



# NEH MOTL "Us"

March 2018

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

## Tla'amin Canoe Families Set Their Sights on Hosting 2021 Tribal Journey

### From Shuffling the Sunshing Coast Trail to Padding in Puyallup, Washington

By Steve Gallagher  
Neh Motl Editor

As we wave goodbye to the winter blues, it is now time to embrace the aromatics and sounds of spring and get back to experiencing what mother nature's finest has to offer. As the days grow longer, it's now time to begin another chapter in a popular B.C. back country destination known as the Sunshine Coast Trail. A trail that will entertain hundreds of participants at the 25th Annual Marathon Shuffle scheduled in the last weekend of April. Tla'amin canoe families will be volunteering as well as registering to participate to raise funds for this years Tribal Journey in Puyallup Washington.

Here in Powell River, we recognize and acknowledge the traditional territory of the Tla'amin people and the unwritten legacy that lies within our mother earth. Our lands and resources are sustained by our culture and traditions that have been practised for thousands of years and passed down from generation to generation. When you venture through the vast wilderness of the Sunshine Coast Trail you will likely hike or jog by evidence of Tla'amin occupation by the way of shell midden and culturally modified trees.

Our ancestors traveled by land and sea in a seasonal quest to gather plants and harvest wildlife in order to provide food and medicines for their families. Spring time is when the Moon of the Frog transforms into the Moon of Flowers in Full Bloom. These two moons are part of a thirteen moon life cycle that triggers certain activities on the land for Tla'amin people.

For example, this is the season seal pups and fawns are taking their first breaths while the bucks and grouse are making their presence known grazing for calories. Herring are anxiously searching for a place to spawn. Tools were sharpened, bark stripping and root digging assignments were exercised. Cedar bailers and baskets were constructed to transport

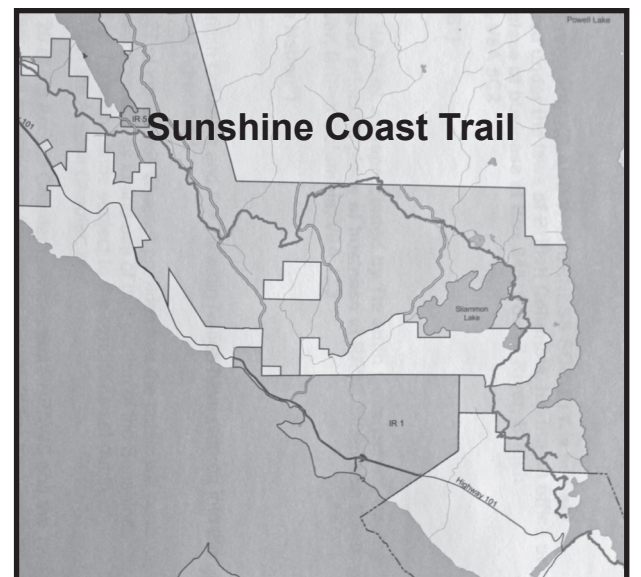


The Sunshing Coast Trail offers spectacular views like this one at Haywire Bay

the bounty of the harvest. Devils club provided numerous medicinal remedies and is gathered in spring for prescribing as required. One could suggest that these seasonal harvesting practises are Tla'amin's version of a year round Marathon Shuffle.

Whether you plan on doing the full shuffle or the half shuffle at this year's annual marathon you will be making strides through a small fraction of Tla'amin Treaty Settlement Lands. (inset map) Over 8,000 hectares of land were transferred from the government to the nation on the effective date of our self-government (April 2016).

A few kilometers west of the head of Oke-over Inlet will be the entry point for the full marathon shuffle. You will eventually travel across Wilde Road and arrive in the back woods near the Sliammon lakes where you can take in the



SUNSHINE COAST TRAIL  
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# Tla'amin Governance House Updates

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## General Assembly Update

By Steve Gallagher  
Neh Motl Editor

At our recent General Assembly on February 10th, several out of town families took advantage of our Executive Council's invitation to travel home for the Family Day long weekend. The most notable travellers were the August family (below) that traveled from Tacoma Washington to reconnect with their loved ones.



"The greatest connection I have is when I have the opportunity to bring my family home to meet their extended family and spend valuable time with them. This is priceless for me, I look forward to the next opportunity to bring more family home", said Colette August. Teresa August was able to visit with her children and her great grandchild at the General Assembly

"We all have many visions of major developments on our lands, and we will get there but we must do this in a structured method that will work for our people," commented Hegus, Clint Williams. "In the very near future we will be seeking input on some proposed future developments; as the planning process continues to evolve draft maps will be produced and we will seek our community's thoughts before proceeding too far with any developments. We hope to be able to put a draft plan in front of the community this Spring/Summer for a review of a concept for the Westview lands."

"As we continue to build and operate our transparent and accountable Government we often forget to thank our staff for carrying out the great work that they do. Having our staff on hand at the Assembly is an effort to show our people what services are available to all of us, by showing them who does what for them within our various organizations."

"On behalf of our Legislature I would like to say thank you to all of our staff for the great work that they do on behalf our community. I would like to thank everyone for making our latest General Assembly such a huge success, your attendance and

participation is inspiring and demonstrates that we all wish keep on building and pursuing a bigger, brighter future together,"

Davis McKenzie is the Chair of the Finance Committee and explained the role it has in relation to the nations best interests. "We are not a decision-making committee we bring forward recommendations so we are not stepping on the toes of the legislators. The first year participating on this committee there are some key areas for improvement such as implementing a more timely review of our quarterly statements in order to make recommendations and plan forward. One of Tla'amin's strengths is that we have more input into our government than almost any other nation in British Columbia. We are now in a position to plan five years ahead for bigger and better long term projects. Home ownership allows us to plan for our kids which is a huge game changer for us," commented Davis

Steve Hunter has been the Chief Financial Officer for Tla'amin for five years now and provided an overview of the financial position over 2016-17 fiscal year. "The first year brought a lot of challenges. The good news is at the end of March we are sitting on 13.5 million dollars of cash. This is a far cry from five years ago when almost every bank account was at zero while we were in the hole struggling to make payroll," said Steve. We do have some debt in the tune of 19 million dollars. 9 million of that is what we owe to the Canada for the treaty loan which is paid on April 1st of every year when we get our transfer money. This is year three so it is slowly going down If the treaty loan is forgiven I believe we would get back the three million dollars that we paid into it," said Hunter.

Noelle Bellomi (RBC Wealth Management) has been an investment advisor for our nation since 2005. "We respect the differences of your community through your cultural and historical values that you look after. Integrity is not just a word while trust is earned over time. So today and tomorrow, as the rivers and the seas have provided for generations, so too will Tla'amin investment portfolios provide for your children and your future generations. Everything is connected and all of this is about the development of your community, explained Noelle.

The purpose of the recent General Assembly was to present and discuss the 2016/17 financial reports of the Tla'amin Nation. This spring there will be another General Assembly where our Legislators and Senior Staff will present the budget for the upcoming year end and answer any questions you may have in regards to programs and services. Financial statements are available on the Tla'amin Nation website.



Derek dispatches the The Tla'amin Fire Department at the General Assembly



Davis McKenzie explains the role of the Tla'amin Finance Committee



Noelle Bellomi (RBC Wealth Management) is an investment advisor for our nation



Members had the opportunity discuss lands and housing issues with Managers

# Executive Council House Post Responsibilities



**Hegus Clint Williams**  
Executive Council

**Community Economic Development House Post**

- Tla'amin Management Services
- Thichum Forest Products
- Lund Hotel
- PRSC Land Holdings
- Grace Harbour Oyster Leases



**John Hackett**  
Executive Council

**Finance & Administration House Post**

- Finance
- Administration
- Taxation
- Trust Fund



**Larry Louie**  
Executive Council

**Community Programs & Services House Post**

- Education
- Social Development
- Health
- Justice
- Recreation
- Culture and Language



**Lori Wilson**  
Executive Council

**Lands & Natural Resources House Post**

- Lands
- Forestry
- Fisheries
- Parks
- Crown Land Referrals



**Tyrone Wilson**  
Executive Council

**Public Works House Post**

- Capital Projects
- Housing
- Village Maintenance
- Water Treatment
- Fire & Emergency
- Sewer

## Legislators



**Gloria Francis**  
Legislator

Meets with Executive Council to form the Legislative Assembly at least twice per year



**Brian Hackett**  
Legislator

Meets with Executive Council to form the Legislative Assembly at least twice per year



**Shawn Louie**  
Legislator

Meets with Executive Council to form the Legislative Assembly at least twice per year



**Denise Smith**  
Legislator

Meets with Executive Council to form the Legislative Assembly at least twice per year

## Tla'amn Residential Tenancy Law

- The Tla'amin Residential Tenancy Law passed First Reading and Second Reading on February 21, 2018.
- Prior to the Third Reading of the law, Executive Council will be seeking more feedback from the community.
- The latest version of the law is available on the Tla'amin Nation website for review. Copies can also be picked up at the Governance Building at reception.
- An Open House to discuss the law will be scheduled in the near future. Please stay posted for the information.
- Please forward any questions or comments about the law to the Public Works House Post holder Tyrone Wilson – [tyrone.wilson@tn-bc.ca](mailto:tyrone.wilson@tn-bc.ca)



*Legislative Assembly required to meet at least twice a year*



# Tla'amin Justice Update

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



## Restorative Justice Expands In the Powell River Region and Across Canada

The Provincial restorative justice process – in which legal cases are diverted out of court and the perpetrators must face the victims of their crime and make amends – is a model pioneered by First nations in North America and New Zealand.

The purpose is to restore relationships and offer all parties a deeper sense of justice.

Participants must agree to be part of the RJ process, and the perpetrator must agree that he or she was responsible for the harm.

Here in BC, participants are usually youth who have damaged someone's property or stolen something. But that is changing.

In August 2017, BC's new Solicitor General promised to expand the scope of the program, by asking Ottawa to make it officially a part of the Criminal Code.

This fall, the BC chapter of the Canadian Bar Association called on governments to greatly

expand the programs and divert many more cases out of the court and into the community.

Here in Powell River, the community's restorative justice program expansion committee is just starting up. It joins about 95 restorative justice programs across the province, and about 30 aboriginal justice circles.

Texada Island has had a RJ program since 2004; it's growing to incorporate Powell River.

If you have any questions pertaining to Tla'amin Justice Program Services please drop by the Governance House or give me a call @ 604 483 9646 Ext. 113 and I will be happy to provide any information re: programs and services also future initiatives. **“Everyone Welcome”**

**Verna Francis  
Tla'amin Justice**

## Recruiting Temporary and Permanent Foster Parents

please contact: MCFD office @ 604 485 0600 and ask for Angela Skilbeck or Verna Francis @ 604 483 9646 Ext. 113



## Sixties Scoop

By Verna Francis

**No results until early June 2018**

**Hearing in supreme court to settle class action: May 10, 29, 30, 2018**

The lawsuit alleges that Canada negligently delegated Indian child welfare services to the Province of British Columbia. Ignoring its obligations to Aboriginal children, Canada took no steps to prevent them from losing their Aboriginal identity and the opportunity to exercise their Aboriginal and treaty rights when they were placed in foster homes and adopted by non-Aboriginals.

For more information, please monitor our pre-recorded information line at 604-714-2070 or call 1-844-287-4270 or email [sixtiescoop@collectiva.ca](mailto:sixtiescoop@collectiva.ca).

**Settlement Update  
January 20, 2018**

On Friday, October 6, 2017, a settlement in principle was reached to resolve the sixties scoop class actions across Canada. The settlement is for the loss of culture, language and identity. It does not cover claims for abuse while in care. The settlement will be for individuals:

- registered or eligible to be as Indians (as defined in the Indian Act) and Inuit, and
- who were removed from their homes in Canada between January 1, 1951 and December 31, 1991, and
- who were adopted or made permanent wards and placed in non-Indigenous homes

The federal government will pay up to \$800 million to settle all claims across Canada. Individuals are ex-

pected to receive \$25,000-\$50,000 each depending on how many claimants come forward and are approved. A minimum of \$50 million will be used to create a Foundation that will provide counselling and healing to class members.

There are still several steps before the claim process to obtain compensation begins.

We estimate it will take till the summer or fall of 2018 for the settlement to be finalized and for claim application forms to become available. The process to apply for compensation will include a simple claim form, which can be completed without the need to hire a lawyer. We strongly recommend that you check the website [www.sixties-scoopsettlement.info](http://www.sixties-scoopsettlement.info) on a regular basis for updates on the settlement. That website will provide additional information on the settlement as well as the claim form to apply for compensation once it becomes available. It will be your responsibility to file your claim and to monitor the website for any deadlines to file your claim. For more information on the settlement or the recent settlement notice/opt out please call 1-844-287-4270 or email [sixtiescoop@collectiva.ca](mailto:sixtiescoop@collectiva.ca).

If you wish to pursue a claim that is outside the scope of the class action, such as physical or sexual abuse while in care, you should immediately contact a lawyer to obtain legal advice and/or representation with respect to that claim. There may be strict time limits within which you must act in order to protect your rights.

If you require further information please call Tla'amin Justice Department: Verna Francis @ 604 483 9646 Ext. 113 or call 1-844-287-4270



## SUNSHINE COAST TRAIL

(Continued from page 1)

view and be assured of a comfortable place to take a breather and refuel. The exit point out of the marathon shuffle will be just over a kilometer before you arrive at Powell Lake.



This summer our Tla'amin paddlers will proudly wave our Tla'amin Nation flag at the Puyallup, Washington 2018 Tribal Journey. At the celebrations, Tla'amin will extend an invitation to host the 2021 canoe journey here in Tla'amin traditional territory which would draw thousands of people to visit our Sunshine Coast playground. The City of Powell River has passed a resolution of support to "host partner" this exciting 2021 opportunity for all of Powell River to witness. Part of the proceeds from this year's 25th Annual Marathon Shuffle will support our nation in moving forward to make this vision a reality.

Interested in volunteering at the various stations throughout the Sunshine Coast Trail Marathon Shuffle during the last weekend in April? Please contact either Ann Paul (604) 414-8971 or Noreen Paul (604) 483-1120. Our canoe families thank you for your continued support.

## Programs

- **Substance Abuse Management program:** For clients going through justice system and court ordered to participate in this 12 week group or one on one sessions with the justice worker, SAM program is for people who are struggling with drug and alcohol issues that is result of charges. Please call Verna 604 483 9646 Ext. 113 to book appointment for orientation to the program.
- **Healthy Relationship Program:** 12 session program to deal with domestic disputes or violence in a relationship regardless ends up in justice system or not. Please contact Verna for more information and book for appointment to start one on one sessions. In the near future I will be hosting a Healthy Relationship program with Co-facilitator: John Louie. **Everyone Welcome!!!**

## Crime Stoppers

Building a Healthy and Safe Community  
"We Want Your Information Not Your Name"

1-800-222- TIPS (8477)

Powell River Detachment: 604 485 6255  
Tla'amin Liaison Officer: 604 414 3853



## Free public legal workshop for supporters of grandparents raising grandchildren and other extended family members caring for children



Parent Support Services Society of BC

in partnership with



**Tla'amin Nation**

SLIAMMON FIRST NATION

Tla'amin Justice Program and  
Tla'amin Health Youth & Family Advocate

**What:** Kinship Care presentation  
**When:** Wednesday March 21, 2018  
**Time:** 1:30 pm to 3:30 pm (snacks)  
**Where:** Salish Centre (Gym)  
4885 Salish Drive,  
Tla'amin Nation  
**For:** Everyone welcome

We are Grandparents Raising Grandchildren Support Line advocates who have been speaking to kinship caregivers across the province on the GRG Support Line for 6 years.

Many of our callers are family members living in Indigenous communities who are caring for their relatives' children.

Our callers asked us to try to make the current child welfare system clearer to families.

We have created a free public legal education workshop (60-minute presentation followed by discussion) on kinship care, Ministry of Children and Family Development policy, family law, and services and benefits for families.

For further information please contact Verna Francis at (604) 483-9646 ext. 113.



## Criminal & Family Court

### Next Court Days:

**March 13<sup>th</sup> & 27<sup>th</sup> 2018**

First Appearance: 9:00 am

Criminal Court: 9:30 am

Family Court: 1:30 – 4:30 pm

### Important Notice

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

## "Aboriginal Day School Class Action"

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

**Contact Agency:** Verna Francis

**Days:** Monday – Friday

**Time:** 8:30 – 4:30

**Location:** Governance House

**Work:** 604 483-9646 ext.113

**Cell:** 604 578-8850

**Fax:** 778 762-5246

# Tla'amin History from the Crossroads of Colonialism: Part Two From Tišosem to Sliammon



*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 the Tla'amin in the late 19<sup>th</sup> and early 20<sup>th</sup> centuries, 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 the 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](mailto:colin.osmond@usask.ca). Emote!*

In early August of 1888, Indian Land Commissioner Peter O'Reilly travelled to Tišosem to meet with the Tla'amin for the purpose of surveying and defining sections of their territory into reserves. O'Reilly arrived and met with "two Tla'amin Chiefs" – one was Chief Captain Timothy, the other name is not recorded – to determine the boundaries of their land. It had been ten years since the Tla'amin protested the government's failure to survey their lands by seizing the logs that were illegally taken from their territory by white loggers. The Tla'amin were undoubtedly excited that they would finally be able to protect their land from preemptions by white loggers and settlers.

By the time that O'Reilly visited Tišosem in 1888, the Tla'amin well understood what was at stake. The Tla'amin paid close attention to the surveying of the Sechelt territory in 1876, in particular to the Government's survey of a 'timber reserve' that would allow the Sechelt to engage in the market economy by selling their timber at local mills. Indian Land Commissioners reported that several Tla'amin men approached them at Comox to tell them that they wanted to reserve timbered lands in the same way that their Sechelt neighbours had. O'Reilly himself reported that white settlers in the region "speak highly of the Klahoose, Homalco, and Sliammon. They are industrious and find employment readily in the logging camps." They had a keen understanding of the logging industry, and they demanded that the government issue no permits or leases in Tla'amin territory until reserves could be surveyed. However, the government did not listen.

In 1873, the Government of British Columbia sold a vast tract of the Tla'amin's traditional territory to a man named R.P. Rithet. This land, labelled 'Lot 450,' encompassed the Tla'amin village of Tees'kwat, and is the modern-day site of Powell River. After this sizable tract of Tla'amin territory had been ripped away by the swipe of a pen, Tla'amin chiefs made several trips to Victoria and New Westminster to protest this sale with Indian Agents and Government officials. Sproat reported that the "Government had sold a much coveted piece of timber land close to the principle village of the [Tla'amin]" and requested that the government cease selling or leasing land in this region until the commissioners can visit to complete their survey work.

Tla'amin oral history states that Chief Captain Timothy (William Timothy) was the sole Chief that escorted Peter O'Reilly and his survey crew around Tla'amin territory. Chief Timothy was no stranger to what the government surveyors wanted to do. He had spent years working on trade schooners travelling up and down the Pacific Coast, he spoke English, and he understood that he needed to protect future generations of Tla'amin by pushing the survey crew to include as much of Tla'amin territory as possible. Chief Timothy, according to his great-granddaughter Annie Dominick, said that the younger generation of Tla'amin would have "a really hard time" if they didn't survey Tla'amin territory. He worried that all of his people



**Peter O'Reilly,  
Indian Land Commissioner**

would be living in canoes once settlers took all the Tla'amin's lands. He had seen what happened at places like San Francisco and the Fraser River – where thousands of white settlers displaced Indigenous populations seemingly overnight – and he did not want that to happen to his people.



**SS Sir James Douglas**

O'Reilly reported the Tla'amin as "pleased and satisfied" with their reserves, but Annie Dominick's remembrances of Captain Timothy's experience with the land commissioners reads quite differently. Chief Timothy spent ample time with O'Reilly, travelling aboard the *SS Sir James Douglas* and pointing out many villages and several islands that he wanted surveyed as part of the Tla'amin's lands. He pushed for Savary Island, and for the repatriation of Tees'kwat. But the government officials apparently balked at his requests, saying that they did not need that much land. Timothy reportedly stated, "we are the ones that live here. We were here first," and attempted to physically fight commissioners when they refused his requests.

In the end, the surveyors allotted six reserves for the Tla'amin – Sliammon IR 1, Harwood Island IR 2, Paukeanum IR 3, Toquana IR 4, Tokenatch IR 5, and Kahkaykay IR 6. O'Reilly reported that 317 people lived at the Tla'amin village at Tišosem in 1888. He recorded "47 substantially built houses," as well as a large Roman Catholic Church. Ahgykson (Harwood Island) was used for fishing and to raise cattle and sheep, and Paukeanum, Toquana, Tokenatch, and Kahkaykay were all important and productive fishing stations. O'Reilly made specific mention of the massive herring spawn harvest that took place at Klehkwahnnohm (Scuttle Bay), which provided the Tla'amin with a key trade commodity in local markets. He also recorded that several parts of the Tla'amin's reserves hosted tracts of valuable timber.

But the Tla'amin were not, as O'Reilly reported, satisfied with their newly surveyed holdings. Within a few years of the reserves being surveyed, the Tla'amin pursued the government to survey more land for their exclusive use. They claimed that the surveyors had missed important Tla'amin lands at places like

Texada Island, and it is unlikely that the debate over ownership of Tees'kwat died once the initial surveys were complete. The Tla'amin wrote several letters and approached their Indian Agent many times in the early 1890s, but by 1895 the Indian Land Commission reported that they had exhausted their funds and were unable to continue surveying Indigenous lands.

These surveys signaled a significant shift in Tla'amin history. Regardless of the actions of people like Chief Timothy, the Tla'amin traditional territory had been carved up, and those who had once utilized and accessed a large productive territory became part of a system that made them geographically anchored at one main village site. Tišosem had become Sliammon IR1, leaving all Tla'amin lands outside of these reserves legally open to settlement and resource extraction.

With their lands surveyed, and their territory divided and vulnerable, the Tla'amin did not simply 'give up.' They continued to push for recognition of their off-reserve lands, and also embraced new opportunities. Early in the 1890s, Chief Charley and Chief Timothy asked the government for permission to log at Sliammon and sell the timber at a local mill. The government ultimately denied the request, but the Tla'amin found innovative ways to harvest their resources to provide funds that would contribute to the Tla'amin community. In 1898, all of the Tla'amin men gathered in their old and decaying church to sign a petition that would allow them to use the proceeds from logging at Sliammon to build a new Roman Catholic church. As Indian Agent Frank Devlin gathered signatures on the petition form, he recalled that "there was not one dissident voice."

Please check next month's *Neh Motl*, where I will continue this story with the logging operations that allowed the Tla'amin to build a new Roman Catholic Church in 1901.

# Second Həhəwšín canoe unveiled at Tla'amin

*Elders gave the small canoe the name λičos (springtime) to represent a fresh start*



*Originally published in the Salish Sea Sentinel. Reprinted here with permission. Story by Cara McKenna*

The unveiling of a second Həhəwšín canoe at Tla'amin marks the beginning of a greater understanding between the nation and wider community.

A small, 4.5-metre canoe for children and youth was revealed at a Powell River high school on Jan. 29 before making its way back to be presented and named at the nation.

A first, larger, Həhəwšín canoe was revealed during a celebration in November.

Both canoes were shaped by a team of carvers, youth from local schools and hundreds of others who

came by to participate in the effort as it took place on a beach in Powell River over many months.

Həhəwšín, meaning “the way forward,” is a growing initiative that was started by Phil Russell (kʷunənəm), Tla'amin citizen Cyndi Pallen (čunε) and Elder John Louie (Yahum).

Russell is originally from Ireland and has many close friends at Tla'amin. He said in an interview that he believes non-Indigenous people should take more responsibility to change this country for the better.

“I noticed that a lot of the work was coming from the Indigenous community and not so much from the non-Indigenous community,” he said.

“With this canoe, what I was hoping

is that we would get conversations going. ... I'm hoping that the non-Indigenous community understands just how powerful this can be.”

Russell said the canoe project idea was originally presented to Tla'amin with a ceremony and feast last June – but it was non-Indigenous people who led it all.

“It was a bit disconcerting for the Indigenous people at first,” he said. “But by the second event they were more comfortable with what the concept was, that we were actually coming in with respect and to learn.”

Pallen and Louie have both been in the background since the outset to support and gently lead the process.

“We said if you're going to do this, you're doing it the same way we would do this, which means you're bringing the teachings forward,” Pallen said.

“It's all about healing and honour.”

Həhəwšín builds on years of work done within the community to heal from residential schools.

Pallen and Louie both do healing work with survivors and have also hosted reconciliation-centred gatherings at Tla'amin.

Louie, a survivor himself, agreed that the non-Indigenous community must do more to learn about, and from, Indigenous people. He said he hopes that the new canoes will be an education tool for years to come.

The vessels will be dried out and painted, and will then be used by the community for canoe journeys and teachings.

“Every year at Tribal Journeys it'll

become a talking point to carry on with this,” Louie said.

“It's a tremendous tool for creating awareness.”

During the second canoe's presentation at Tla'amin, Elder Elsie Paul announced that she and a group from the community decided to give it the name “λičos,” meaning “springtime.”

“Keeping in mind it is for the youth, it is for the upcoming young people,” she said.

“It's awakening from a long cold winter and the sunny days are coming. ... Young people can be proud of who they are. A bright future. Moving forward in a good, healthy way.”

While the canoes were being carved on Willingdon Beach in a process being led by skilled canoe builder Joe Martin from Tla-o-qui-aht Nation, more than 1,000 schoolchildren visited to watch, participate and hear stories.

Hegus Clint Williams said he is impressed by the project and that the name is fitting for the canoe.

“Because this canoe is intended for the youth, and I really hope it stays around and that all the schools get to use it and feel proud of the canoe,” he said.

“This is a beautiful thing.”

Russell said work will continue on Həhəwšín, as a committee is now formed that will have regular meetings and outline the next steps for “the way forward.”

Louie said that even though society still has a long way to go in terms of truly reconciling and fixing relationships, “the canoe is starting to move forward,” he said. “We're a long way, but at least we're going in that direction.”

## Culture Programs for March

### Carving

Every Thursday from 6-9pm held at the Culture Lodge.

### Language classes

Every Tuesday from 3:30 – 5:30pm held at the Culture Lodge.

### Basket weaving

Every Tuesday from 3:30 – 5:30pm held at the Culture Lodge.

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

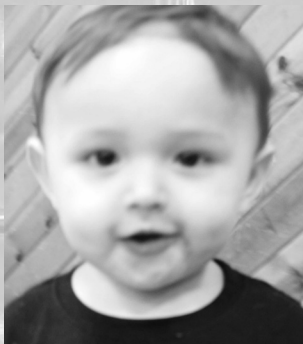


Sherman Pallen cuts into the grandfather log at Willingdon Beach

# PROGRAMS & SERVICES



## *Family Day Fun*



# 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."

**# Itstartswithme**



Accreditation Surveyors Lois Bomberry and Barbara Hall visited Tla'amin Health early February

## Tla'amin Health Continues to Improve Community Based Programming

By Steve Gallagher  
 Neh Motl Editor

Accreditation is a voluntary process for First Nations that want to improve their health care quality by participating with Accreditation Canada. The Accreditation Surveyors that come here to review our organization have health care backgrounds. Citizens or employees from Tla'amin are not allowed to review their own systems. Barbara Hall is from Halifax and Lois Bomberry is from Six Nations located in Toronto.

The accreditation team has a set of standard questions and a thorough checklist to investigate how Tla'amin is performing against a set of questions for determining quality patient care. They also talk to clients and community partners and ask them how Tla'amin Health gets along with other agencies to see how their level of care is observed. In addition, they look to see if Tla'amin Health is recording things properly and check

in to see if policies up to date? A major concern is are Tla'amin Health Care workers following aboriginal standards and what processes are they using? Depending on how complicated the organization is will determine the level of experts that come to Tla'amin.

"In Tla'amin, there is a lot of community-based programming so we have been looking at all the Home and Community Based programs and talking to staff. We have been here for four days and are in a position to provide a preliminary report to the managers, and then we will do an overview for all of the staff" said Barbara Hall. "Nobody is ever perfect. This is about providing continuous quality improvement and we provide feedback about where Tla'amin Health staff should focus on, and make recommendations about what their quality roadmap should look like." Over the next two to four years Tla'amin Health will have an opportunity to see if



they can meet some of these recommendations in the future.

There has always been communication between Accreditation Canada and Tla'amin Health to assist in learning about certain objectives. "We just don't arrive every two to four years and leave with a sense that it's over. There is an on-going process to keep Tla'amin Health in touch with leading processes across Canada. For aboriginal communities like Tla'amin we use an aboriginal standard skill set that we follow and ask questions about that," concluded Barbara.

The final report will be released to Nathan Jantz our Health Director in a couple of weeks.

## Message from Tla'amin Health Director Nathan Jantz

Hello to the Tla'amin Community. I would like to take this opportunity to introduce myself, as I have been working as the Health Director from the beginning of the new year. I am originally from Saskatoon, Saskatchewan, where I was raised and attended University. After University, I moved to Vancouver where I lived for a few years and met my wife. We moved to Powell River together and have now lived here for six years with our two children Georgia and Luca.



In University I studied exercise and nutrition, eventually leading me down a path of learning of traditional diets of Indigenous Peoples from around the world. You could say that this is my area of passion! Learning about the traditions and culture of the Tla'amin people has been important to our family since moving to Powell River. We have been lucky to attend various cultural events, and continue to learn through our children, who have attended daycare here for the past three years. To now have the opportunity to work for the Tla'amin community, and be immersed in the culture everyday has been an honor over these past two months.

In the near future, Tla'amin Health will be developing a new Community Health Plan. Tla'amin Health already provides a wide range of services to the community, however, there is always room for improvement. I have been asking and listening to our staff, Elders, and community members for ideas about our future direction. Incorporation of more options for traditional methods of wellness is an idea that is often brought up. For example, providing more traditional foods into the meals offered through health, and ways to teach more of the Tla'amin language to the children. There will be many opportunities for you to provide input into the future health strategies of the community as well, please stay tuned!

We are also blessed to have two new passionate Registered Nurses' working with in the Home and Community Care and Public Health areas. They are bringing a lot of experience to our team, and I am excited to see how our health care evolves with their guidance.

In closing, thank you so much for the warm welcome I have received thus far, and I am very much looking forward to the work that we will accomplish together.

**Respectfully Emote**



## Elders Corner March 2018

### Spaghetti Fundraiser

Our fundraiser **will be postponed for a few weeks** out of respect to the McDonald family in their time of grief. **New date will be: March 14<sup>th</sup> at 5 pm at Salish Center.** \$5 gets you a salad, pasta, and garlic bread. All proceeds go to our Elders travel and hotel expenses to the Annual Elders Gathering, this year in Cowichan Nation. Our fire department will be out to lend a hand in support!

### Raffle Tickets

Raffle Tickets are available for our Elder's Toonie Raffle. Win a handmade Drum, or a traditional cedar hat (made by Ivan Rosypsky) or an official Elder's T-Shirt Draw date, March 6<sup>th</sup> at 4pm.

### 2018 Elders Gathering

Early registrations are available on their website: <http://eldersgathering.ca/> Tla'amin Nation's travel claim forms will be distributed shortly. **The Best Western** Dorchester in Nanaimo has a block of rooms reserved under Tla'amin Nation. **To reserve a room you must call the hotel at: 1 250-754-6835. If you do not claim a room before the July 10<sup>th</sup> deadline, all remaining untaken rooms have to be released and will not be available.**

### Elders Events in March:

**Tuesday March 6<sup>th</sup> - Elder Luncheon 11-1pm**

**Tuesday March 6<sup>th</sup> - Elders Toonie Draw 4pm at Health**

**Tuesday March 13<sup>th</sup> - Elders Luncheon 11-1pm**

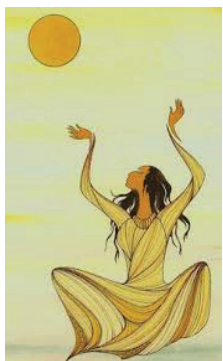
**Wednesday March 14<sup>th</sup> - Elders Spaghetti Fundraiser at Salish Center 5 pm- 7pm.**

**Tuesday March 20<sup>th</sup> - Elders Luncheon 11-1pm**

**Tuesday March 27<sup>th</sup> - Elders Luncheon and Bingo 11-1pm**  
Do you have an event that our Elder's should be aware of? Contact Elder Coordinator at 604 483 3009 ext. 126 to share dates and info.

## λasəm sałtx<sup>w</sup>

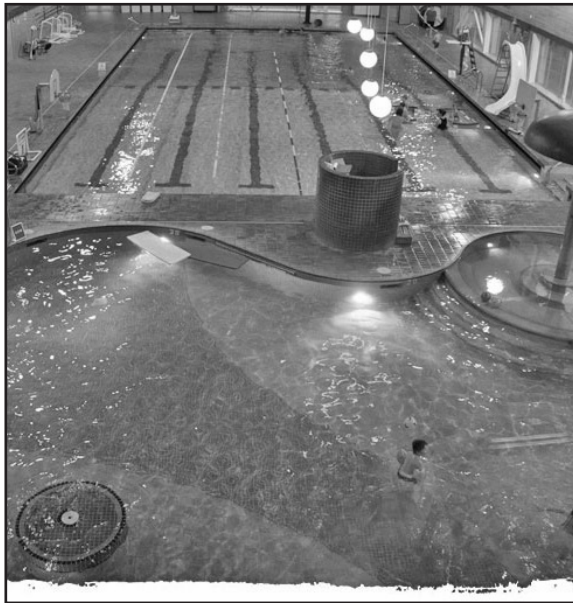
### Strong Woman



Next gathering is on Wednesday, March 28th 4:30 – 630 PM. @ Health Yoga and Information with Keely Fandrick. 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 an adult. 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 animal names

English	Phoentic	Orthograthy
Dog	ch eh noh	čɛʔno
Cat	meh meow	mɛmaw
Bear	meh hol me	mɛχał
Wolf	kla klom	łałom
Cow	moosh moosh	mušmuš
Deer	keh goth	qɛgaθ

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

Dawna Pallen for  
Tla'amin Language

## Tla'amin Elders Spaghetti Dinner Fund Raiser

Cost: \$5.00 per plate

(includes Salad and Garlic bread)

Date: March 14th

Time: 5pm-7pm

Place: Salish Center



All proceeds benefit the Elders trip to the 2018 Provincial Gathering. For more information contact Elder coordinator 604 483 3009 ext 126

## Youth Activities

### Spring Break Family Activities

**March 19th and 26th**— swim at the complex from 10-12pm.  
Please contact Dana if your family needs a ride.

**March 20th and 27th** – family movie at the gym or the Patricia Theater starting at 10am. (Movie TBA)

**March 21st**- gymnastics from 4:15-6:15pm. Spaces are limited so please call to register: 604-483-3009 ext.141

#### Wednesday Girl's Group.

Limited space available: Registration required.

4:00 to 6:00 pm

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

#### Thursday Ball Hockey with Shirley & Cst. Bakker.

Drop in.

4:30 to 6:00 pm

Salish Center (GYM).

Ages: 7 to 14.

Snacks (oranges) and refreshments (water) provided.

#### Spring Break Program.

March 19 to 29, 2018.

Monday to Thursday.

Registration required: Limited space available.

Some activities in collaboration with Dana's Family program.

10am to 1:00pm

Tla'amin Health.

Ages: 7 to 14.

Snacks and refreshments provided.

Please pack lunch.

#### Activities include:

Crafts/ Games/Hiking

Gymnastics

Movie matinee

Sports activities

Swimming

Contact Shirley

#### Youth Weight Room Orientation

March 5th, 2018 meet @ Health @ 6:pm

Ages 13-15

Register with Leslie Louie

604-483-3009 ext.103

Please leave the following information:

Name, age, address and phone number

#### SPRING BREAK ACTIVITIES

Youth Cedar Hat Making Workshop

Ages 14-19

Monday and Tuesday /March 26th-27th

9am -3pm @ the Tuxhimay Building @ Health Center

Lunch provided/Space is limited

Register with Leslie @ 604-483-3009 ext.103

#### Lacrosse/Ball hockey Skills U-14 @ Waterfront Courts

10:30-2:30

March 28th & 29th

Register with Leslie ext. 103 or Shirley ext.104

@ 604-483-3009

## Tla'amin ahjeeyit chi chuy

Ahjeeyit chi chuy group classes run Mondays 11-1pm, and lunch is provided. Here are the topics/presenters for the next month:



Monday

**February 19**

Button Blanket Making

Dawna/Sheila

Monday

**February 26**

Songs

Brenda P./ Dawna

Monday

**March 5**

Button Blanket Making

Dawna/Sheila

Monday

**March 12**

Dietician

Liane Leblanc

Monday

**March 19**

Button Blanket Making

Dawna/Sheila

Monday

**March 26**

Dietician

Meghan Molenaar

Monday

**April 2 STAT**

No class

Friday

**April 6**

Button Blanket Ceremony

Dawna/Sheila

Please check Tla'amin Health facebook page and the ahjeeyit chi chuy (prenatal) group facebook group often for changes.

#### Invite to the Button Blanket Ceremony:

Invite to all babies born in 2017 to participate in the Button Blanket Ceremony which will be held April 6<sup>th</sup> 2-6 pm. Dinner will be served. Place to be announced. You can make a button blanket in ahjeeyit chi chuy group, or use your own.



## Kindergarden to Grade 5

Tla'amin CDRC

Hours: 8:30- 4:30 Monday – Friday

**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

# PROGRAMS & SERVICES

## NUTRITION MONTH

*5-2-1-0 sung to the tune of "Twinkle, Twinkle Little Star"*

*Five fruits and vegetables every day  
Only two hours of screen time – then go out to play*

*One hour of exercise to help me on my way  
Zero sugary drinks – let's all shout hooray!  
5-2-1-0 is the way to be  
A very healthy, and happy "me".*

Dear Parents:

The month of March brings some brightness to our lives with the sun/daylight lasting longer for us. This often helps us feel inspired to get outside and enjoy some physical activities such as walking, jogging, cycling, or playing with our children at the park.

March is also nutrition month so it is a great time to think about the food we are eating and the food our children are eating. It can be helpful to refer to Canada's Food Guide and make sure we are giving our children something from each of the four food groups at every meal: meat and alternatives, breads and cereals, fruit and vegetables, and milk and milk products. If you want more information about this, you might want to speak with Liane LeBlanc who is a Registered Dietician working at our Health centre on Wednesdays each week.

You may have heard of the 5-2-1-0 recipe for healthy living for people of all ages. It relates to being active and eating in a healthy way. Five is the number of fruits and vegetables we should eat every day, two is for the number of hours of screen time we should only have, one is for one hour of exercise each day and zero is for "no sugary drinks". It can be fun to teach young children this recipe by way of a song:

For our youth, activity and healthy foods are just as important as when our children are little. Many teens do not like to eat breakfast in the morning and yet having nothing in the stomach can interfere with learning and concentration. Protein is especially important for the brain and it can help us focus. We can teach our youth how quick and easy it is to scramble a couple of eggs in the morning, or make a fruit smoothie with yogurt to provide some protein.

Recently I have read about certain foods that help stimulate the brain chemicals responsible for helping us fall asleep. There is a lot that we can learn about the beneficial qualities of our natural healthy foods. I encourage you to watch for the food related workshops that Liane provides, to read the labels of the foods you are buying, and to ask for workshop topics if you need more information about how food can be linked to sleep, mood, concentration, and other areas of our health.

This March let's get out there and "march" – or walk, hike, run, cycle, swim, and play with our children and youth, and let's get interested in our nutrition. It will be good for our health!

Best wishes for a fun spring break. From Brenda Pielle, Youth and Family Advocate.

## 20 Million Dollar Investment to Support Clinical and Community-Driven Solutions to Opioid Emergency

COAST SALISH TERRITORY – Vancouver, BC – The Province of BC will provide the First Nations Health Authority with \$20 million over three years to support First Nations communities and Indigenous Peoples to address the ongoing impacts of the overdose public health emergency. The funding will be administered by FNHA and provided to frontline service providers and First Nations communities to support work already underway, and develop new community-driven approaches and solutions.

Funding includes \$4 million in 2017-18 to support activities falling within the four goal areas of the FNHA's Framework for Action on Responding to the Overdose/Opioid Public Health Emergency for First Nations: 1. Prevent people who overdose from dying; 2. Keep people safer when using; 3. Create an accessible range of treatment options; and 4. Support people on their healing journey.

\$2.4 million of year one funding is supporting community-driven, Nation-based innovative and culturally relevant responses to the overdose public health emergency, both on- and off-reserve through FNHA Indigenous harm reduction grants. These events support a range of non-judgmental approaches and strategies to enhance the knowledge, skills, resources and supports for individuals, their families and communities to make informed decisions to be safer and healthier.



Tla'amin staff wore pink t-shirts to symbolize that we as a nation do not tolerate bullying anywhere. Bullying victims are not alone and there is help.

(Photo taken on February 28th)

## Employment Opportunity



### ECE Assistant

Temporary Full time

Tla'Amin Nation is seeking applications for a temporary full time ECE Assistant to work in the Chi Chuy Pre-school program. Under the direction of the Pre-school Teacher he/she shall collaborate and provide extra support and direct care to children in the pre-school program to stimulate and develop their mental, physical, emotional and spiritual growth. The ECE Assistant shall be responsible for the provision of the care, guidance and safety of children in the program.

**Job Title:** ECE Assistant

**Work Site:** Tla'amin Health & Child Development Resource Centre

**Status:** Temporary Full time

**Date:** April 2, 2018 – June 29, 2018

**Salary:** \$16/hour

**Hours:** 9:30 am – 2:30pm.

#### QUALIFICATIONS:

- BC ECEA License to Practise
- Successful Criminal Record check
- First Aide & CPR certificate (or willingness to obtain)
- Vaccination records up to date
- Recent Annual TB Test
- Valid BC Driver's License and Abstract are an asset
- Experience working in a provincial licensed setting an asset

#### KNOWLEDGE, SKILLS & ABILITIES:

- Strong ethics and a commitment to child and family privacy and confidentiality.
- Ability to work collaboratively as a member of a professional, fun, loving pre-school team.
- Working knowledge of children's developmental stages 0 – 6 years old
- Ability to communicate effectively with peers, children & parents.
- Physical and emotional ability to perform the duties of the pre-school position.
- Ability to work independently and as a team member

The successful applicant must be in good physical and mental health to work with children who have additional developmental needs.

Interested individuals are asked to submit their resume accompanied with a cover letter to Jessie Peters, Tla'amin Human Resources Manager, 4779 Klahanie Rd, Powell River, B.C., V8A 0C4. Resume may be submitted by email to [hr@tn-bc.ca](mailto:hr@tn-bc.ca) or fax at (778) 762-5240.

**Applications must be received by 4:00 pm, March 16, 2018.**



### Congratulations First Responders

They are now accredited by the BC Emergency Health Services as Health Care Providers. (From left to right) Walter Paul, Pam Wilson, Lawry Dingwall, Courtney Harrop, Byron Harry and Tyrone Wilson. Not pictured are Trisha Wilson and Kyle George.

### Free Fire Extinguisher/smoke alarms installation program in Tla'amin

The effort is primarily sponsored by FNESS and involves mounting an extinguisher in every home, checking smoke alarms, installing more if needed and giving residents a fire safety guide. We ensure dryer vents are clear and offer advice on the safe operation of woodstoves. To date, we've installed about 70-extinguishers and well over 100- smoke/CO detectors.

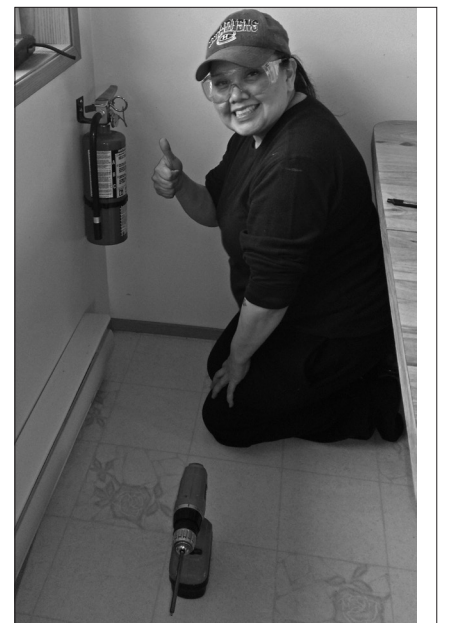
The Tla'amin Fire Department is actively seeking new members to join the team. We practice on Tuesdays at 7 pm. If you have any questions about joining or the fire and smoke alarm program contact:

**Jim Armstrong, Fire Chief**  
**Tla'amin Fire Department**

Cell (604) 344-0324

Office (604) 483-9646 (extension 136)

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



# Let's Talk Trash.ca

WHAT IS WASTE?

## Upcycled Fashion



Do you have rips in your jeans? Stains on your favourite t-shirt? More dated neckties than you know what to do with? Some would see this as the appropriate time to donate these items to the local thrift store, cut them up for reuse as rags, or even retire them to the landfill. If you suggested this to a fibre artist, you may, however, hear an audible gasp at such a wasteful thought. Especially if the textiles in question are made of natural fibres like wool, cashmere, silk or linen - these are like

be upcycled into a patch work wool skirt with a little patience and a ball of thread. An out-of-fashion cashmere sweater can be cut and the arms turned into funky leg warmers.

The value of upcycling textiles is being recognized on a large scale these days. Airlines updating their interiors are having their leather seats upcycled into handbags that fetch a steep asking price, and car companies are seeing their outmoded seatbelts made into wallets and belts. There is a solid business case for upcycled goods.

Canadians landfill 15 – 20 pounds of clothing per person each year, so it's great to know that there may be a detour route to the landfill through a clothing boutique. And, with the fashion industry being reported as the second most polluting industry in the world, we can find even more motivation to buy reused textiles that are already in circulation, rather than buying new. Thrift store shopping and clothing swaps are great alternatives as well.

If you're looking for inspiration to get upcycling yourself, check out 'upcycled clothing' on Pinterest or do a Google image search. You'll see amazing local examples of how old textiles can be infused with new life. Happy crafting!



Abby McLennan (Let's Talk Trash team member) wearing an outfit she upcycled from wool sweaters and holding a handbag someone else made from crocheted plastic bags.

gold to the creative mind of a textile upcycler.

We're all familiar with recycling, but what exactly is upcycling? Essentially, it's when something has value added to it when it is recycled into something new. Old wool suits can



SUMMARY OF RCMP CALLS FOR SERVICE FOR: January 2018 / February 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.



Powell River RCMP Non-Emergency (604)485-6255

In Case of Emergency Call 911

JAN 22	HWY 101	Police responded to a report of an impaired driver. Driver located and issued 24 hour driving prohibition
JAN 23	SALISH DR	Police responded to an alarm.
JAN 24	KLAHANIE DR	Police responded to a threats complaint.
JAN 26	RIVER RD	Police responded to a family disturbance.
JAN 31	SALISH DR	Police responded to a report of possible trespassing at night. Patrols made in the area, but Police unable to locate any suspicious people.
FEB 01	KLAHANIE DR	Police responded to a mischief complaint.
FEB 03	HARWOOD DR	Police responded to a request to check the welfare of an intoxicated female.
FEB 03	HARWOOD DR	While attending another call, Police located an intoxicated male passed out on the side of the road. Police stayed with him until he could be assessed by EHS.
FEB 05	RIVER RD	Police responded to a request for assistance in family matter.
FEB 07	KLAHANIE DR	Police responded to an abandoned 911.
FEB 17	EAGLE DR	Police responded to a disturbance. As a result, one person was arrested for being intoxicated in public and lodged in cells.

### MONTHLY SAFETY TIP



### Distracted Driving

**No call, text or email** is so important it's worth risking your life. Let calls go to voicemail and ignore your text messages while driving.

**Turn it off and put it out of sight** to avoid the temptation to check your phone.

**Assign a designated texter.** Ask your passengers to make or receive calls and texts for you.



**Pull over to make or receive a call** when it's safe to do so.

**Don't use your cellphone at a red light.** The law applies whenever you're in control of the vehicle, whether stopped at a red light or in bumper-to-bumper traffic.

**Choose to activate 'Do Not Disturb While Driving' feature,** coming soon for iPhone users.



Winter Wellness Day challenged a fitness test of 5 kilometers on February 9th

# Community Watch And Awareness

Denise Smith  
Lands Manager

## Harvesting from contaminated beach:

It has come to our attention again that there have been foreign visitors harvesting oysters and clams off of the beach in front of our community. We all know that the shellfish from these beaches are contaminated. We have put in signs to notify the public that there is no harvesting due to contamination.

We would like to ask you, the community, to please keep your eyes open and to report if you see such activity. Please take a license plate number, vehicle description, how many people, etc. Also, please report this to the Administration office – Gerry Galligos, Denise Smith, Cathy Galligos or anyone in the Fisheries Department. This harvesting is absolutely not allowed and we are trying to put a stop to it. Fisheries and Oceans is aware and will investigate any reports.

## Woodcutting:

Reminder that anyone wishing to get firewood



must have a permit from the Tla'amin Lands office. You can fill in your form at the front desk. Cutting trees down is not permitted – only dead and down trees may be harvested. Selling firewood is not allowed at all. We are also checking to see if you have a woodstove when you request a permit. We only grant permits for wood to heat your house – not for firepits, etc. If you need to send someone to get your wood for you, we can put their name on the permit. If you think you observe someone illegally harvesting firewood, please report it to our office. We appreciate your cooperation.

## Garbage:

Reminder that the garbage bins located in our community are for Tla'amin community members only. We have had reports of others dumping their garbage in these bins and have followed up. If you observe this, please get a license plate number and report to our office – we will follow up. We have also had reports of people dumping garbage on our lands – if you see this, please report it to our office and we will have the authorities follow up.

## Resumes:

We will be getting busy through the Spring and Summer months. We ask that you bring in your updated resume (with a valid and working phone number). You must be in good standing with the Nation to be hired. If you have a Driver's license, you will need to provide a driver's abstract – if we hire you as a driver.

# Prawn Fisherperson Deckhand Posting



Tla'amin Nation is seeking resumes from qualified and experienced prawn fisher persons to work as a Deckhand on the Tla'amin Nahmint Raider.

- One Deckhand position
- Wage per day to be determined
- Length of Position: April 16<sup>th</sup> to May 4<sup>th</sup> (Prep work) and then early May and for the duration of the Prawn Season.

## Qualifications:

- Experience as a Prawn Fisher Deckhand (Mandatory experience)
- Deckhand certifications (MED-A3, Radio Operator's certificates, SVOP)
- Basic First Aid (Recommended but not required)

Successful candidate will need to obtain the Fish Harvester Registration Card

**Deadline to submit resume/letter: Friday, March 16, 2018 – 4:00pm**

Submit Resume/Letter/Certificates to:

Attention:  
Jessie Peters, HR Manger  
[hr@tn-bc.ca](mailto:hr@tn-bc.ca)  
or deliver to 4779 Klahanie Road

# Winter Wellness Challenge



Top left: Jamie and Noreen, Top Right: Pat and granddaughter receive free shirt and bandana  
Bottom middle: Trista and Sandra



A group of chiy chuy took advantage of the Pro-D Day to exercise



Pat Galligos shows his granddaughter he can keep up with her

# Tla'amin Nation Executive Council Minutes

January 24, 2018

Council Chambers, Governance House

**Attendance:** All Executive Council, Brian Hackett, Legislator

**Resource:** Rod Allan, Losa Luaifoa

**Guests:** Ann Paul, Alisha Point, Alex Hugenschmidt, Beth Harry (teleconference), Kristi Thiele (teleconference)

**A. CALL TO ORDER:** Hegus Williams called the meeting to order at 10:06 AM.

**B. APPROVAL OF MINUTES:** January 10, 2018 Minutes

*Moved by Tyrone Wilson  
Seconded by John Hackett*

**Motion to temporary adjourn the regular Executive Council at 10:14 AM.**

*Moved by Lori Wilson  
Seconded by Tyrone Wilson*

**C. LEGISLATIVE ASSEMBLY:** Executive Council Resolution #02/2018 was passed to call the Legislative Assembly in session.

*Moved by John Hackett  
Seconded by Lori Wilson*

Executive Council resumed at 11:03 AM.

**D. ADOPTION OF AGENDA:** Motion to adopt the Executive Council agenda as amended.

*Moved by John Hackett  
Seconded by Tyrone Wilson*

**E. PRESENTATIONS:**

**1. Qaməs ʔəms tala Settlement Trust – 1:00 PM**

The following items for discussion were proposed: A) Absence of Trustee, B) Tla'amin Nation General Assembly and C) Letter dated January 4, 2018 from the Trustees.

A) Executive Council (EC) inquired about the absenteeism of one of the Trustees. It was noted that a six month Leave of Absence was granted for the Trustee. The Chief Administrative Officer (CAO) encouraged that EC be updated when there is a change in Trustees.

B) The Trustees confirmed that an information table will be set up at the General Assembly on February 10, 2018 and someone will be on hand to take questions.

C) In regards to the policy changes referenced in the letter from the Trustees dated January 4, 2018, it was advised that an update on the changes to the Trust policy will be provided at the General Assembly. The Trustees advised that a website will be developed to provide general information about the Trust, updates and potential success stories.



**The Trustees provided the following responses to questions from EC:**

- Successful applicants are required to sign a Contribution Agreement which outlines the specific details of how the funds are to be used and the reporting requirements.
- In order to extend the life of the fund to benefit as many citizens as possible over the years, a cap has been placed on disbursements each year.
- Funding is dispersed twice a year – April and October. If all the applications from the first intake are successful, the second intake may be cancelled until the following year.
- The Compliance Audit was completed for the Trust and it was reported that it is in compliance with the Trust Deed and trust laws in Canada. EC will be forwarded a copy of the audit.

**F. NEW BUSINESS:**

**1. Administration & Finance:**

- TNO-EC 01/2018 – Approval to increase the Corporate MasterCard limit. The Order was endorsed by EC.

*Moved by Lori Wilson  
Seconded by Tyrone Wilson*

- Future Dividends – EC discussed future dividends for the Nation and resolved that the following dividends: Healthy Living, Post-Secondary and Christmas will remain status quo for 2018/2019.

**2. Culture:** Hegus Williams advised EC that a request to display the Hehewshin canoe at the Powell River Library was received. EC raised concerns regarding transportation of the canoe and potential vandalism to the canoe at the library. EC is not in support of relocating the canoe.

**3. Education:** Councillor Louie requested confirmation that the \$250 dividend from Tla'amin Nation to graduating students is also available to off-reserve students. It was advised that the funding is available to off-reserve students to assist with graduation costs. It was further noted that recipients of the \$250 must be receiving the Dogwood diploma and not short any credits to graduate to be eligible for the funds.

**4. Elders & Youth:** Hegus Williams advised that a smaller canoe will be named on January 29, 2018 at 4:30 pm at the Salish Centre.

Councillor Louie reported that he attended the Elders luncheon with Councillors L. Wilson and T. Wilson and received concerns of storm run-off building up, sewer issues and ditches being blocked with debris causing water to overflow.

**5. Emergency Services:** Hegus Williams reported that the funding proposal submitted to UBCM in November, 2017 on behalf of Tla'amin was successful. The funding is to enhance infrastructure at the Salish Center as it is the designated evacuation centre in case of a state of emergency.

**6. Environment:** Hegus Williams reported that La-Farge has a new Manager and suggested that the group be invited to attend an upcoming EC meeting to introduce the new Manager and review the Environmental Management Assessment permit.

**7. Fisheries & Hatchery:** Hegus Williams advised that the canning of the fish is ongoing.

**8. Forestry:** It was reported that Tla'amin Lake Contracting and Pa-aje Silviculture Services passed the WorkSafe BC audits. Tla'amin was randomly selected to be audited.

**9. Housing:** Hegus Williams declared a conflict of interest and abstained from the discussion regarding TNO-EC 02/2018 – Approval of Colton Williams Mortgage Guarantee. The Order was endorsed by EC.

*Moved by Lori Wilson  
Seconded by John Hackett*

## Tla'amin Nation Executive Council Minutes

January 24th, 2018  
Council Chambers,  
Governance House

**10. Lands:** Hegus Williams advised EC that the Lands Department budgeted \$50k for the Public Works Yard building and is seeking approval for the monies to be used for the rental costs of a rock crusher instead. The rock crusher will produce rock that is required for the Works Yard building preparation.

EC endorsed the \$50k budget amendment to be utilized to cover the rental costs of a rock crusher.

**11. Public Works:** Hegus Williams reported that the installation of the larger pumps at the Sewer is ongoing and the workers are currently laying the pipe and installing the wiring.

### G. HOUSE POSTS

**Lands & Resources** – Councillor L. Wilson reported that the Department of Fisheries and Ocean (DFO) is interested in conducting a survey during the herring season. Testing is proposed to occur once a week for a six-week period. DFO will cover the cost of fuel for the boat used to conduct the survey. EC discussed the planned survey and inquired about the intent of the survey. EC noted that TN is able to conduct a study to collect data if needed. Councillor L. Wilson advised that the survey will help determine what is going on in the ocean front waters with the habitat. Additional information will be available at the Joint Fisheries meeting at the Governance Building on January 25, 2018.

Councillor L. Wilson noted that through the Treaty, Tla'amin Nation was allocated sockeye, shellfish and herring. The Nation needs to exercise those treaty rights and refuse to allow cruise ships to discharge waste in Tla'amin waters.

- The Lands Department plans to trench a ditch parallel to Klahanie to manage the water.
- The Nation will be exploring potential projects with BA Blacktop.
- It was noted that a communal fridge would be beneficial for the community hunters to hang their catches.
- Community culverts are plugged up with garbage and debris. The CAO will discuss with the Acting Manager of Capital & Infrastructure and the Lands Manager to coordinate with Village Maintenance a plan to clear the debris.
- The next House Post Meeting for Lands & Resources is February 26, 2018 @ 9:30 am.

**Finance** Councillor Hackett reported that a meeting is scheduled for January 26, 2018 to discuss Capital budgeting for Tla'amin. All Managers will present their planned purchases for the next 5 years within their departments. Once complete, the proposed budget will be presented to the Finance Committee for review and then EC for approval.

Operating budgets will be scheduled individually starting the first week of February.

The Finance Committee will meet on February 9, 2018. The agenda will be: Q3 Review and End of Year forecast; List of un-budgeted major Capital Expenses for 2017/2018; and Budget Development Process

and Financial Committee Review Opportunities.

**Community Services** – Councillor L. Louie reported that the Community Service Post meeting has been cancelled for February 6, 2018 with the intent to re-schedule for the end of the month.

**Public Works** – Councillor T. Wilson advised that the draft Residential Tenancy Law will be distributed to the Housing Committee for review and feedback.

The Air Brakes course was completed successfully by all 12 participants.

EC discussed the provincial program - First Nations Emergency Services (FNES) and suggested Tla'amin be connected with the organization. Councillor T. Wilson advised that the Fire Chief accessed the fire extinguishers for the community through the FNES.

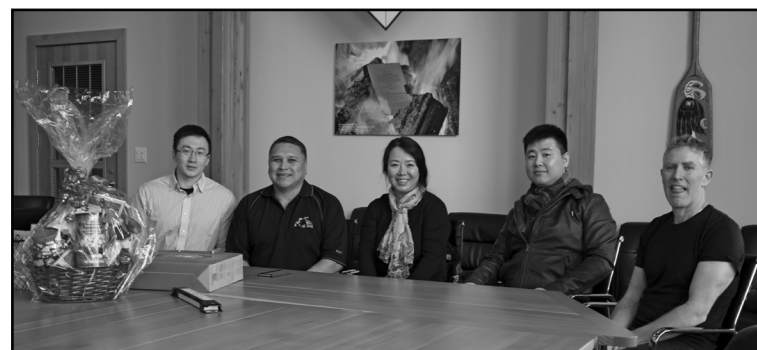
**Economic Development** – Hegus Williams reported that a log was donated for the welcome figure carving for Westview Elementary.

- Attended a meeting with PORALU Marine to discuss new wharfs and the materials they are made of.
- PRSC and the City of Powell River met with Tla'amin representatives to discuss dissolution of the PRSC and to review the property appraisal that the City had funded.
- Jason Law is the new Operations Manager Assistant and will report to Chris Roddan.

### H. HEGUS' REPORT

Meetings/events attended in January:

1. **Prawn Bid review** - January 12, 2018.
  2. **Modern treaty nations gathering at BCTC (and brief meeting with BCTC).**
  3. **DISC Joint Gathering** – January 16 to 18, 2018.
  4. **Klahoose meeting** – January 22, 2018 to review the draft Harvesting Area and Communication protocol from December 10, 2012. Suggested amendments were made as a group. Geoduck licensing concerns was also discussed.
  5. **The Implementation Committee** met and discussed the following: In Good Standing policy, Health Decision-maker policy, sections of the Administration & Financial Manual such as Violence in the Workplace and Human Resources sections; and, mortgage guarantee pieces.
- **Fred Chinn has resigned from Catalyst** and expressed interest to remain on the Tla'amin



Hummingbird Cove representatives visited on Chinese New Year - Year of the Dog

Management Services Board. There were no concerns from EC regarding Mr. Chinn remaining on the board.

- A request by a Tla'amin citizen to book the two canoes for a wedding on August 11, 2018 was approved.
- The Regional District is requesting to meet re: Regional Recreation discussions.
- The Tribal Journey 2020 meeting scheduled for January 19, 2018 was cancelled (due to the weather and ferry cancellations) and re-scheduled.

### I. OTHER BUSINESS

**1. Powell River Logger Sports** – Request for Sponsorship.

EC resolved that the request for sponsorship be referred to Thichum Forestry Products.

#### 2. Powell River Social Planning Program Report

The CAO advised that the City of Powell River and the Regional District are seeking input from the Tla'amin EC regarding the draft Social Planning Report previously distributed to EC. It was resolved that this item be tabled and EC is to review the report and provide feedback at a later Council date.

**3. Staff Christmas Party** - EC confirmed the date for the Tla'amin Nation staff party for Friday, December 14, 2018.

**4. LNG Project** – Steelhead Presentation – EC was requested to provide a response of next steps for the LNG Project presentation.

EC resolved that Steelhead and other appropriate representatives be invited to present to all of the Legislators at the February 21, 2018 meeting.

### ADJOURNMENT

*Moved by John Hackett  
Seconded by Lori Wilson*

Meeting adjourned at 2:30 pm. The next EC meeting is Wednesday, February 7, 2018 at 10:00 am.

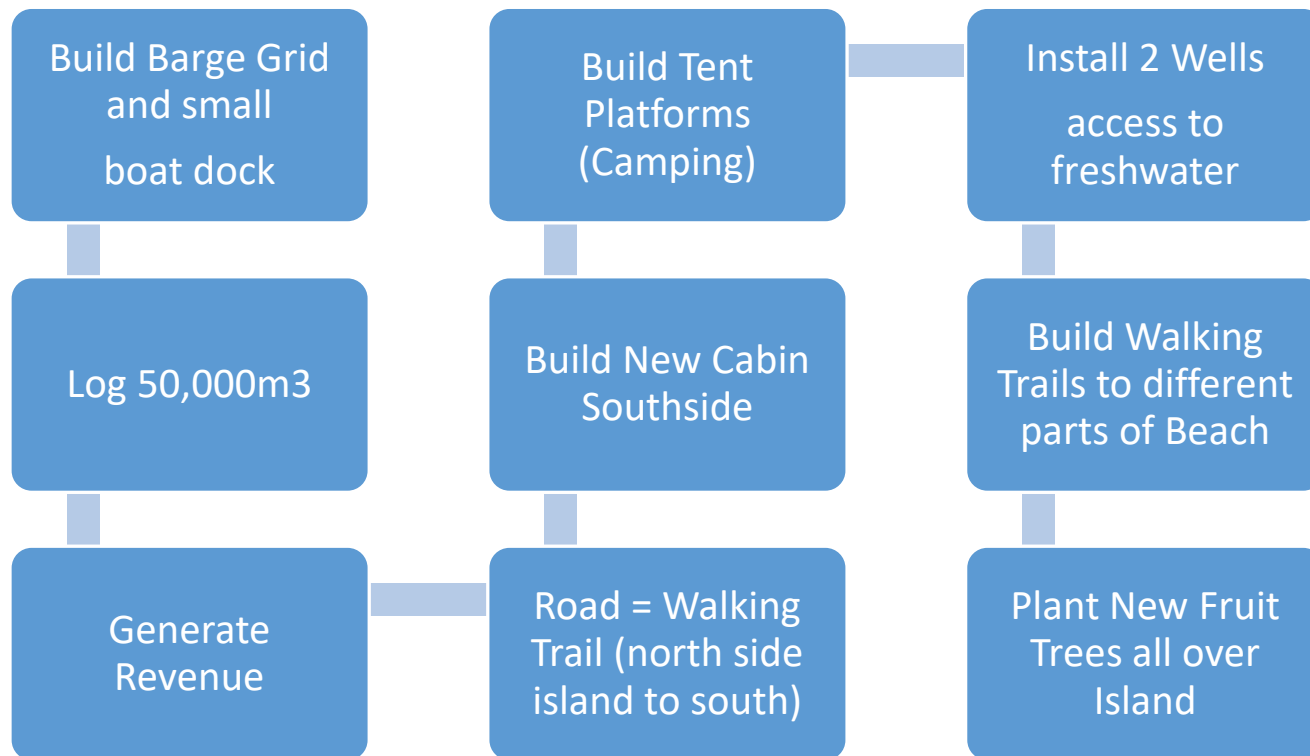


# Open House

## Planning for Harwood Island



Wednesday March 14th, 2018  
 3:00 pm - 6:00 pm  
 Tla'amin Government House  
 Community Room

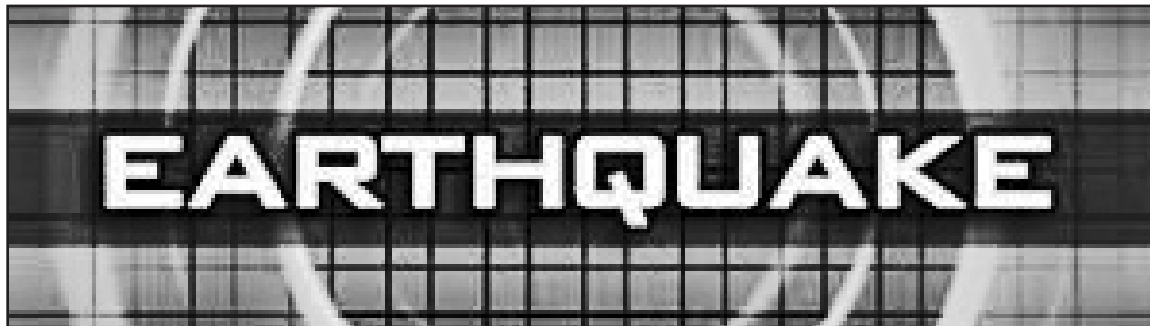


Come out to the Open House about Harwood Island (Ahgykson) to learn what we are proposing and why. We would like to do a harvest on the mature alder, cedar and fir on Harwood Island, replant and develop some walking trails, build some tent platforms to camp, build another cabin on the south side and plant many more fruit trees.

- View Maps**
- Provide Comments**
- Talk about the Benefits**
- Snacks**

# Emergency Preparedness

## Top 10 Hazards in B.C.



Hazards vary depending on where you live. Knowing which ones you face will influence how you prepare. Familiarize yourself with the ones that could occur in your area by contacting your local authority for more information.

### 1. Earthquakes

2. Tsunamis
3. Floods
4. Landslides
5. Avalanches
6. Severe Weather
7. Power Outages
8. Hazardous Material Spills
9. Wildfires
10. Disease Outbreaks

You can also check out this map of regional districts and check which ones you are most encouraged to prepare for.

### Earthquakes

B.C. is considered a high-risk earthquake zone, so be prepared to be on your own for a minimum of 72 hours by developing a household plan, putting together your emergency kit and connecting with your neighbours. By planning ahead and practicing drills, you and your family will know what to do.

### Earthquake Preparedness

During an earthquake... drop, cover and hold on. If you are inside, stay inside. DO NOT run outside or to other rooms during shaking.

**DROP** down onto your hands and knees (before the earthquake knocks you down). This position protects you from falling, but allows you to still move if necessary.

**COVER** your head and neck (and your entire body if possible) under a sturdy table or desk. If there is no shelter nearby, only then should you get down near an interior wall (or next to low-lying furniture that won't fall on you), and cover your head and neck with your arms and hands.

**HOLD ON** to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

### What do I do if...

#### I'm in a wheelchair?

Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.

I'm in bed?

Hold on and stay there, protecting your head with a pillow or blanket. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

#### I'm in a high-rise?

Immediately drop, cover and hold on. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

#### I'm in a stadium or theatre?

Stay at your seat or drop to the floor between rows and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly, watching for anything that could fall in the aftershocks.

#### I'm in a store?

Immediately drop cover and hold on. If you must move to get away from heavy items on high shelves, drop to the ground first and crawl only the shortest distance necessary.

#### I'm outside?

Move to a clear area if you can safely do so; avoid buildings, power lines, trees, signs, vehicles and other hazards.

#### I'm driving?

Pull over to the side of the road, stop and set the handbrake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

#### I'm near the shore or on the beach?

Drop, cover, and hold on until the shaking stops. If the shaking is severe and you are in a tsunami risk area, immediately evacuate to high ground. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

Information provided by Earthquake Country Alliance.

#### After the Shaking Stops

When an earthquake is over, it's important to stay calm and move cautiously, checking for unstable objects and other hazards above and around you. If you are injured, treat yourself first and then assist others. Also, be aware of the potential for aftershocks - and continue to drop, cover and hold on if you feel them.

Do not call 9-1-1 unless a life is at stake.

## Fentanyl Information

Opioids are a kind of drug that include fentanyl, morphine, heroin, methadone and oxycodone. These types of drugs are often prescribed for pain relief, but can have fatal consequences when taken incorrectly or recreationally. Overdoses occur when you take in more opioids than your body can handle. This can cause you to lose control of your breathing, and you may lose consciousness. With slower breathing, there is less oxygen that gets to your blood, which can lead to brain damage, cardiac arrest or death.

Fentanyl is a lot more powerful than other opioids, which makes the risk of accidental overdose much higher. It is roughly 50 to 100 times more potent than morphine. A significant amount of the drugs that have been seized by Police in Powell River and Tla'amin contain fentanyl. People may be taking fentanyl and putting themselves at risk without even knowing it.

#### These are some of the signs of overdoses:

- Loss of consciousness
- Unresponsive to outside stimulus
- Awake, but unable to talk
- Breathing is very slow and shallow, erratic, or has stopped
- For lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen.
- Choking sounds, or a snore-like gurgling noise (sometimes called the "death rattle")
- Vomiting
- Body is very limp
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black
- Pulse (heartbeat) is slow, erratic, or not there at all



If you see someone who you believe has overdosed, it is important to call 911 right away. Police, fire and ambulance are there to help you and the primary focus will always be to save that person's life.

If you feel that you need to speak to someone, please contact Tla'amin Health and they can put you in touch with someone who can help.

## Easter Weekend March 30th - April 2nd



# ANNOUNCEMENTS



**Happy 9th Birthday**  
to special grandson Easton  
Marriott on February 28,  
love you, your family



**Happy 9th Birthday**  
**Makaela**  
**March 5th**

You're as beautiful as a butterfly  
with wings of gold,  
We are wishing you a day filled with  
more happiness than any  
birthday can hold!  
Happy Birthday to you,  
sweet little Makaela!

**Love, your Family**



**Happy 14th Birthday**  
to a special grandson  
Dion Harry, on March  
16, love you, love your  
family



**ISPARC**  
Indigenous Sport,  
Physical Activity & Recreation Council



## Announcing the 2018 BC Indigenous Rifle Shooting Camps

March 10-11, 2018 - Powell River

The Indigenous Sport, Physical Activity and Recreation Council (I-SPARC) is pleased to present these provincial athlete development camps in partnership with Tla'amin Nation, Shxw'owhamel First Nation, the Abbotsford Fish and Game Club, the Yellow Jackets Rifle Shooting Team & the BC Target Sports Association

Who: BC Indigenous Youth male and female ages 10-18. All levels welcome from beginners to experienced Rifle Shooting athletes.

### Camp Schedules:

Saturday: 8:00 AM - 3:30 PM  
Sunday: 8:30 AM-12:00 PM

Cost: FREE!!! Thanks to the support of the Province of BC, the fee to participate in the camp is FREE and includes lunch and snacks both days!

Community Hosts and Registration  
Links:

Tla'amin Nation, Powell River, March  
10-11, 2018:

Leslie Louie [lesie.louie@tn-bc.ca](mailto:lesie.louie@tn-bc.ca)

## 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



## Important notice about DOGS

Tla'amin Nation has received several complaints about various issues with the dogs in our Nation.

Please remember to respect your neighbours and community by taking responsibility for your dog(s).

Executive Council will continue to work on this ongoing problem and request your co-operation in helping keep our community safe.



## Tribal Journey Fundraiser

### Garage Sale & First Nations Craft Fair

**March 17th**  
**Tla'amin Salish Centre**  
**4885 Highway 101**  
**9:00 am - 2:00 pm**

Please join the Tla'amin canoe families as we prepare for our three week journey to Puyallup Washington

Household items  
Children's Clothing and Toys  
Adult Clothing  
Sweet Treats  
Local First Nations Arts & Crafts

The concession will be also serving coffee, tea, pop  
and Indian Taco's



**March 19 - 29**