we received for this health fair is that building resilience or inner strength for each person is one way to protect ourselves from health risks such as substance abuse or other illnesses that might happen from not managing our stress. The Tla’Amin culture has much to offer us for building inner strength. Teachings from the Elders, ceremonial rituals, family values, and spiritual practices are sources of strength. There are activities going on in the community that can help folks connect with the traditional culture of this land. Drumming, singing, cleansing, brushing, taking part in a sweat lodge, learning the language, learning

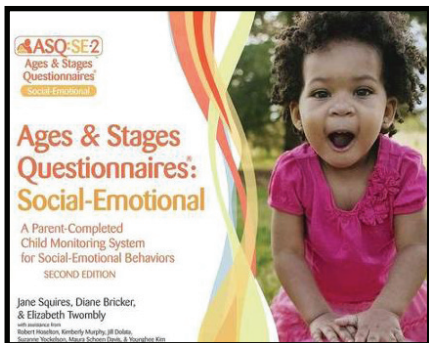
a traditional art such as carving or basket weaving, or participating in paddling in a canoe are the many activities that we can bring ourselves, our children, and our youth to take part in. If you have not already tried one or more of these activities, I encourage you to do so. It will be good for your health.

When we think of taking care of ourselves and managing our stress, it is a traditional teaching to think of all parts of our beings. Our physical being needs rest, good food, and exercise. Our mind can be nurtured by learning something new, our heart can be taken care of by sharing our feelings with others, or giving and accepting help, and our spirit can be fed by spending time in nature, praying, or spending time with the people we love. There are many things we can do to take care of these four parts of ourselves, and this is important information to share with our children and youth.

Will you join me in making 2018 the year that we take extra care of ourselves and strive for the best health we can? Let’s encourage ourselves! If you have not had a chance to get all of your new year’s resolutions into a routine yet, encourage yourself and others to take good care. Let’s use positive gentle words when we speak with ourselves, and also when we cheer each other on for our efforts to manage our stress and keep ourselves well. Best wishes to you and your loved ones for this new year.

What is an ASQ:SE-2, and how does it work?

The first 5 years of your child’s life are very important. Young children’s ability to successfully regulate their emotions and interact with others in positive ways is critical for their well-being and school readiness. Your child’s healthy social-emotional development forms a foundation for lifelong learning.



ASQ:SE has been used by parents for more than 15 years. It makes sure that children’s social-emotional development is on schedule. It helps you celebrate milestones while addressing any concerns as early as possible. ASQ:SE-2 can help identify your child’s social-emotional strengths and areas where your child may need support.

As a parent or caregiver, you are the best source of information about your child. That’s why ASQ:SE-2 is designed for you to complete. You will only need 10-15 minutes. It’s that quick and easy!

If your child’s social-emotional development is on target, then there is nothing more you need to do. If there are concerns, then the provider will help you with the next steps. When children get support as early as possible for behavioral concerns, problem behaviors may be prevented from getting more difficult as children get older.

If you are interested in learning more about the ASQ:SE-2 or would like to complete one please contact Dana or Kaila at 604-483-3009 ext. 142 or 141.

A Message From Dr. Evan Adams Introducing Dr. Shannon McDonald As Acting Chief Medical Officer, FNHA



Happy New Year! As the First Nations Health Authority’s (FNHA) Chief Medical Officer, I am writing to let you know about changes that are happening this month in the Office of the Chief Medical Officer (OCMO).

FNHA’s CEO Joe Gallagher and I are pleased to share that Dr. Shannon McDonald, our Deputy Chief Medical Officer (CMO), has agreed to serve as Acting CMO from January to July 2018, while I take a personal leave of absence. I have had the honour of serving as the FNHA’s CMO from December 2014 to now, but am stepping away for a while to recharge.

I leave confidently, knowing that the OCMO is in the very capable and experienced hands of Dr. McDonald. You can read more about Dr. McDonald and

her work on our Executive Team page. I trust she will continue her good work on behalf of our organization and wish her all the best in her acting role, and to help us carry out the FNHA’s Vision of Healthy, Self-Determining and Vibrant BC First Nations Children, Families and Communities.

I look forward to returning to work again this summer.

In Health and Wellness,

Dr. Evan Adams



Dr. Shannon McDonald

Traditional Healing

Traditional wellness is central to the goal of improving and transforming First Nations health in British Columbia. Through the guidance of traditional healers, as well as through the shared goals of communities and the First Nations health governing bodies, traditional wellness is an important part of a healthier future.

The Traditional Wellness Mission is to supporting First Nations in protecting, incorporating and promoting their traditional medicines and practices.

The Traditional Wellness Vision is to improve the mental, emotional, spiritual and physical wellbeing of First Nations, while strengthening the traditional health care system through a partnership between traditional healer practitioners and the Western medical system.

What is Traditional Healing?

Traditional healing refers to health practices, approaches, knowledge and beliefs incorporating First Nations healing and wellness while using ceremonies; plant, animal or mineral-based medicines; energetic therapies; or physical/hands on techniques.

Why is Traditional Wellness Important?

First Nations in BC have practiced traditional healing and wellness since time immemorial. In partnership with First Nations, The First Nations Health Authority (FNHA) is embarking on a journey to position First Nations healing and wellness as central to health and wellness strategic planning and programming. As First Nations in BC lead efforts with both the provincial and federal governments in achieving health service transformative change, the acceptance of holistic approaches to health care will in effect enhance and strengthen the circle of care for First Nations in BC.

First Nations healing and wellness is a very important part of First Nations health that is often overlooked by the health care system. The importance of using First Nations healing and wellness is to improve the health of First Nations in BC by incorporating First Nations healing and wellness; preventing and treating of chronic conditions; and promoting health and wellness.

There are a number of studies and reports that suggest incorporating traditional healing and wellness into health services for First Nations will improve health and wellness. Holistic wellness is believed to lead to better long term results, not just for the health system but also for First Nations individuals, families, communities, and nations.



Kindergarden to Grade 5

Tla'amin CDRC

Hours: 8:30- 4:30 Monday – Friday

Dates: March 19th-29th

Cost: \$25/Day - 2 Free days/Week for Tla'amin Members

Lunch Included- Spaces Limited!

Contact Rose to Register @ 604-483-3009 ext. 140

TLA'AMIN HEALTH | 604-483-3009 | EXTENSIONS

First Name	Last Name	Ext.	Other	Numbers
BRENDA	PIELLE	118	1116665 BC Ltd	604 483 4259
CATHY	PAUL	119	CDRC Daycare	604 483 3449
COMMUNITY	CDRC	144	Chiy Chuy Preschool	604 483 3434
COMMUNITY	HEALTH	105	Elders Lodge	604 483 9630
DANA	GUSTAFSON	141	Firehall	604 483 2444
DARRON	COUND	126	Hatchery	604 483 4111
DAWNA	PALLEN	122	Health	604 483 3009
DAYCARE	TITOL	145	Lund Hotel	604 414 0474
DAYCARE	WALKINGFEET	146	TMS (Devcorp)	604 483 7777
JEAN	DALY	108	Tla'amin Nation	604 483 9646
JEANNIE	BASSETT	101	Water Plant	604 483 4399
JOHN	LOUIE	113		
KAILA SHEPHERD	& COURTNEY HARROP	142		
				Fax Numbers
KIM	HACKETT	100	CDRC Daycare	604 483 3410
KIM	MARKEL	109	Hatchery	604 483 4115
KITCHEN	CDRC	143	Health	604 483 2466
KITCHEN	HEALTH	106	Health Benefits	604 414 0388
LESLIE	LOUIE	103	TMS (Devcorp)	604 483 7741
LUCY	LAMBERT	102	Tla'amin Nation	604 483 9769
MARGARET	ROSSI	121		
MONICA	PAGANI	107		
				Toll Free Numbers
NATHAN	JANTZ	123	Health	1 866 209 6538
NINA	PEERS	116	Tla'amin Nation	1 877 483 9646
PRESCHOOL	CHICHUY	130		
ROSE	ADAMS	140		
SALLY	LOUIE	117		
SANDRA	TOM	120		
SHEILA	PAQUETTE	110		
SHIRLEY	LOUIE	104		

COLD vs FLU

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

Low or none	FEVER	High
Sometimes	HEADACHE	Very common
Stuffy, runny	NOSE	Stuffy, runny
Very common	SNEEZING	Sometimes
Mild, hacking	COUGH	Severe
Slight	ACHES/PAINS	Severe
Mild	FATIGUE	Can last for several weeks
Sore	THROAT	Sometimes sore
Normal, may feel sluggish	ENERGY	Extreme exhaustion
Symptoms can last 7-10 days	DURATION	Symptoms can last several weeks

TREATMENT OPTIONS

TO HELP RELIEVE COLD SYMPTOMS

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water gargling for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Warm steam for congestion

IF YOU HAVE A FEVER OF 101° OR HIGHER FOR MORE THAN 24 HOURS, SEEK TREATMENT.

PREVENTION

- Wash your hands often and keep your hands away from your eyes, nose and mouth
- Be sure to get your annual flu vaccination

Marshfield Clinic
Don't just live. Shine.

Tla'amin Nation Executive Council Minutes

November 8th, 2017

Council Chambers, Governance House

Attendance: All Executive Council and Legislative Members: Gloria Francis, Shawn Louie and Denise Smith

Resource: Rod Allan, Losa Luafoa, Steve Hunter, Roy Francis, Cathy Galligos, Craig Galligos

Guests: Huu-ay-aht Representatives: Chief Robert Dennis, Hereditary Chief Derek Peters, Hereditary Chief Jeff Cook, Crystal Jack and Kim MacDonald

1. **CALL TO ORDER:** Hegus Clint Williams called the meeting to order at 10:05 AM.

2. **APPROVAL OF MINUTES:** October 25, 2017 Minutes

*Moved by Tyrone Wilson
Seconded by John Hackett*

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

*Moved by John Hackett
Seconded by Tyrone Wilson*

4. **PRESENTATIONS:**

Liquified Natural Gas (LNG) Presentation (Kwispaa LNG Project)

Hegus Williams initiated a round table introduction of all participants which was followed by a traditional song performed by the Huu-ay-aht delegation. Huu-ay-aht representatives delivered a PowerPoint presentation to Executive Council (EC) re: the Kwispaa LNG Project, a partnership between the Huu-ay-aht First Nation and Steelhead LNG.

Chief Robert Dennis noted that the purpose of the meeting is to introduce the concept of the LNG pipeline to the leadership of the Tla'amin Nation (TN) and to establish whether continued consultation of the project with TN is desired.

In response to questions raised by EC, the following comments were made:

- The route for a proposed LNG pipeline has not yet been confirmed. The concept for a pipeline is still in the preliminary planning stages.
- Benefits of an LNG pipeline for TN to consider are employment opportunities and shares/ownership of part of the line.
- Huu-ay-aht members (leadership, youth and elders) visited a community with an existing pipeline on the land to learn firsthand how it affected the community. EC inquired about the effects of fracking. It was noted that the visit was positive and beneficial to the Huu-ay-aht people and a majority of the allegations (poor quality drinking water etc.) were found to be untrue.
- TN would have the ability to negotiate all the appropriate accommodations to suit the nation to ensure the land is protected and negotiate the benefits.
- EC and TN Staff expressed interest to hear a presentation from Steelhead regarding the LNG project and suggested that a presentation be provided to the TN leadership followed by a consultation session with the community. It was noted that no agreement can be made without community consultation.



5. **NEW BUSINESS:**

Administration & Finance: Executive Council Order #32/2017 – EC approved the Order re: Approval of Specific Claims Work for 2018-19 for Donovan & Co.

*Moved by John Hackett
Seconded by Lori Wilson*

Citizenship & Membership: Executive Council Order #31/2017 – EC approved the Order re: a hold on all Citizenship Applications and for community consultation to commence regarding citizenship criteria.

*Moved by Lori Wilson
Seconded by Tyrone Wilson*

EC discussed the budget to investigate the cost to TN of allowing non-554 members to gain Citizenship and resolved that it be set at \$5000.

Culture: Hegus Williams notified EC that TN has been invoiced for \$2200 for a portion of the catering of the C3 event.

Elders & Youth: EC was encouraged to attend the luncheon hosted by the Elders Program on Tuesday, November 14.

Emergency Services: Executive Council Resolution 16-2017 re: Community Emergency Preparedness Fund. The Chief Administrative Officer (CAO) noted that the Regional District Manager of Emergency Services will be submitting an application for funding to the Union of British Columbia Municipalities. This funding will aid in the improvement of the TN Salish Centre which is a designated evacuation center in the case of a state of emergency.

*Moved by Lori Wilson
Seconded by John Hackett*

Executive Council Resolution 17-2017 re: Community Emergency Preparedness Fund – Approval of Grant Management. The CAO noted that the TN agrees to oversee the management of the grant funding if it is approved.

*Moved by Lori Wilson
Seconded by Tyrone Wilson*

Fisheries & Hatchery: It was reported that 1000 fish in total have been smoked to date. One fish per bag has been vacuum sealed and will be frozen. EC discussed how the sealed fish could be distributed and it was suggested that one fish per household be provided. It was further suggested that the canned salmon be utilized for distribution to members at the Vancouver and Victoria Christmas dinners as giveaways or door prizes.

Forestry: An agreement with Brotherston as the contractor for the second TSL cut block has been signed with pre-work completed. EC confirmed that the agreement with Brotherston addresses any liability concerns.

Housing: John Hackett Sr. – Staff provided an overview of a request made by John Hackett Sr. to remove the survey line between Lot 133 and Lot 140 (owned by John Hackett Sr.). Staff highlighted that prior to treaty, a Custom Declaration agreement was enacted to adhere to INAC policy that enabled houses to be rented out that were located on Lot 133.

Staff requested direction from EC regarding ownership of Lot 133. Due to an oversight with the paperwork leading up to Effective Date, EC recommended that the resolution be to register Lot 133 on title to the Hackett family and that both properties remain separated.

Justice & Enforcement: The new RCMP Liaison officer for TN is Chris Bakker and he has the same contact information as the previous officer. The Drug March is scheduled for November 16 at 3:30 pm at the old band office.

Public Works: Hegus Williams advised EC that the message board from the old Forestry building will be relocated and asked if EC had any ideas for an appropriate location to advise Alex, Shawn or him.

Transition to Self-Government: Hegus Williams endorsed the document to transfer assets from the Health Board Society to the TN which was agreed to by EC over a year ago.

Economic Development Policy Implementation: Potential business opportunities for TN is currently vetted by the Economic Development Committee. The CAO suggested that wording in the Economic Development Law indicate that EC also reviews any potential business opportunities for TN.

Tla'amin Nation Executive Council Minutes
November 8, 2017
Council Chambers,
Governance House



SUMMARY OF RCMP CALLS FOR SERVICE FOR: December 2017 / January 2018

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.



6. HOUSE POSTS

Lands & Resources – Councillor L. Wilson noted that the final design for the Salish Drive (Health Centre parking lot) is forthcoming and once complete, will be shared in the community newsletter for feedback.

Finance – Councillor Hackett advised that 30% of the Brotherton agreement has been deposited totaling \$866,000 and the Christmas Dividend form will be posted this week with deposits beginning the first week of December. The audit is being finalized and will be completed soon.

Community Services – Councillor L. Louie noted November 21 is the date for the Community Services House Post Committee Meeting and interviews for the Health Director have been completed.

Infrastructure – Councillor T. Wilson noted that the First Responder course is complete with a few students that will be writing the final exam. It was further noted that the fireworks show on Halloween was successful.

Councillor T. Wilson advised that Jim Armstrong, TN Fire Chief and Shawn Louie, Capital & Infrastructure Manager, toured the TN Water Plant and expressed concerns about processes at the plant and also access to water supply in the event of a natural disaster.

Renovations to the duplexes on Homalco Road are on-going and it was noted that there has been no recent Housing Committee meeting.

Economic Development – Hegus Williams advised that the TMS Laws and Regulations Review was very beneficial. The separation between government and economic development was explained and clearly defined as, in fact, managing the relationship – as opposed to actual separation.

7. HEGUS' REPORT

- The submission to Federal Justice Minister by the Laws and Policy review team is complete.
- Health Director Position - Hegus Williams was part of the interview panel for the Health Director position.
- Ottawa Trip – Hegus Williams attended the Modern Treaty and Self-Governing First Nations Forum hosted by the Land Claims Coalition (LCC). The LCC has been in existence since 2003 and TN has been requesting a meeting since then. Hegus Williams was extended a last-minute invitation to attend; however, there was no opportunity to address the Prime Minister in the meeting with him.
- TMS Laws and Regulations Review - Hegus Williams attended the review session and noted it was very useful and helped identify which projects belong with TMS.
- Hehewshin Ceremony – The canoe will be gifted to the Tla'amin people on November 18.
- Hegus Williams and Chief Warren Paul of Sechelt had the opportunity to meet and introduce themselves in Ottawa.

ADJOURNMENT

*Moved by John Hackett
 Seconded by Lori Wilson*

Meeting adjourned at 2:30 pm. The next meeting is Wednesday, November 22.

	Powell River RCMP Non-Emergency (604)485-6255	In Case of Emergency Call 911
DEC 22	RIVER RD	Police responded to a report of criminal harassment.
DEC 22	KLAHANIE RD	Police responded to a report of a collision where a deer was struck by a vehicle.
DEC 24	HARWOOD DR	Police assisted paramedics with locating a male who needed assistance.
DEC 24	KLAHANIE DR	Police received a report of a dog barking.
DEC 24	EAGLE DR	Police responded to a report of a disturbance at a residence.
DEC 30	HOMALCO RD	Police responded to a threats complaint.
JAN 07	HWY 101	Police responded to a disturbance at a residence.
JAN 08	HARWOOD DR	Police responded to a report of a possible impaired driver. Police spoke with driver who was determined not to be impaired.
JAN 10	HARWOOD DR	Police responded to a harassment complaint. After investigation, it was determined to be unfounded.
JAN 11	WATERFRONT RD	Police responded to a disturbance at a residence which resulted in the arrest of a female.
JAN 13	HARWOOD DR	Police responded to a report of a hit and run. A vehicle was hit while parked on the side of the road. The vehicle sustained damage to the passenger side door.
JAN 15	HOMALCO RD	Police responded to a report of damage to the community mailbox
JAN 17	HWY 101	Police responded to a report of a vehicle parked close to the community mailbox which was preventing access.

MONTHLY SAFETY TIP

Seatbelt Safety

Wear a lap/shoulder belt system when available. Position the lap belt low over the pelvic bones (hips) and the shoulder belt over the shoulder and across the chest.	Never place the shoulder belt under the arm or behind the back. It's dangerous.	Never recline your seat while wearing a seatbelt in a moving vehicle.
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Never place a rear-facing infant restraint in a passenger seat that has an active airbag.	Remove all slack from the lap and shoulder belt.	Never carry a child in your arms while riding in a motor vehicle. You can't protect them during a crash.
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On January 27th the youth canoe celebration unveiled the work of Brooks students

Tla'amin Nation Executive Council Minutes

November 22, 2017

Council Chambers, Governance House

Attendance: All Executive Council
Resource: Rod Allan, Losa Luaifoa, Steve Hunter
Guests: Cathy Harry, Community Member

1. **CALL TO ORDER:** Hegus Clint Williams called the meeting to order at 10:05 AM.

2. **APPROVAL OF MINUTES:** November 8, 2017 Minutes

*Moved by John Hackett
 Seconded by Tyrone Wilson*

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

*Moved by John Hackett
 Seconded by Lori Wilson*

4. **PRESENTATIONS:**

A) Powell River Food Bank

Debbie Dee and Savanna Dee, Powell River Action Centre Food Bank, provided an update on the local food bank program which highlighted the food bank's intent to implement a program for farming.

It was reported that 16.4% of people that utilize the local food bank services are from Tla'amin Nation (TN) and other neighbouring nations.

The delegation requested that the annual donation from TN be increased to as close to \$10,000 as possible. The increase will help to continue funding the operation of the program which is \$100,000 per year. It was further requested that a response be provided before the end of the year.

Executive Council (EC) agreed unanimously to approve \$3000 to be donated for 2017-2018 to the foodbank.

EC also expressed an interest in opening discussions for a plot of TN land to be utilized for farm development in collaboration with the food bank.

Fish distribution in the TN community was discussed and it was suggested that the pinks that are not taken by members be considered for donation to the food bank.

B) Community Bins

A community member addressed Executive Council with concerns regarding the community garbage bin adjacent to her property. The community member requested that EC consider an improved plan for the future location of garbage bins and suggested they be placed at the field area or Salish Centre and not in the neighbourhoods near residences. It was noted that the bins located by her property are problematic as they are unsightly; have no buffer and, affect landowners financially due to the depreciation of value of their property.

EC advised that the decision to place the bins at the locations they are is to address the concern of bears in the community. EC resolved that a follow-up discussion with the Lands Manager will follow to discuss any further potential options.

5. **NEW BUSINESS: Administration & Finance:** Audit Update & Vehicle Insurance



Audit Update – The Chief Financial Officer (CFO) advised that the draft audited statements will be forwarded to TN later this week for review with the final audit ready to present to the Legislature in the next couple of weeks. The CFO noted that the new structure for TN includes the Finance Committee review of the audit and also a presentation of the audit to the Legislature.

EC and staff discussed scheduling of the review and resolved that due to scheduling conflicts that one session for the Finance Committee, EC and the Legislature be targeted at an EC meeting on either December 6 or December 20.

Vehicle Insurance – The Chief Administrative Officer (CAO) received approval from EC for the amount of \$14,117.00 to transfer the 3 mini vans from Health to TN. The CFO advised that a commercial policy will be explored in the future to get a better rate for the insurance of TN vehicles.

Contribution Agreement – EC signed the Contribution Agreement 16-17-BC-000107 regarding the environmental assessment for the old Klahanie gas bar site.

Education: EC discussed the potential formation of an education committee. The CAO advised that each House Post consists of a base committee which includes the House Post leader, a community member and two others. It was further noted that Education falls under the scope of the base committee for the Community Services House Post; therefore, a separate committee is not necessary.

Elders & Youth: EC is no longer available to attend the November 28 Elders Luncheon. EC confirmed their availability to attend the December 5 Elders Luncheon.

Councillor Louie advised that elders have expressed frustration and have stated that a care facility should be priority for the TN community.

EC discussed the topic and resolved the following:

- A subcommittee be formed to frame a feasibility study and business plan. Suggested members included: Chris Roddan, Rod Allan, Larry Louie and Steve Hunter.
- EC approved a budget of \$5000 to develop a feasibility study and business plan.
- The business plan includes a component to offset operating costs by renting out a portion of beds.

PRSS Gibsons Beach Land – Hegus Williams advised EC that the City of Powell River is doing an evaluation cost to possibly do a land swap. TN may have the option to acquire the piece of land that goes down to Gibson Beach in return for the City acquiring another parcel.

Emergency Services: Councillor T. Wilson advised that the First Responders training is ongoing. The TN Fire Chief performed an inspection at the Water Treatment Plant and recommended that the plant's fire alarm system be updated. The Fire Chief will also be inspecting all TN buildings. Hegus Williams commented that TN should think about a 'bush truck' as well in case Harwood or, other areas in the hills experience a fire.

Fisheries & Hatchery: Special Use Herring Fishery & Updates on Canned Salmon

Special Use Herring Fishery - Hegus Williams advised EC that the Peak news reported a "Special Use Herring Fishery" opening from November 7 to November 6, 2018 in Area 15 and inquired if EC is aware of the opening. It was noted that a Joint Fishery Meeting is scheduled for January 12, 2018 and Hegus Williams was extended an invitation to attend.

Canned Salmon – Councillor T. Wilson advised that the canned salmon will not be ready as scheduled due to setbacks at the cannery. The 3,000 pounds of fish and completion is estimated to be before Christmas. Councillor T. Wilson advised that payment has been requested by the cannery prior to the work commencing. EC recommended that a deposit or partial payment be issued prior and the remaining balance to be paid upon completion.

Forestry: Hegus Williams noted that prior to TN issuing Firewood Permits, it should be confirmed that there is wood available in the permit area.

Health: Health will have 4 nurses on staff as of January, 2018. Leslie Louie has been hired as the Youth Outreach Worker

Land: INAC will not cover the cost for a new septic tank for a community member. EC approved the invoice for \$18,000 for the new septic tank to be paid from Housing/Village Maintenance funds.

**Tla'amin Nation Executive Council
Minutes
November 22, 2017
Council Chambers, Governance House**

Public Works: TN currently has two water tanks and Hegus Williams suggested that plans to install an additional tank or two with a booster station be considered. This will help provide emergency assistance to Harwood in the event of a fire.

It was reported that the gym kitchen will have the new stoves installed in time for the community Christmas dinner.

Social Development: It was advised that the Social Development Worker has inquired about the Social Assistance rate increase and it is \$100 for the month of December.

6. HOUSE POSTS

Lands & Resources – Councillor L. Wilson noted that work with the Nahmint Raider is on the right track. An exterminator has implemented a plan to deal with the rodents at the old band office building in preparation for demolition. The demolition will take about 4 days and a review of what is required to complete the demolition is underway. Councillor L. Wilson noted that an updated study in regards to Crown Land is needed. Funding is needed for a second Traditional Use (TU) study.

Finance – Councillor Hackett advised that the financial audit for TN is complete.

Public Works – Councillor T. Wilson noted the Public Works House Post committee meeting on November 20th, 2017 was focused on Housing. The same focus will be at the next scheduled meeting on December 14th, 2017. The Housing Policy is being reviewed by the Housing Manager to address housing concerns that are ongoing in the community.

Economic Development – Hegus Williams advised that a meeting with the Energy Minister has been requested through MLA Simmons to address the Sliammon Lake dam project.

7. HEGUS' REPORT

- The City of Powell River has hired Associated Engineering, a new engineering company for the sewer project.
- The TN Drug March held November 16 was a success; however, the number of participants was less than the previous year. It was suggested that a second march occur in summer to try and improve on the number of participants.
- The Implementation Community Working Group (CWG) met and the focus was on Citizenship, Administration & Finance (adding a policy to address violence in the workplace, TN Investments), Education (Trades and post-secondary funding).
- The Hehewshin Canoe presentation consisted of two separate events 1) Willingdon Beach ceremony and 2) Tee-shoshum marched with the canoe from the front of the church to the Salish Centre followed by a luncheon. The events were well attended and well organized.

8. OTHER BUSINESS

EC confirmed the following EC meeting dates: January 10th and January 24th, 2018 and February 7th and 21st, 2018.

ADJOURNMENT

*Moved by Lori Wilson
Seconded by John Hackett*

Meeting adjourned at 1:13 pm. The next EC meeting is Wednesday, December 6.



Medication: To Flush or not to Flush?

It's time to debunk the myth that flushing old medications down the toilet is the responsible thing to do. If instinct has told you to toss outdated medication down the drain, you're not alone. There is, however, a much better option.

When pills and vitamins enter our waterways, contrary to popular belief, they don't get filtered out at waste water treatment plants. Fish and other marine life are getting overdosed without ever filling a prescription. Ultimately, this can mean we are exposed to pharmaceuticals as they make their way up the food chain and onto our plate.

You may have heard that our medications are making their way into our drinking water through human waste via waste water treatment plants. From this perspective, it's no longer hard to imagine how tablets and liquid medications that enter our sewage water directly are even more persistent.

Fortunately, in BC we have another option than the drain or garbage can. BC's Medication Return Program is a producer paid program that takes unused or outdated prescription and non-prescription medicine. With over 90% of BC pharmacies onboard, participation should be a snap. The program covers all over-the-counter medications, natural health products that are ingested, such as vitamins and minerals, traditional Chinese medicines, herbal products, probiotics, amino acids and homeopathic medicines. Simply bring these to a participating pharmacy for free disposal. Pill bottles are not part of the program, and can be recycled in curbside bins or at any of the recycling depots. If you want to go the extra mile, empty all pill bottles and

blister packed pills into a ziplock bag for easier disposal by your pharmacist. Squeeze tubes, or medication in liquid forms should remain in their original packaging. Once collected, these medications are dealt with as hazardous waste and are incinerated.

With BC's population approaching 5 million, our collective bathroom cabinet could amount to an oceanic overdose. Let's take advantage of this free, convenient program not available in many other places around the globe.



On January 12, 2018, Mable Elmore, Parliamentary Secretary for Poverty Reduction and MLA for Vancouver Kensington, met with Hegus Clint Williams and local MLA Nicholas Simons to talk about the B.C. government's work on developing a poverty reduction plan and to learn about the unique circumstances facing people in the Tla'amin Nation.

Work on B.C.'s first Poverty Reduction Strategy is underway. There are community meetings, a website to share ideas, as well as a significant component of Indigenous engagement being included in the consultation process. Government will be meeting with Indigenous leaders and organizations. The

Metis Nation BC and Friendship Centres will also be hosting discussions on poverty so that Indigenous voices are reflected in the Poverty Reduction Strategy. Parliamentary Secretary Elmore visited First Nations and other community leaders in the Comox Valley, Powell River, and the Sunshine Coast earlier in January as one leg of a province-wide tour to hear from people all over B.C. about what they want the plan to include.

Working together we can create a strategy that will lift people out of poverty, create new opportunities, and improve the path for those who follow in our footsteps. The consultation process is open until March 30, 2018. The plan will be released in fall 2018.

Please share your voice at: <https://engage.gov.bc.ca/bcpovertyreduction/>

Tla'amin Nation Executive Council Minutes

December 20, 2017

Council Chambers, Governance House

Attendance: All Executive Council

Resource: Rod Allan, Losa Luaifoa, Steve Hunter

Guests: Dave Bond, Erik Blaney, Edgehill Students, Chris Roddan, Grace Adams

A. CALL TO ORDER: Hegus Williams called the meeting to order at 9:07 AM.

B. LEGISLATIVE ASSEMBLY: Executive Council Resolution #18/2017 was passed calling the Special Meeting of the Legislative Assembly to order.

Regular Executive Council resumed at 10:35 am.

C. APPROVAL OF MINUTES: November 22, 2017 Minutes

*Moved by John Hackett
Seconded by Tyrone Wilson*

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

*Moved by Tyrone Wilson
Seconded by Larry Louie*

E. PRESENTATIONS:

1. **Edgehill School Art Presentation:** Edgehill students presented two pieces of framed artwork to Executive Council (EC).

2. **QKube:** QKube representatives provided a brief verbal presentation re: High Performance Affordable Homes. The presentation included a conceptual drawing of the house. The delegation noted that the house is designed to contain a very low carbon footprint and has the ability to accommodate future additions (rooms) if needed. The delegation is seeking a partnership with the Tla'amin Nation to build the energy independent houses.

EC questioned what is appealing about these houses and inquired about the costs to build the houses. The delegation responded that the goal is to build environmentally friendly, extremely healthy, and comfortable homes. The cost is a maximum of \$205,000 each. It was further noted that the materials used to build the homes will be long lasting and durable. The intent is to build a demonstration house that would be set up with power.

Hegus Williams noted that it would be beneficial for Tla'amin to see a demonstration house built alongside a typical modular home. This would provide the members an opportunity to see the different options.

EC expressed interested in the project and would like to see a demo of a house. It was also noted that the cost (\$205,000) is a bit excessive. The delegation advised that if the materials are purchased in multiplies, the price will decrease.

The Chief Administration Officer (CAO) noted that there is potential to sell the demo house to a member.

The next step is a meeting of EC, staff and QKube representatives on Friday, January 12, 2018 at 9:00 am to discuss the plans for a demonstration house further.

3. Sliammon Dam/Hydroelectricity Project Update and Geoduck Update

Sliammon Dam/Hydroelectricity Project

Chris Roddan, Tla'amin Management Services (TMS), provided a Power-point presentation on the Sliammon Dam/Hydroelectricity Project and the following was highlighted:

- Chris noted that the water system requires attention and there are currently three options for consideration: 1) Replace Existing Dam 2) Dam Replacement and Replacement of Penstock to Water Source (Hydro ready) and, 3) Full project with Hydro installation.
- Prior to treaty, the water license was with the Department of Fisheries and Ocean (DFO) for Sliammon Lake. DFO would not pass Tla'amin the water license with the dam in place due to condemnation. Tla'amin had to assume liability in order for DFO to transfer the license which is what took place. \$300,000 has already been invested into the project by way of the various studies completed.
- BBA Engineering has been working with the Nation on redevelopment of the dam to potentially fix the water supply to be able to provide water to the hatchery. Through BC Hydro, there is potential for a power plant or small generating plant and, to develop a purchase agreement with BC Hydro. BC Hydro (as of last week) has stated it was not going to buy energy from any communities; therefore, Tla'amin will have to make a decent proposal to see if they could do an EPA.
- The next step is to meet with BC Hydro and provincial representatives.

Geoduck Report

Chris Roddan, TMS, provided a Power-Point presentation on the Geoduck. The following was highlighted:

- Chris noted that Tla'amin obtained a settlement of 26.6 hectares from the Federal government for tenure off of Harwood. The results of a recent review by a dive firm confirmed that only 6.9 hectares are usable for planting. The diver identified an additional 30 hectares that are usable; however, the total is still below what was awarded in the lawsuit.
- The processes for planning and planting was presented as well as the development costs per hectare. The price for seed purchase, site preparation and nursery total \$154,000. The net revenue would be approximately \$909,000 after expenses are paid.
- EC recommended that TMS push the file as it is valuable, and to pursue negotiations for the first cut. In addition, Tla'amin is seeking another 20 hectares of useful areas. Chris advised that after the holidays, staff will prepare applications for submission for other desirable areas to be included in the license.
- Beach and Deepwater Tenures

Chris noted that a site visit was conducted and the plant is not functional. Bob Paquin has provided some consulting for TMS in-kind and recommended that operations be adjusted to exclude the plant. Grace Adams and Daniel Rabu will prepare business plans for completion by the end of January.

F. NEW BUSINESS:

1. Administration & Finance:

- CMHC Loan (11-423-936/009): The Chief Financial Officer (CFO) advised that the renewal date for Loan 11-423-936/009 with the All Nations Trust Company is March, 2018. EC has the option to renew the loan or pay it out and save approximately \$45,000 in interest.

EC authorized the CFO to pay out the balance of the loan to All Nations Trust Company in full.

EC recommended that a Housing (private homes, mortgages, ministerial guarantees) summary be compiled for EC's information.

*Moved by Lori Wilson
Seconded by John Hackett*

- **RBC Update:** The CAO advised that Noelle Bellomi provided a presentation to the Tla'amin Management Services (TMS) regarding asset allocation and is scheduled to provide a similar presentation to EC on January 10, 2018.

- **TNO-EC # 37 - 2017** – The Appointment of Losa Luaifoa as Law Clerk to replace Judith King was approved.

*Moved by John Hackett
Seconded by Lori Wilson*

- **Qames ʔams tala Settlement Trust:** EC requested update on the Qames ʔams tala Settlement Trust.

Councillor L. Wilson declared a Conflict of Interest and did not participate in the discussion.

- **TNO-EC # 38 – 2017** - AANDC Subsidy for L. Wilson was approved.

*Moved by John Hackett
Seconded by Larry Louie*

2. **Education:** The principal of Assumption School submitted a request to Tla'amin for a Support worker. Staff is in favour of a support worker at Assumption and is seeking EC approval. There are currently 20 students from Tla'amin Nation that are enrolled at Assumption. EC approved the new position and staff is to prepare the job posting.

3. **Culture:** EC would like an update regarding the planning of the Canoe Journey in 2020.

4. **Emergency Services:** Emergency Vehicle Quote – The CFO advised that a budget was provided to look for an Emergency Vehicle. A quote was provided by the Fire Chief for a used vehicle with 150,000 km. It was discussed and resolved that a new truck would be a better investment for the Nation. The CFO noted a quote on a new truck for a substantially discounted price was received from a dealership in Comox. EC endorsed the CFO to provide a deposit and purchase the new Emergency Vehicle which is estimated to cost \$45,000.

5. **Environment:** Solid Waste Management Plan Update –Tla'amin has been requested to submit a letter in support of the updates to the Powell River Regional District Solid Waste Management Plan. EC approved a Letter of Support be drafted with the addition of a non-binding clause.

Tla'amin Nation Executive Council Minutes December 20, 2017 Council Chambers, Governance House

6. Fisheries & Hatchery: Prawn Gear Quote – The Natural Resources Committee met on Monday, December 18, 2017 and recommended that preparations for the 2018 Prawn season commence with the purchase of gear totaling \$40,050. EC endorsed the recommendation.

Hegus Williams noted that Nation owned assets need to be clearly marked to identify they are owned by the Nation and to ensure they are returned.

7. Forestry: It was advised that the Brotherston contact for the second TSL cut block is nearly three-quarters complete.

8. Housing:

- TNO-EC # 33 – 2017 - AANDC Subsidy for D. Smith and W. Smith was approved.

*Moved by Lori Wilson
Seconded by Tyrone Wilson*

- TNO-EC # 34 – 2017 - AANDC Subsidy for D. Louie and D. Louie was approved.

*Moved by John Hackett
Seconded by Lori Wilson*

9. Justice: The Aboriginal Community Policing Report was provided for information.

10. Lands:

- TNO-EC Order # 35 – 2017** – Wolf Boat Registry with Transport Canada was approved.

*Moved by Tyrone Wilson
Seconded by John Hackett*

- TNO-EC Order # 36 – 2017** – This item was tabled. It was noted that the draft letter addressed to the Minister of Indigenous Relations & Reconciliation should include similar wording “should not limit any future claims”.

11. Social Development:

Councillor L. Wilson declared a Conflict of Interest and did not participate in the discussion.

- Staff is seeking approval from EC to establish a full-time Employment Services position. The increase in hours from part-time to full-time will also enable Trish Wilson to provide assistance to the Director of Community Services as required.

- The CAO recommended that a review be initiated of the Compassion Policy. EC supported a review of the policy and requested that the CAO provide options for EC's consideration.

6. HOUSE POSTS

Lands & Resources – Councillor L. Wilson advised that supervision of the demolition project for the old band office has been transferred to the Acting Capital & Infrastructure Manager.

Three quotes for the construction of a canoe shed at the Government house were received and the successful bid was awarded to Spick & Sons. A diagram of the design of the project was shown to EC

Finance – Councillor Hackett reported that he attended the audit review presentation as part of the Finance Committee with KPMG and noted that the Committee recommended that the same presentation be provided to EC.

Community Services – Councillor L. Louie reported that he attended the Sante Veritas Job Fair on December 14 and that the event was well attended. Councillor L. Louie met with Julie from the Vancouver Island University and advised EC that a support letter from Tla'amin for the continuation of the Aboriginal Service Plan has been requested.

Public Works – Councillor T. Wilson reported that he attended the Regional Emergency Executive Committee (REEC) meeting on December 4. Some of the topics discussed was emergency preparedness and response. Information about the appropriate shrubbery to have around housing other tips to prevent wildfires in the community was shared.

Councillor T. Wilson advised that the Fire Department has 10 certified First Responders with 5 more to complete the training.

The House Post Committee meeting (focus: Housing) was cancelled.

It was reported that there was another blockage near the sewer plant. Hegus Williams advised that engineers are looking into the possibility of installing additional pumps. One issue is that there may not be sufficient electricity to power them. It is a substantial exercise to implement an additional pump(s).

The installation of smoke detectors will commence over the holidays in the community.

Economic Development – Hegus Williams reported that TMS received a presentation of the audited statements from KPMG and also a presentation from RBC to review the Trust Investments of the Nation.

A tour of the old Thichum cut logs was organized with a business man from China who expressed interested in extracting oil from the red cedar stumps and other waste wood.

TMS and the Lands Department will start planning for the Westview parcels of land and subdivision work by the Edgehill school and the airport. TMS will draft the various plans for the different projects.

Hegus Williams advised EC that Alterra Power Corporation donated \$2,000 to the 2017/2018 graduating class and \$5,000 to the community Christmas dinner. Since the dinner was cancelled, it was suggested that the donation be utilized for the upcoming Annual General Assembly.

7. HEGUS' REPORT

Meetings/events attended in December:

- Fortis (John Drazic) to discuss the possibility of introducing Natural Gas to the community.
- REEC meeting on December 4, 2017 to discuss forest fire fuel treatment reduction measures.
- Elders Luncheon on December 5, 2017.
- Regional District 50th Anniversary. Past Directors were invited as far back as 1969.
- Urban Christmas Dinners on December 8 & 9, 2017.
- TMS meeting with auditor and RBC to discuss Trust Investments and the audit review.



- Staff Christmas Party on December 1, 2017
- 3C meeting on December 12, 2017 to discuss social planning.
 - Lands Claims Coalition (LCC) – Hegus recommended that Tla'amin reconsider a membership with LCC and noted that it would be beneficial for Tla'amin to be able to collaborate with other treaty nations Canada wide. If staff are not able to attend the meetings, an elected official may attend.
 - A joint gathering meeting is scheduled for January 16-18, 2018; however, the modern day treaty group is planning to meet on January 15, 2018 for the first time to discuss the possibilities of creating a working group with the BC Treaty nations.
 - Westview lands planning session regarding developing housing and community planning for these lands.
 - Some committees are outside of the House Posts. The CAO will talk to the chairperson of the committees and request a copy of the minutes be forwarded to the Executive Secretary.

8. OTHER BUSINESS

A) EC set the dates for the urban Christmas parties in Victoria and Vancouver for December 7-8, 2018.

B) For clarification purposes, Hegus Williams noted that it is the responsibility of the House Post leaders to provide updates on activities relevant in their posts. Hegus Williams further noted that this is a new process with a lot of information being shared that should be flowing out from the House Posts.

C) Staff Retreat – EC discussed the Law Review that was held in the past with TMS in Lund and it was suggested that a similar review be organized with staff. It was resolved that the House Post leaders engage with Senior Managers prior to the Annual General Assembly to determine which Tla'amin laws are being used the most and which laws aren't working etc.

D) The Annual General Assembly (Spring) was set for February 10, 2018 to present the completed audit and to approve the budget for 2019. It was suggested that a pancake breakfast be organized.

E) EC Resolution #19 – 2017 - Legislative Assembly called for Wednesday, January 24, 2018.

ADJOURNMENT

*Moved by John Hackett
Seconded by Larry Louie*

Meeting adjourned at 3:17 pm. The next EC meeting is Wednesday, January 10, 2018 at 10:00 am

Tla'amin Nation Executive Council Minutes

January 10, 2018

Council Chambers, Governance House

Attendance: All Executive Council
Resource: Rod Allan, Losa Luaifoa

A. CALL TO ORDER: Hegus Williams called the meeting to order at 10:07 AM.

B. APPROVAL OF MINUTES: December 20, 2017 Minutes as amended.

*Moved by Tyrone Wilson
 Seconded by Lori Wilson*

D. ADOPTION OF AGENDA: Motion to adopt the Agenda as amended.

*Moved by John Hackett
 Seconded by Lori Wilson*

E. PRESENTATIONS:

- Betty Wilson, NIB Proposal – Tabled.
- Noelle Bellomi, RBC Dominion Securities – Tabled.

F. NEW BUSINESS:

1. Administration & Finance:

- Contribution Funding Agreement No. 1617-BC-000107/Amendment 0009) re: Wastewater and Immediate Needs: Renovations. The agreement was reviewed and endorsed by Executive Council (EC).

EC recommended that an agreement (one-pager) be written to outline the criteria for the housing renovation funding prior to distribution.

- TNECR # 01 - 2018 – Resolution TNECR #01-2018 to call a General Assembly for Saturday, February 10, 2018 was approved.

*Moved by Lori Wilson
 Seconded by John Hackett*

Hegus Williams noted that information booths for the various Tla'amin programs and businesses will be set up at the Salish Centre for the duration of the meeting. EC confirmed the following schedule: Doors open at 9:30 am with a pancake brunch served at 10:00 am. The presentation of the financial statements will start at 11:30 am.

- Communications – The Chief Administrative Officer (CAO) raised the subject of communications (website, press releases, advertisements for the Peak and PR Living) and will be revisiting the communication tasks and the positions responsible for those tasks.
- EC expressed concern with the process of applications received for Tla'amin job postings. It was recommended that a memo be circulated to EC from Human Resources listing the applicants. The process was clarified and the CAO will re-iterate to the appropriate staff the following: All job postings must be circulated to EC for information before it is posted and all applications received will be reviewed and short-listed by the interview panel.

2. Education: The Education Management team meeting scheduled for January 9, 2018 was cancelled.

- EC will review the draft Post Secondary Policy for the January 24, 2018 Council meeting.

3. Culture: Hegus Williams advised that Betty Wilson will be submitting a funding application for a multi-year program to the National Indian Brotherhood for archiving.

4. Emergency Services: No items to report

5. Environment: No items to report

6. Fisheries & Hatchery: Councillor T. Wilson advised that the food fish is still not ready. EC recommended that the cannery be contacted and if they cannot complete the work that the fish be relocated to another cannery.

7. Forestry: No items to report

8. Housing: All items related to Housing were covered earlier in agenda.

9. Justice: No items to report

10. Lands: No items to report

11. Public Works: The cost for the new pump at the Sewer plant was originally estimated at \$10,000. The costs have since increased to \$15,000. Hegus Williams advised EC that the current pump is underpowered and the wiring for the new pump is not significant.

12. Social Development: It was noted that Trish Wilson moved from part time full time on January 4, 2018.

13. Taxation: No items to report

14. Transition to Self-Government: EC reviewed a letter from the Qaməs ʔəms tala Settlement Trust trustees notifying EC of recent policy changes.

EC requested that the Qaməs ʔəms tala Settlement Trust trustees provide an update to EC at the January 24, 2018 meeting and also that an invitation be sent to the trustees to attend the February 10, 2018 General Assembly.

G. HOUSE POSTS

Lands & Resources – No report provided.

Finance – No report provided.

Community Services – Councillor L. Louie reported that the Community Services Post meeting is February 6, 2018 at 3:30 pm.

Public Works – Councillor T. Wilson reported that the Air Brake course starts on January 19-22, 2018 and that training for Naloxone with Health is taking place.

Economic Development – Hegus Williams reported that there was mixed messaging re: Standing Offer Program on the conference call with Clean Energy BC in December. Tla'amin Management Services (TMS) will be pursuing its own project.

- Job postings for the Lund Hotel Manager and Financial Controller positions have been posted. Numerous resumes for the Hotel Manager were received including applicants from overseas.
- A review of the appraisal (organized by the City of Powell River) for the remaining PRSC lands is needed. EC resolved that a meeting be organized with Powell River and the appraiser to provide Tla'amin representatives an opportunity to ask any specific questions with regards to the appraisal. This may eliminate the need for a separate appraisal.

H. HEGUS' REPORT

- Meetings/events attended in December:
- “Let's Talk Trash” – met with the Regional District to discuss a potential compost facility.
- Met with Sechelt Council to review the Shared Territory Agreement. There were no significant changes to the agreement.
- Upcoming meetings/events:
- Dictionary Preview – January 11, 2018 at the Elders Lodge.
- Joint Gathering meeting – January 16-18, 2018.
- BC Modern Treaty Nations meeting – January 15, 2018 at the BC Treaty Commission office.
- Shared Territory meeting with Klahoose – January 22, 2018.
- TJ2020 meeting – January 19, 2018 from 3-5 pm.
- Land Claims Coalition – An inquiry was sent to the LCC about the membership requirements.
- Nathan Jantz, Health Director started on January 9, 2018.

I. OTHER BUSINESS

1. Correspondence – W. Spiekermann. The CAO advised that letters have been received from W. Spiekermann in the past but with no specific request; however, the most recent letter received on January 3, 2018 requested “treaty funds”. There is no return address or contact information to reply. It was resolved that when an address is provided, the CAO can send a response to advise there were no treaty funds distributed to members.

ADJOURNMENT

*Moved by John Hackett
 Seconded by Lori Wilson*

Meeting adjourned at 11:46 pm. The next EC meeting is Wednesday, January 24, 2018 at 10:00 am

Is your child safe at home?

Injuries are the main cause of death for children. What's dangerous depends on a child's age and abilities. Know your child and look at your home from your child's point of view.

Injuries usually happen when:

- You're not paying attention. Small children, especially under 3 years, need to be watched all the time.
- Children are learning to do something new. Children are always learning and growing (for example: rolling over, climbing, crawling). If you're not ready, these new exploration skills can lead to injuries.
- They are somewhere new. Injuries are more likely to happen when children are in a place they are not familiar with.
- They are hungry or tired. Before they eat and before bedtime, children may be less likely to pay attention to what they're doing.

Here are some things you can do to help prevent injuries:

- Look at your home from a child's point of view. Get down on the floor and look up. Are there drawers that small children could open? Things within reach that they could choke on? Things they could pull down on top of themselves?
- Think ahead to what you child will be learning next. For instance, put child-proof locks on cupboards and drawers before children are old enough to open them. Put gates at the top and bottom of the stairs before children are able to crawl.

Also, here are some tips for home safety. This is not a complete checklist for home safety, just a starting point.

Falls

- Never leave your child alone on a changing table.
- Not all baby gates are safe to use on stairs. Pressure gates should only be used between rooms, not at the top of stairs. Only use approved safety gates to block stairs.

Burns and scalds

- Children's skin is easily burned. Put anti-scald devices on your faucets and reset your hot water heater to 49° C (120° F).
- Keep hot liquids like coffee or tea out of a child's reach. Put down a cup of hot liquid before you pick up your child.
- Keep pots and pans on the back burners of the stove and turn handles in toward the stove.
- Keep electrical outlets covered if there isn't already something plugged into them.

Choking and suffocation

- Keep cribs and beds away from windows and blind cords and cut up, tie up or use a loop fastener to safely secure any hanging blind cord loops.
- Keep things like stuffed toys and pillows out of a baby's crib.
- Keep small objects out of reach. These are choking hazards.
- Don't give children younger than 4 years old foods that they could choke on, like raw carrots or celery. Even small, smooth pieces of food like nuts, popcorn and hard candy can be dangerous.

Poisoning

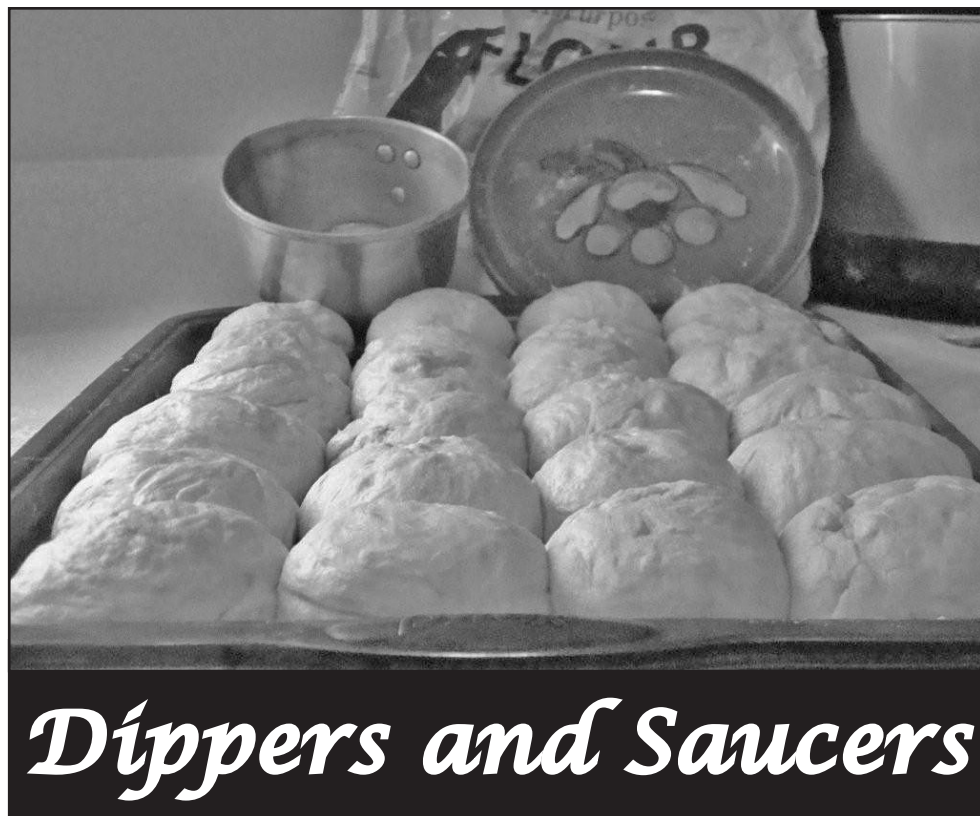
- Make sure that all dangerous household products like chemicals, medication, perfumes and alcohol are locked up and out of reach.

Drowning

- Never leave your child alone near water, whether it's a pool or the bathtub. Children can drown in as little as 4 cm (1½ inches) of water. Always have one hand on your baby, and stay within arm's length of your toddler or preschooler around water.
- Home swimming pools should be surrounded by gates that are self-closing and self-latching with an inside latch. The gate latch should be above the reach of children and locked when not in use.

Crib safety

- Cribs made before September 1986 are unsafe. Check the label to see when the crib was made. The frame should be solid, and the sides should lock into place. Be sure to check for and tighten any loose screws regularly. Make sure the mattress is tight against all four sides of the crib.
- Replace the mattress if it is not firm or if it is worn out.
- Move the mattress down to its lowest level as soon as your baby can sit up.



Dippers and Saucers

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

This column is dedicated to all the Kayamixw Iron chefs in our community that go beyond the call of duty in the kitchen and demonstrating extreme dedication to providing good old fashioned comfort food to their large families and friends.

Cannelloni with Beef Filling is an excellent baked pasta dish - experiment with different fillings! We have found that the oven-ready cannelloni pasta is the best for this recipe. You will need one 250 gm package - do not drain the canned tomatoes if using oven-ready pasta. You can also use fresh home made flat lasagna sheets wrapped around the filling.

Cannelloni with Beef Filling Recipe

INGREDIENTS:

- Filling:
- 1½ pounds lean ground beef (700 gm)
- 1 medium onion, diced
- 2 cloves garlic (crushed)
- 1 cup (45 gm) breadcrumbs
- 1 tsp (5 ml) dried oregano
- 2 eggs, beaten
- 2 tbsp (30 ml) grated Parmesan cheese
- salt and ground black pepper to taste

Sauce:

- 2 cloves garlic, crushed
- 1/2 green pepper, diced
- 1 medium onion, chopped
- 28 oz can plum tomatoes (796 ml)
- 14 oz can tomato sauce (400 ml)
- salt and ground black pepper to taste
- 1 tsp (5 ml) dried oregano
- 1/2 lb (250 gm) grated Mozzarella cheese for topping

METHOD:

- Prepare filling by cooking ground beef in a little olive oil, add onions and garlic and continue to cook until beef is browned and onion is tender.
- Drain off all fat and allow to cool before adding the bread crumbs, beaten eggs, Parmesan cheese, oregano and ground pepper.
- Mix well and carefully stuff the filling into the cannelloni tubes.
- Arrange the stuffed cannelloni in a large 12" x 9" (30cm x 23cm) baking dish, allowing a little space between them.
- Preheat oven to 350°F or 180°C.
- To make the sauce, sauté the onion in a little olive oil, add the garlic and green pepper and cook till the onions are softened.
- Add the canned tomatoes, chopped and their liquid, along with the tomato sauce, oregano and black pepper.
- Bring to the boil and simmer for about ten minutes, stirring occasionally.
- Pour the sauce over the stuffed cannelloni, ensuring that it penetrates to the bottom of the dish.
- Top with the Mozzarella cheese, cover dish with aluminum foil and bake for 60 minutes, removing the foil for the final 20 minutes.



Serve with a green salad and warm garlic toast

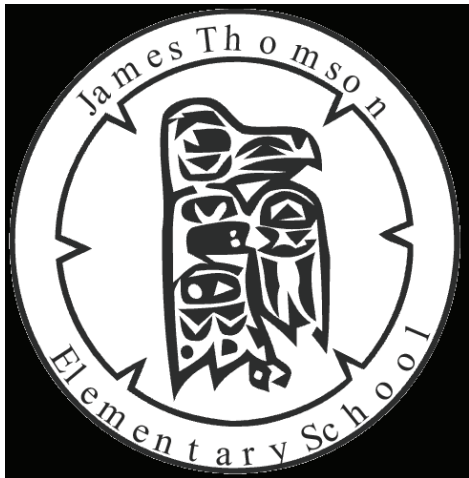
ANNOUNCEMENTS



Proud brother Eugene & Big sister Taliyah welcome princess 'Alenia Nevaeh Rose Souci born December 27th



Happy 4th Birthday to Miss Taliyah on January 13th



February 8th

Student Led Conferences

NOON DISMISSAL

Buses will arrive 3 hours earlier

February 9th Pro D Day

February 12 Family Day



Happy Birthday Lauren!
February 2nd



Happy Valentines Day
Makaela & Mattias



Family Day!

Monday

February 13th



February is Heart Month

A time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Want a Faster Tax Refund for the 2017 Tax Year?

Mia's Income Tax Preparation

4950 Waterfront Road

Phone (604) 483-4437

Basic Tax Preparation \$45

Senior and Student Basic Rate \$40

T4, T4A, T5007

Efile to get a Faster Refund

Available for Pickup

Garden Shed for Sale

This one year old aluminum 8 x 10 garden shed will secure your tools and lawn mower.

Contact Audrey Green (604) 344-0648 to set up a viewing time at 6636 B on Homalco Street.



ADVANCE CARE PLANNING

Planning for quality end-of-life care.

Free public information sessions:



Two sessions:

Texada Island
Thursday, February 15th
from 1 - 3 pm
First Credit Union Room

Powell River
Thursday, February 22nd
from 1 - 3 pm
ARC Community Centre

This event is free, but RSVP required.

powellriverhospice@gmail.com or 604 223 7309

Seating is limited. Light refreshments provided.