



NEHMOTL "US"

July 2018

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

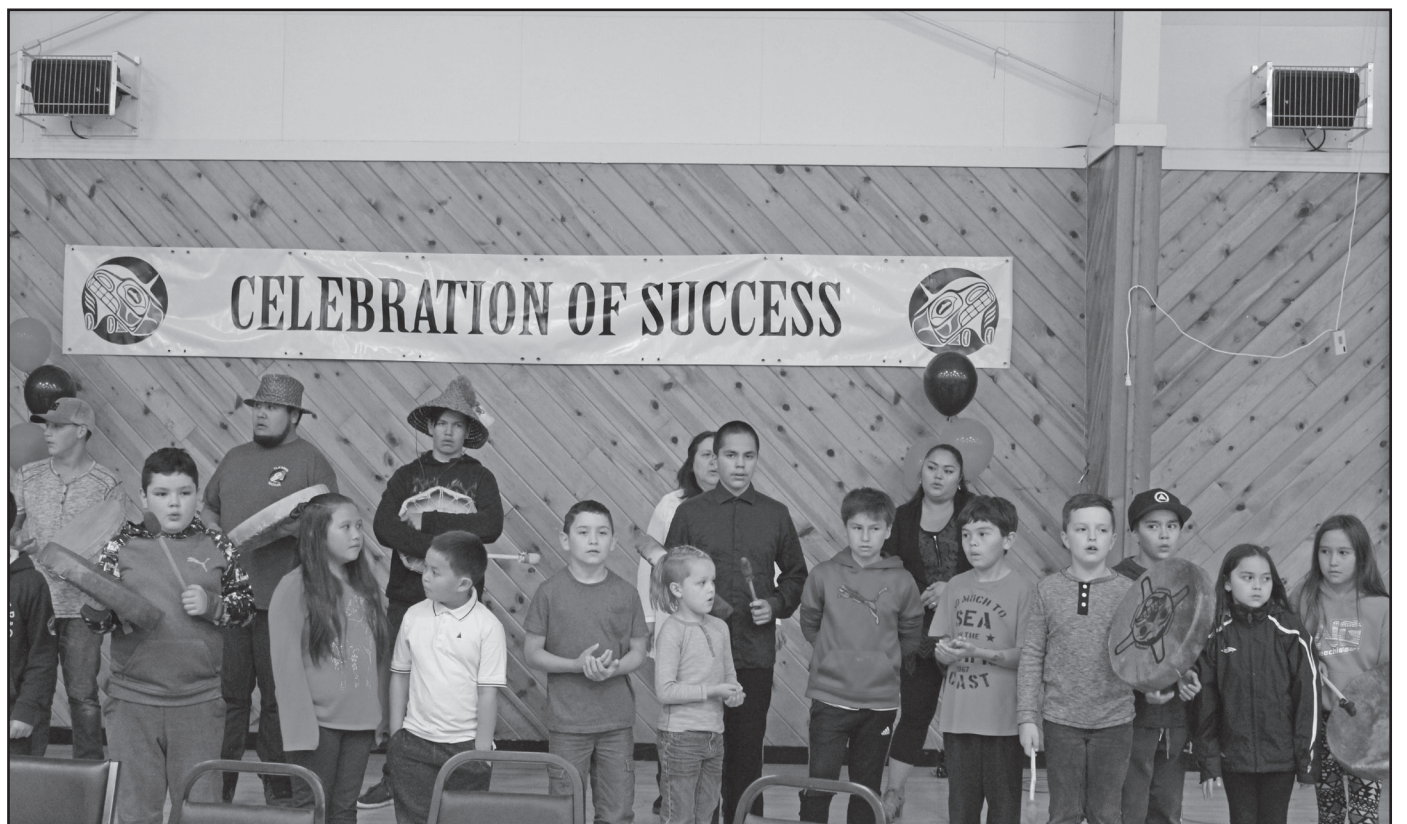
Tla'amin Students Recognized for their efforts in the School District

*By Steve Gallagher
Neh Motl Editor*

There is nothing more important than spending the evening with our youth celebrating their achievements, said Hegus Clint Williams. James Thomson students couldn't agree more as they eagerly opened the evening of celebration with a Tla'amin prayer song they had been practising over the past couple of years. Close to 200 family and friends showed their support and appreciation for all of our students.

Member of the legislature Denise Smith welcomed everyone who set aside their evening to celebrate with their family. "Your community is really proud of you for all of your hard work and it's really important for you to have an education not to just to work here in our community, but anywhere in the world. I think you have a really good support system here between Tla'amin and in the School District. It's really good to see our culture being embraced and supported in the school system. This is a very different time from when our parents went to school, and in general for Canada and Indigenous people. I am really proud to see that relationships are being formed with the School District, parents and families and social clubs. For the parents I would like to say, "Good job" I know it's not easy getting the kids out the door and keeping them away from all the distractions that interrupt their education. We have had a lot of successes in our community and keep up the good work."

Rob Perreault is the District Principle with the School District.



Celebrating another successful school year is our next generation of leaders and role models

"June is such a busy month and there are two events that come to mind and tonight is one of them. As a community we gather together to set goals for ourselves and as families. When I look around the room at the students that I know, the successes this year is definitely something that is worth celebrating. It is an honour to have your children in our schools every day, and it's a commitment that we take on at the School District very seriously."

Guest Speaker Jeannie Louie was happy to be home and especially to be born and raised in Tla'amin territory. "Congratulations to all the students and for all of your successes. We all can't wait to see what your future holds for you. To all the parents, this is your

accomplishment too. To all the elders, educators and leaders I raise my hands in respect to all of you."

"Two days ago, I graduated from the University of the Fraser Valley with a Bachelor of Arts and I have been accepted into the Teachers Education Program in August. To the students who are graduates or reaching high school age, I encourage you to really soul search what inspires your spirit and drives your passion. For some of you it may be university and for others it may be trades. I challenge all the students to find their educational path that will be the foundation for the rest of your lives. I challenge you to strive to all that you can be."

Sherry Mattice works at VIU

and runs a program that helps students get off the wait list and graduate from the University. Recognized were students Elisha Dominic, Kyle McGee and Stewart Smith with a paddle presentation who were unable to attend the ceremony on Vancouver Island.

Tyler Peters just finished his first year working with the School District. The establishment of the First Nations Leadership Group at Brooks challenged Tyler to recruit Tla'amin students to give up their lunch every other week. He looked to his nieces to help get the group started and then ultimately the group evolved to nine people.

*Tla'amin Students
(Continued on page 5)*

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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



Enjoy your retirement Bud!

Lands & Resources House Post

By Lori Wilson

- On May 26 we held a Legislative Assembly at our Salish Centre to present our Finance Budget Report. We were able to provide a travel allowance for Tla'amin members to come home and attend. The travel allowance benefit wasn't abused so we will be able to continue this offer for our Fall Legislative Assembly. We added onto the end of the Legislative Assembly a Lands & Resources Open House.
- On June 8 & 9 we held Community meetings in Vancouver and Victoria to share Treaty implementation processes that we have been working on in Lands & Resources and Housing departments. To name a few highlights: our Harvest-Citizenship cards have been changed from annual renewal to 5 year expiry dates; update on process for home & residential lot ownership post Treaty effective date; information on Will & Estate pre-Treaty (Federal Indian Act Reserve Land) to post-Treaty (Restricted Fee Simple Private Land); proposed Tla'amin Nation Residential Tenancy Act; and Housing renovations update. Each Community meeting had a Question & Answer period at the end which allowed our Nation members to ask questions about the presentation from Lands & Housing, general implementation of our Treaty, and more importantly community members were able to voice their concerns about what they foresee as potential struggles moving into our commitments as a self-government. There will be more community sessions as we progress through our first years of self-government.
- There is benefit getting your Tla'amin home ownership & residential land title registered in the BC Land Title Office. For example, equity at the bank for being a land & home owner. If you would like to know more information please call the Lands Dept.
- If you had a Will pre-Treaty then post-Treaty it is invalid now because our land is not federal and under Indian Act jurisdiction. Our land classification has changed to private



land, Tla'amin restricted fee-simple, therefore if you have a Will then it has to be updated to reflect this change of land title. For example, if you are planning to leave your house and residential lot to a family member in your Will. We have Will Kits available at the Lands Dept for you.

- Firewood permits on Tla'amin lands will not be available until the Fall. We are ceasing firewood permits until after summer because of wildfire hazard.
- Since Treaty effective date we have logged two cutblocks, i.e. one cutblock per year. We have just finished logging our second cutblock in April. I would like to develop a 3-Year operational plan that complements our zoning plans for our Westview (i.e. operational planning for Year 1) and Cranberry (i.e. operational planning for Year 2) parcels of our Treaty Settlement Lands. And, in the interest of soil conservation and forest health I would like to do some land restoration on Harwood Island (i.e. operational planning for Year 3) because Harwood Island needs preventive measures against

climate change. For example, at the west side of the Spit on Harwood Island there is soil erosion from the strong wind event in the winter of 2007 and if you go there you can see the bank of trees that sloughed off onto the beach. For example, one of the media's news story from this wind storm event were trees that were blown down at Stanley Park. This sloughing and bank failure is from unstable soils. There will likely be more soil erosion on Harwood Island's edges in future strong wind events as we move through this trend of climate change. From a forest ecology perspective, the island is 55% Red Alder and Red Alder gives the soil less stability because of its short lifecycle (approx. 60-70 years lifecycle). Another trend from climate change is the ocean level rising and our high tides reaching higher water marks. With Harwood Island banks sloughing off from unstable soils and ocean levels rising at the same time, Harwood Island will be the first our lands to be negatively impacted from climate change. At a minimum I would

L&R Update
(Continued on page 3)

L&R Update

(Continued from page 2)

like to do a species conversion from Red Alders to plant Coastal Douglas Firs and Western Red Cedars. Firs and Cedars are tree species that provide soil stability from their long lifecycle, i.e. roots of Firs and Cedars can live in tact for hundreds and thousands of years. My priority for the future of Harwood Island is forest health, land restoration, preventive measures & mitigation against climate change. One other option that has not been discussed is a forest carbon offsets project on Harwood Island. There are 4 types of forest carbon offset projects. A forest carbon offset project is committing an area of forest to be set aside to grow and sequester carbon for the long term.

- Stream cleaning & log jam removal from wind blow-down has been an annual project. During the Fish Works Window this summer this project will be active again for several weeks.
- New recreational trail from Tla'amin community to Sliammon Lake is still in progress and being constructed. The trail will be in a shape of a *figure 8* and the project is being led by Roy Francis and Eagle Walz. One end will begin across the highway from our Governance House and the other end will begin across the highway from Tla'amin Convenience Store/Sli City Grill.
- On June 19 I had a meeting with 4 DFO representatives and 2 Environment Canada representatives to ask questions and collect information on a "Discharge Free Zone" in ocean waters. Tseil-Waututh Nation has the Burrard Inlet Action Plan which has been active for 10 years in ocean protection of Burrard Inlet. I learned the *Canada Shipping Act* is the legislation that governs Regulated Discharges. Regulated Discharges are, for example Cruise Ships being allowed to discharge a certain diluted waste water into the ocean if they are a minimum 2km from the shoreline. I would like to look into the process of designating a Discharge Free Zone in our fishing area from our Treaty Agreement. I learned from this meeting that there is an opportunity for Government funding for an ocean protection plan project which I will follow up on. DFO and Environment Canada were very supportive and accommodating to my questions and Tla'amin Treaty Agreement interests.
- We received our allocation for our Nation's Elk harvest. We will reserve one Elk for our community freezer and 6 Elks will be available for our Nation's community Elk draw.

Friendly reminder to report your catch data for your harvest cards. We want to be responsible stewards of our lands and resources, and we need this data for our database.



Aboriginal Day in Lund

Tla'amin Nation 2018 Roosevelt Elk Allocation



Lee George harvesting elk at the hatchery

Tla'amin Nation (T.N.) 2018 Elk harvest allocation is a total of Seven (7) elk, the hunting areas are: Powell River/Haslam (3 bulls), Daniels River (2 bulls, 1 either sex) and Theodosia (1 bull). Please note that a compulsory inspection must be completed for each elk harvested. T.N. will retain one elk for ceremonial purposes, so the official draw will be for a total of six (6) elk for T.N. hunters. However hunters that are willing to volunteer to hunt for the community elk can enter their name into a separate draw if they choose to do so.

This year's elk allocation will be awarded out by a lottery style draw that will be conducted at the front reception area of the T.N. Gov't house located @ 4779 Klahanie road so that anyone who wishes to witness the draw may do so.

The requirements to enter the draw are as follows;

- Must be a Tla'amin Citizen or have a 554 status card
- You **MUST** be able to legally carry a fire arm which means that you must possess a valid Firearms Acquisition Certificate (F.A.C) card or a minimum of a valid Possession Only License (P.O.L).
- Entries for the draw will be accepted from July 01, 2018 to August 24, 2018 12:00PM (noon). The draw will be conducted immediately following the closing @ noon.
- Last year's draw winners that harvested an elk successfully will not be entered into this year's draw as agreed upon last year.

How to enter:

To enter you must provide a photo copy of your valid F.A.C or P.O.L card to the front desk of the Governance House located @ 4779 Klahanie drive, we will do the photo copying for you onsite. The photo copies of each eligible license received will be entered into the bin where the six (6) lucky winners will be selected, the community elk harvester will be selected in a separate draw of those who choose to volunteer. If you have any further questions;

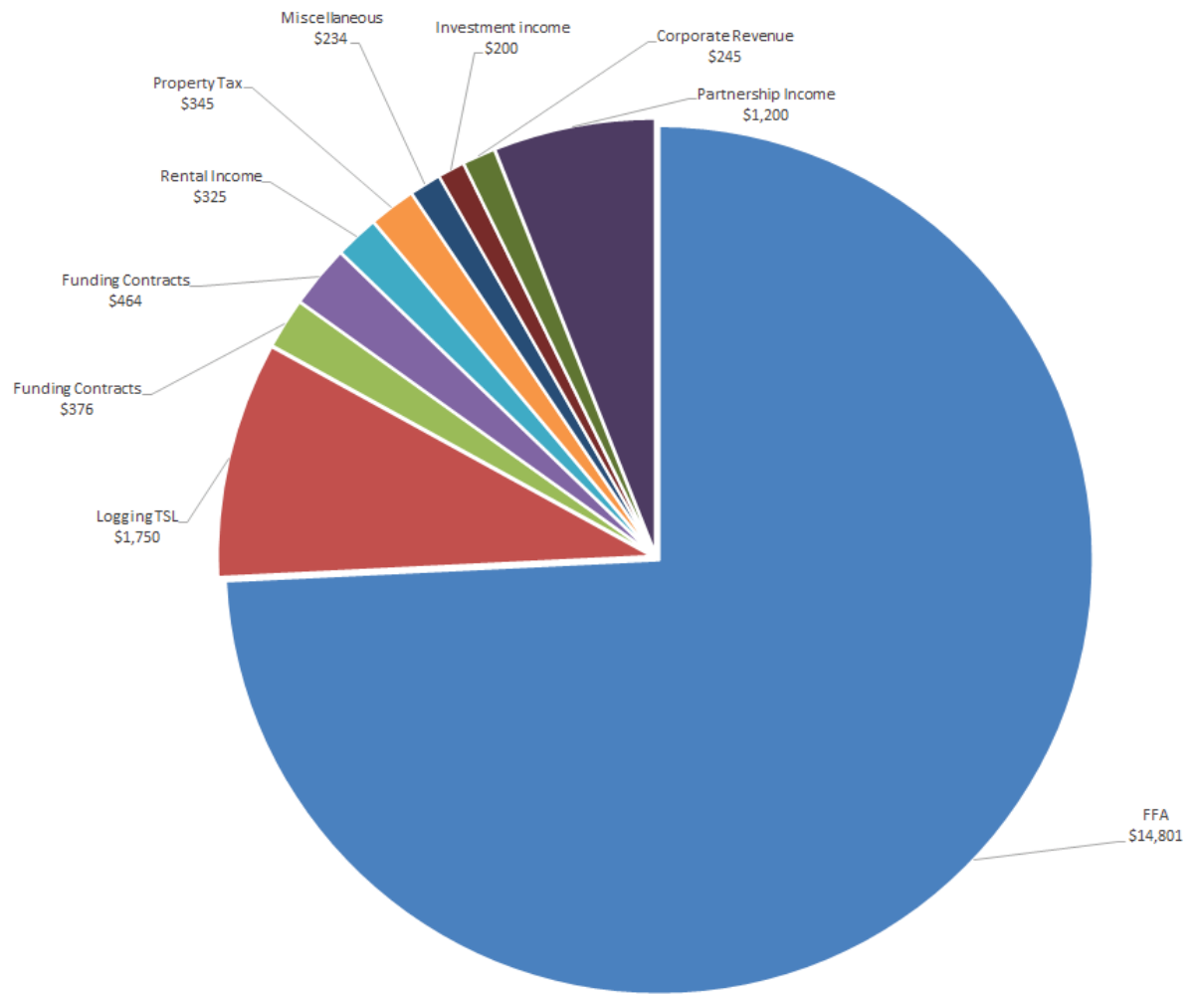
Please contact Clint Williams @ (604) 483-9646 extension 107, Cathy Galligos @ extension 119 or Lori Wilson @ extension 108.

General Assembly held to present the 2018/2019 budget, and more

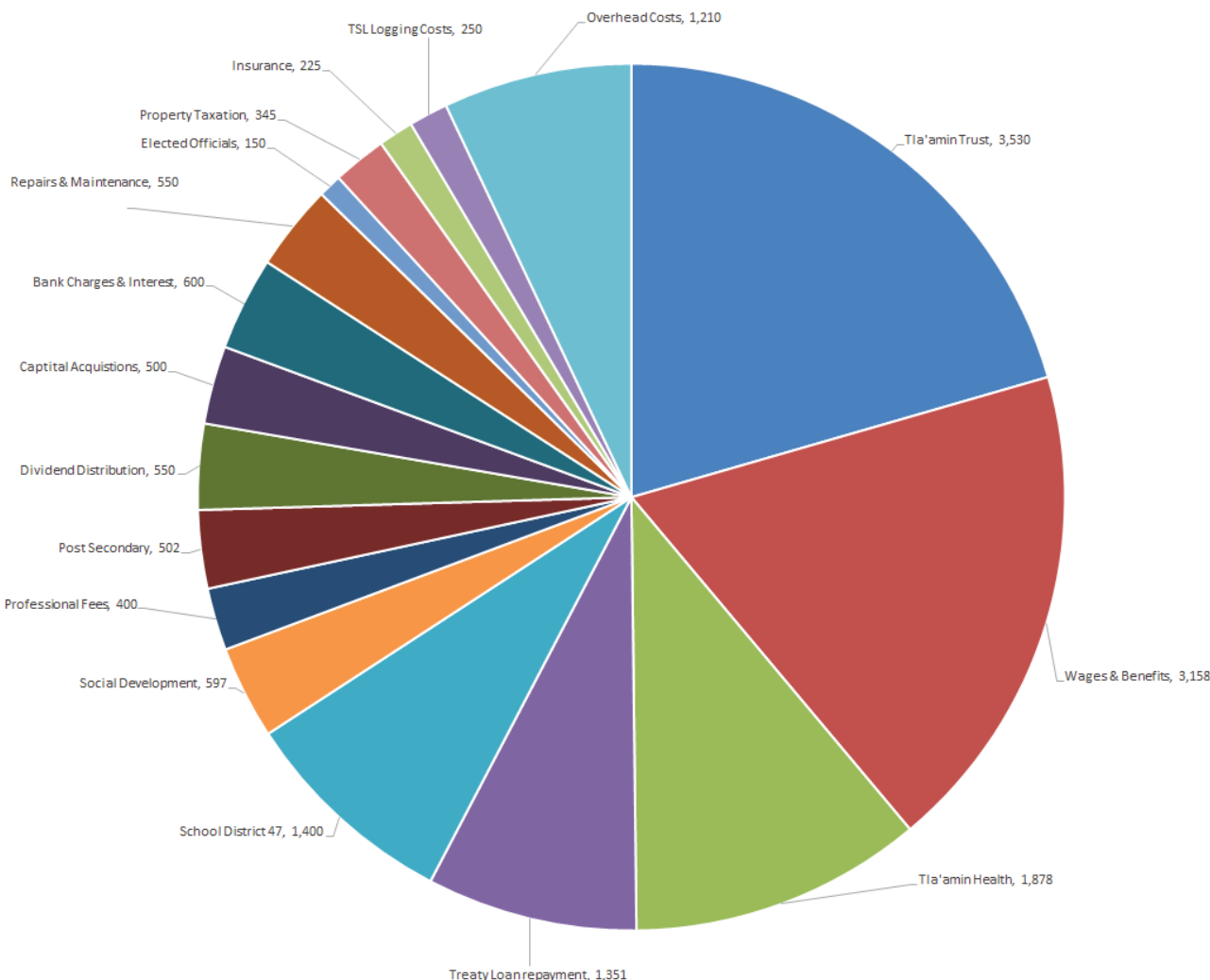
On Saturday, May 26, the spring General Assembly was held in the Salish Centre. Doors were opened at 9:30, and a number of staff were available for consultation on matters of interest to the community. These included Housing, regarding the proposed Residential Tenancy Law and Lands, regarding proposed plans for Ahgykson (Harwood Island). After a prayer and a welcome, a hot breakfast was served at 10:00. Hegus Williams provided an update before the budget presentation at 11:00, headed by Davis McKenzie, Chair of the Finance Committee. Some of the highlights from the capital budget presentation are:

- Construction of a public works yard is budgeted. This will secure the Nation's assets and allow for maintenance to be performed. \$250,000 for the year.
- Continuing towards connecting our wastewater to the City of Powell River's system. \$250,000 for the year.
- We continue to add to our vehicle fleet, with the purchase of a passenger van and at least one new truck planned for the year. \$220,000 for the year.
- A new playground for the waterfront area is budgeted for. It should be installed this summer. \$150,000
- A number of other important projects are also underway. Planned expenditures this year are:
 - Elders' facility study - \$50,000
 - Fitness equipment - \$35,000
 - Walking trails - \$25,000
 - Canoe shed - \$25,000
 - Salish Centre kitchen upgrades - \$20,000

Tla'amin Nation
2018/2019 Budgeted Revenue - \$19.9MM



Tla'amin Nation
2018 / 2019 Spending Budget - \$17.1MM



- Bus stop shelters - \$20,000
- Cold storage expansion - \$15,000

The operating budget presented for the year is shown in the pie charts.

The presentation also included a description of the Finance Committee – its members, role and mandate. Sources of revenue, safeguarding funds, asset purchase and sale policies and other finance related topics were presented for discussion, with ample opportunity for community members to ask questions and make suggestions. A number of excellent suggestions were made on various topics, all of which are being considered closely.

We will also be working towards a change in our Finance law to allow for earlier public input on the budget. We hope to have the changes in place for next year, so that community members can have their say long before the budget reaches final draft stage. Currently the law says that community input is to be received at the General Assembly, which is also when the budget is being presented for approval. This is thought by a number of us to be far too late in the process.

There was also a presentation by Chief Robert Dennis from huu ay aht First Nations on their Kwispaa LNG project, followed by an open house offered by our Lands department.

We hope that those who attended found the Assembly informative and worthwhile, and enjoyed the delicious breakfast/brunch. We also hope that those who did not attend this year will do so next year. Please watch the Neh Motl for an announcement about budget consultation early in 2019. Emote

Westview Elementary Unveils Latest Welcoming Pole



Head carver Ivan Rosypsyke and students brush the welcoming pole with cedar

By Steve Gallagher

Westview elementary school gathered near their entrance on June 13th to recognize the hard work by head Carver Ivan Rosypsyke and students and to unveil the Welcome Pole. This couldn't have taken place without the support of the Tla'amin and SD47. "The School District has a strong and harmonious relationship with the original people of this land. It wasn't too long ago that projects like these wouldn't have gotten off the ground, and it goes to show how strong we are when we work together with the same purpose in mind," expressed Tyler Peters who emceed the event.

This is not the first welcome pole that has been erected at one of schools here in Powell River and it won't be the last. There is one at James Thomson, VIU, and of course the one that was carved at Brooks Secondary last year.

What makes this pole unique is that it is the first welcome pole that is female. This welcome pole pays honour to our life givers, our mothers, grandmothers, aunts, and sisters alike. It helps bring balance to the figures that have come before it and it will continue to honour women in the years that come.

She faces the ocean as traditionally our people didn't have highways or roads. The ocean was our highway and canoes our vehicles. Welcome poles would let people know that the community was open to welcome them. Her duty now is to open up the school and let everyone know that they are welcome. Students, staff, and community for generations to come. She represents reconciliation for past mistakes, the strong connection between our communities, and the bright future we have as we continue to collaborate in the coming years.

Tla'amin Students (Continued from page 1)

The First Nations Leadership Group is an opportunity for Grades 10-12 to develop leadership skills and participate in workshops or events to help widen their horizons. There were opportunities to visit Camosun College and the University of Victoria and meet up with up with other Tla'amin students and learn about each campus and learn about what's available for services and programs.

Recognized for completing all the requirements for a scholarship were Kallie Harry, Gabriella Adams, Mala Peters, Brooke Peters, and Susan Silvey.



Grade 1



Grade 2



Grade 3



Grade 4



Grade 5



Grade 6



Grade 7



Grade 8



Grade 9



Grade 10



Grade 11



Guest Speaker Jeannie Louie

Tla'amin Management Services

Lands and Natural Resource Update

By Grace Adams
Lands and Natural Resource Manager

Happy World Cup to all the soccer fans out there enjoying the incredible games and cheering on their favourite teams - win or lose! I love learning how teams made it to the World Cup. It teaches you a lot about how you can apply these lessons learned to your everyday life.

Congratulations to the Grad Class of 2018 and their families for raising and protecting your children to be able to reach this milestone in their lives. Tla'amin Nation has so many long-term vision planning initiatives taking place, where we will be calling on the younger generation to implement these projects.

I really want to encourage those who continue to explore whatever future goals that you want to achieve, to choose a field you will tackle with passion and to make sure every day is challenging and fun. College, university and trades are not for everyone but there are so many other opportunities to explore.

A good old fashioned hard work ethic, a positive attitude, asking for help, as well as being supported, are foundational skills that will not let you down. Be sure to implement an effective stress release, whether its cultural, spiritual or physical, will help build resiliency.

Our ancestors practiced this in the past and we are reaping this today. We were known as champion soccer teams in the past and we can use all of this knowledge and apply it to our family and community. I hope you find your dream and chase it!

Land and Lot clearing in Klahanie subdivision

Work continues in Klahanie, clearing the lots while respecting the 100 meter buffer zone that surrounds the eagles nest. Currently one eagle can fly and the other is still trying to figure it out. The neighbors in Klahanie are incredibly protective of the eagles and the workers are carrying out their duties under the watchful eyes of many concerned citizens.

The parents of the eagles are keeping an even more watchful eye on their 2 young ones and the workers recently witnessed a hawk circle the nest, the eagle flew out and locked legs with them in an epic battle. It's so cool to witness the eagles growing and to prove the work being done to clear the lots has not disturbed the eagle's family.

Construction of three homes on Klahanie will begin as soon as building permits are issued. Craig Galligos (Hoss and Margaret's grandson) will be supervising the work crew on behalf of *Complete Construction Services*.

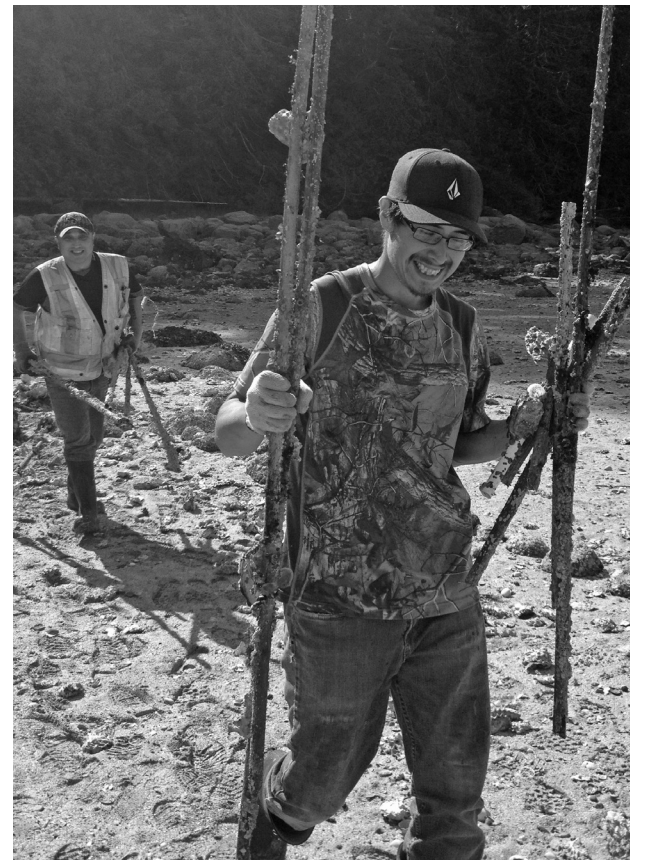
Oyster leases in Okeover

Tla'amin Management Services LP has begun beach cleanup on the oyster leases, with the intention to start seeding and growing oysters on the beaches and on a FLUPSY. The goal is to reopen the oyster plant in about 3 years and rebuild the dock and purchase a boat to reach the leases.

With the Nation's Enforcement officer diligently working, I am hopeful the poaching will be greatly reduced. If you are seriously interested in working with us please submit a resume to Tla'amin Management Services (formally Dev Corp).

We will offer competitive wages and plan to become leaders in the aquaculture industry. There have been many attempts over the last 30 years to get the aquaculture business up and running and I hope we have learned from the successes and failures of the past.

Emote



Please submit your resumes to Tla'amin Management Services if you would like to work on the Okeover oyster leases. Email info@tlaaminbusiness.com or drop off at our offices. Phone 604 483 4259 for more information.



These young eagles have been under careful supervision throughout the clearing of Klahanie (photo by Steve Gallagher)

Tribal Journeys 2018 Countdown

By Steve Gallagher
Neh Motl Editor

On July 17th the Tribal Journey 2018 experience will begin for the Tla'amin Nation. The Cheychlum Chi Chia will raise their flags and paddle side by side with our neighboring Klahoose First Nation on a two-week journey to Puyallup Washington. A feast with drumming and singing will be

and paddle on to North Vancouver the next day. Upon arrival, our Tla'amin canoe will be joined by Tsawwassen and Squamish First Nation canoe families. Every time a stop is made at a different nation our paddlers and crews are fed in exchange for a special gift that has been made by Tla'amin. This is the usual protocol during the journey with drumming and singing entertaining other nations.



held the evening before to send them on a safe journey.

In preparation for the Tribal Journey our youth have been taking some deep-sea paddle training with Klahoose to learn how to flip a canoe just in case things were to happen. Support boats will be following the canoes for the duration of the journey transporting extra paddlers to rotate on different legs of the journey.

The first day averages approximately 12 hours consisting of 43 nautical miles. This is the longest paddling stretch of the two-week journey and arrives in Sechelt territory. Paddlers will take a much needed nights rest,

Cheychlum Chi Chia canoe family has been preparing for several months now and have been practising at Gibsons Beach in addition to our traditional territory. Tla'amin has been granted to host Tribal Journeys in 2021 where we will be making the official announcement, witnessed by all other nations in Puyallup after the arrival on July 28th. Preparations have already commenced. A fundraiser was held on Aboriginal Day to help with all related travel expenses. Our Canoe family would like to thank everyone that came out and supported the 2018 Tribal Journey Fundraiser for our nation.



Aboriginal Day in Lund

Steve Gallagher
Neh Motl Editor

June 21st provided sunshine, a nice summer breeze and good food for Tla'amin and the visitors of Lund. The freshly painted Hehewsin canoe was on display and was the centerpiece of the reconciliation project over the summer and into the fall of 2017.

The event opened up with the canoe being carried by the carvers and participants that witnessed the grandfather log transform into the seaworthy craft known as Hehewsin. During the summer Hehewsin traveled over our neighboring nation in Klahoose and participated in survival exercises where they were greeted by killer whales along their first journey symbolizing a lot of safe travels with spirits ahead.

The elders were the first to travel in the new 15 passenger bus that was purchased for such an occasion where transportation is more convenient that shuttling back and forth to an event or ceremony.



Several families brought their children out to Lund on the first day of summer instead of sending them off to the bus stop in the morning. Face painting and snacks were plentiful with lots of opportunities to be entertained by singing and drumming or just looking for jellyfish off the wharf.

A new flag was raised and a new sign was displayed to regain our footprint to our historic Lund Hotel that has been remodeled with an artistic flair that many guests have complimented during their stay in the gateway to Desolation Sound.

Tim Paul and Lawrence Dingwall slayed the barbecue by sizzling up a couple hundred burgers and hotdogs on the patio. Great job! Thanks to all that supported and helped out to make aboriginal day a success on ground that we are proud to call our home

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

Message from Tla'amin Health Director Nathan Jantz



Positive Changes for Healthy Lifestyle (Food & Nutrition at Health)

Over the past two months, our staff dieticians have been working on collecting feedback from the community regarding the

food that is served at both the Health building and CDRC. We received a large amount of responses from parents, staff, and community members. Emote!

The overwhelming response (91%) was that the community would like Health to be a role model for the community regarding providing healthy, nutritious meals. There is also a large desire to incorporate more traditional foods into the meals.

We do run into roadblocks when it comes to consistently serving traditional foods, due to both a lack of resources, and some problems with the licensing system that we are a part of. However, we see these challenges as opportunities to better collaborate with our licensing bodies, and better utilize the community members to help us with food gathering.

So again, we would like to thank you for your input, and hope that you look out for positive changes, and great local food here at Health.

Respectfully Emote,
Nathan Jantz



Elders Corner July 2018

Tuesday, July 5th: EDP Luncheon. Elders Gathering info session.

Monday July 9th: Van leaving Health for Elders Gathering. Catching 11:50 Ferry to Comox

Tuesday July 10th, to Thursday July 12th: The 42nd annual Elder's Gathering hosted by Cowichan Tribes. There will be no Elder Day Program at health this week.

Tuesday July 17th: EDP Luncheon.

Tuesday July 24th: EDP Luncheon

Tuesday July 31st: EDP Bingo and Luncheon

Elders Gathering:

Thank you for all the interest in attending this year's gathering. Here is some information regarding the gathering.

Our Health Van will be leaving Monday July 9th to prepare for the event.

We are leaving on the 11:50 ferry to Comox and onward to Nanaimo to the Dorchester Hotel to preregister. If you are in need of a ride, please be aware there is limited seating available and you should be in contact with Darron Cound to make arrangements.

If you have registered early, you should have your event ticket, and Hotel Confirmation number (if you are staying at the Dorchester) ready to present at the gate on Tuesday morning, if you haven't received your tickets, please contact Elder Coordinator.

If you are unable to attend the gathering, please contact Darron Cound, as there is a waiting list of others.

The Health Van will be there to shuttle to and from the event, in the morning, and later in the afternoon to return to the hotel. Place note, that space is limited.



Farmers Market Announcement



Farmer's Market Coupons

We are happy to start our first year of Farmer's Market Coupons for our Pre and Postnatal Moms.

You can shop locally for fresh fruit & vegetables. Also available are local meat, eggs etc.

Check out what is available at our Powell River Farmer's Market.

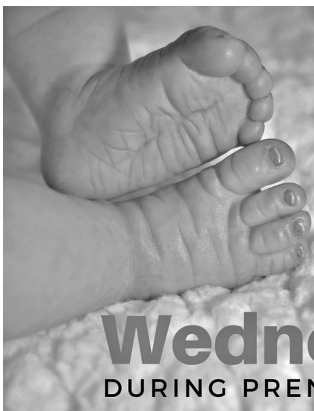
The coupons are available weekly for our Moms until September 2018

Farmer's Market is open

Saturday @ 10:30 – 12:30

Sunday @ 12:30 – 2:30

Sign up with Dawna Pallen @ 604.483.3009 X 122



TLA'AMIN PRENATAL GROUP

Infant Massage

Wednesdays 11-1
DURING PRENATAL GROUP

**July 4, 11, 18th
and August 8th.**

JOIN US FOR 4 CLASSES OF INTERNATIONAL ASSOCIATION OF INFANT MASSAGE (IAIM) COURSE



BENEFITS OF INFANT MASSAGE

- PROMOTES ATTACHMENT AND BONDING
- HELPS BABY TO SLEEP LONGER AND MORE DEEPLY
- INCREASES BABY'S BODY AWARENESS
- MASSAGE STIMULATES ALL BODY SYSTEMS
- HELPS RELIEVE DISCOMFORT FROM GAS, CONSTIPATION, COLIC, TEETHING, AND CONGESTION
- HELPS TO STIMULATE CIRCULATION
- AIDS DIGESTION AND GASTROINTESTINAL SYSTEM
- HELPS BABY TO RELAX AND LET GO OF EMOTIONAL STRESS

Pre-register with Dawna, Dana or Sheila at Tla'amin CRDC or Tla'amin Health 604-483-3009

Dental Clinic Update

The next clinic after summer break will be Friday September 7th & September 21st



Mattias Gallagher (age 7) is sure to have a sparkling smile with his regular visits to the Dentist at Health

Home and Community Care



FOOT CARE is by appointment on Mondays. Please phone the clinic and talk to Jean LPN

- Home and Community Care works closely with VCH Chronic Disease Nurse and the Client to develop plans of care to support clients living at home with a Chronic disease.
- The Client helps Home Care Nursing identify areas where support from certified professional staff can help the Client remain safe in their home.
- Home and Community Care provides a variety of works collaboratively with Tla' Amin and Vancouver Coastal health professionals to provide a variety of services and supports for the Client
- Home and Community Care's Team of Home Support Workers and Nurses make the difference in many people's lives.



Aboriginal Day at Lund

Keep Your Children Challenged Over the Summer

By Brenda Pielle
Youth and Family Advocate

Dear Parents:

Summer is here and there is so much to think about for our children and youth. Being safe in the sun, being safe in the water, being aware of the wandering bears, staying hydrated, and coping with bug bites are some of the many things us parents have to be ready for during this season. With the heat that we've had already, we can probably expect a fire ban to be in place soon, as well.

We have a new set of youth who have obtained driving licenses this spring and they are excited to enjoy new freedoms. As parents we need to remind all of our young people about safety around alcohol and drug use, and distracted driving with friends in the car and so on.

Summer brings such a mixture into our lives between rest and relaxation, and safety concerns. There are many outdoor fun activities to enjoy, and there are many things to be aware of and alert to during this time of year.

Summer break means time away from the learning activities that stimulate the brain. Have you ever heard teachers or parents talk about how the children and youth return to school with a "summer brain" or a "fuzzy brain"?

As parents we can take some time to encourage our children and youth to stay connected with some learning activities over the summer. Some ideas of how we can do this include:

- bringing our children or youth to the library to pick out some interesting books to read
- being a "reading role model" and spending some time reading, ourselves, over the summer
- asking our children or youth to write something about an activity that has happened each week:
- it can be as simple as a few lines about what they did, if it was fun, etc.
- playing word games like "hangman" or Scrabble
- looking at some of the math worksheets they brought home from school and giving them a couple of math questions to do each day.
- Playing card games or dice games

It can be very helpful to spend fifteen or twenty minutes each day doing something related to learning. The Dollar Stores

have little workbooks for preschoolers, and primary grades, and young children often love to go through these bright fun books and do some printing or easy math.

I hope you and I can find some time to build some practicing activities into our young people's summer days. It will make going back to school that much easier for our students when the fall season comes.

As the Youth, and Family Advocate my job is to assist families who have children or youth with special needs. Some of those needs might be in learning or in behaviour. When school starts again in the fall, if you are going to the school for a meeting about your child's needs and you would like me to attend the meeting with you, please let me know.

Some special needs for children or youth come from alcohol exposure during pregnancy. We are all learning about Fetal Alcohol Spectrum Disorder (FASD). As you may know from previous years, FASD Awareness Day is on September 9th each year. Watch the August edition of the Nehmotl for announcements about opportunities to learn more about this topic in the month of September.

Prenatal for July



Massage can soothe your baby and help them to sleep. Massage has many added benefits for your baby, including improving weight gain, aiding digestion, improving circulation, and easing teething pain. Massage is a great way for you and your partner to bond with your baby, and you may find it relaxing, too!

Every Wednesday
11:00 - 1:00

July 4th Infant Massage
July 11 Infant Massage
July 18 Infant Massage
July 25th Button Blanket Making
We will continue our projects



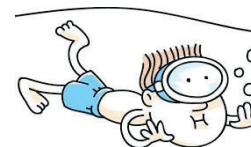
Summer Fun Program

Session 1	Session 2
July 09 - July 26/18	July 30 - August 16

Looking for something to keep your children busy during summer break? Sign them up for this fun and entertaining camp. Register your children as soon as possible as there is limited space. There will be 2 sessions of the Summer Fun Program. Initially we can only sign up your children for one session.



- *Fun activities
- *Snacks provided
- *Interactive workshops
- *Prizes for attendance and participation



To register contact Shirley or Dana 604-483-3009

Ages: 7-14	Time: 10 am - 2pm
Location: Tla'Amin Health	Days: Monday to Thursday

WANTED

Community Leader for “Chronic Conditions Self-Management Program”

Who: We are looking for a community member interested in becoming trained to lead a group that helps people to self-manage their chronic conditions.

What: Co-lead two 6 week sessions per year. Once per week approx. 2 ½ hours. Staff at Tla’amin Health will co-facilitate this program. Training will be provided. There is an honorarium for your time.

When: August 17th 1:30 – 3:30 pm at Tla’amin Health

The 4-Day Leader Training Workshop will be held at Powell River General Hospital, 5000 Joyce Avenue, Powell River, BC

August 18, 19, 25 & 26, 2018
10:00 am to 4:00 pm every day



Elders table at Aboriginal Day in Lund

Learning Our Tla’amin Language Some more tla’amin words to practise with family

English	Phoentic	Orthograthy
Table -	Theh wooth theh tun	θewθytən
Chair	Thook notch ten	θuK ^w načtən
Cup	Kwas tah	k ^w astə
Plate	Kwalht	k ^w ał’t?

*Dawna Pallen for
 Tla’amin Language*



Institute on Aging & Lifelong Health



Chronic Conditions Self-Management Program

For many people coping with a chronic health condition can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are common.

The program is offered as a fun, practical workshop which can help people with chronic conditions overcome these daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health and feel more positive about their lives. They are provided with information strategies and techniques, so they will have the tools they need to help themselves.

Adults of all ages, who are experiencing chronic conditions such as arthritis, diabetes, heart disease, asthma, fibromyalgia, hypertension, depression or any other ongoing or long-term health condition(s) can attend. Their family members, friends and caregivers are also welcome, as they will benefit from the information personally and develop a better understanding of living with a chronic condition.

Small groups of participants (usually 10 to 16) meet for 2 ½ hours, once a week for six weeks. The highly interactive sessions are led by pairs of trained program leaders – most have chronic conditions themselves and have successfully adopted the techniques taught in the program. This program is also available Online – www.selfmanage.org/onlinebc.

Participants will learn how to:

- Get started with healthy eating and exercise
- Manage fear, anger and frustration
- Make daily tasks easier
- Work with health care team
- Make decisions
- Learn ways to manage symptoms
- Problem solve
- Prevent falls
- Get a good night’s sleep
- Weight management and label reading
- Take action and get more out of life

For information about workshop dates and locations:
 Lower Mainland 604 940-1273 | TOLL FREE 1 866-902-3767
www.selfmanagementbc.ca | selfmgmt@uvic.ca

Living a Healthy Life with Chronic Conditions Looking for Volunteer Program Leaders

The University of Victoria – Institute on Aging & Lifelong Health is currently looking for persons to co-lead the **Chronic Conditions Self-Management Program (CCSMP)**. The CCSMP is a *FREE*, volunteer-led patient education program for people living with any type of chronic health condition and caregivers. If you are interested in developing group facilitation skills to share strategies for healthier living and supporting others in your community, then this workshop may be for you.

The 4-Day Leader Training Workshop will be held at Powell River General Hospital, 5000 Joyce Avenue, Powell River, BC

August 18, 19, 25 & 26, 2018 from 10:00 am to 4:00 pm every day



Chronic Conditions Self-Management Program

- Learn to better manage your health
- Discover useful tips to maintain an active lifestyle
- Communicate effectively with your health care team

Take Action and Live a Healthy Life!

Registration Required. For more information contact:
 Call TOLL-FREE 1-866-902-3767
 or visit our website at:

<http://www.selfmanagementbc.ca/applicationform>

Tla'amin History from the Crossroads of Colonialism

Part Six: Fishing for Food, Fighting for Rights

By Colin Osmond

A few decades before the Tla'amin purchased a commercial fishing fleet and constructed a new dock to land their boats, Tla'amin, Homalco, Klahoose, Sechelt, and Squamish fishermen conflicted with Department of Fisheries inspectors over the Indigenous right to fish for food on reserve lands. These conflicts nearly reached a fevered pitch – death threats, violence, and jail time with forced hard labour all threatened to escalate the thinly maintained peace into a full-blown conflict over Indigenous fishing rights.

On October 8th, 1925, a fisheries inspector named Tait travelled from Powell River to Teeshoshum to inspect a recently constructed fishing operation on Sliammon Creek. Tait came ashore near the church at Teeshoshum and quickly made his way to the creek to destroy the fishing weir that was used to corral fish towards waiting Tla'amin fishermen. This weir was constructed by Tla'amin fishermen to help bring in food for the winter. The structure did not close off the entire river – it could be opened and closed to both allow fish to swim upstream but also to allow Tla'amin fishers to use gaff-hooks and nets to catch the fish. Ignoring the Tla'amin's right to fish for food on the reserve, Tait "broke up the dam" and told Chief Tom Timothy to keep his fishermen in line.

Not one to be pushed around by aggressive government officials, Chief Tom scolded Tait for breaking up the dam. Chief Tom, after smelling whiskey on Tait's breath, asked him "Why do you come here and raise hell when you're drunk? I Smell whiskey. Come when you are sober." Johnnie Louis, Andrew Harry, Dan Harry, and Frank Williams all confirmed that they smelled alcohol on Tait's breath. Sam August (an 'Indian Constable' at Teeshoshum) reported the incident to C.C. Perry, the Tla'amin's Indian Agent, and stated that Chief Tom had repeatedly asked for



permits that would acknowledge the Tla'amin right to fish on their reserves. August told Perry that Inspector Tait "would not [grant permits] because the Indians might sell to the Japanese." August then reminded Perry that they do not sell these fish as this "is the time everybody dries and salts salmon for winter." Tait threatened to put anyone who uses the fishing weir in jail and refused to grant permits to the Tla'amin fishers.

Tait's threats were not idle. In 1924 government officials confiscated fishing gear from Tla'amin, Klahoose, and Homalco fishers who were fishing outside of reserve boundaries. These Indigenous fishers claimed that they had not heard of the recently created boundaries, and that they had rights to fish at their traditional fishing sites. After appearing in court in Powell River, they were given their gear back on the condition that they pled guilty to the charges and agreed to stay in the boundaries in the future.

Indian Agent Perry sent lists of all the Tla'amin, Klahoose, and Homalco fishermen to the government in order to get permits for food fisheries. These permits were often in the form of numbered metal tags that were recorded under the name of the Indigenous fishermen. Perry asked

the government to grant permits for 41 Tla'amin, 38 Homalco, and 18 Klahoose fishermen. However, the Fisheries Commissioner refused to grant the permits, arguing that the lists contained the names of too many men who were 'able bodied' and thus able to earn wages and therefore did not rely on the food fishery. Without the official permits, all Indigenous people who fished risked being fined or jailed for fishing.

Perry wrote several letters to the government reporting that the Department of Fisheries was acting unlawfully. In a letter to J.A. Motherwell, the Chief Inspector of Fisheries, Perry accused the Department of Fisheries of intentionally refusing to grant permits to Indigenous people so they could easily confiscate their fishing gear. Perry scolded him for being ignorant towards Indigenous fishing rights, and that his negligence to grant official permits would result in violence. Perry also informed him that in the case that any violence did occur, he would "find it necessary to take the side of the Indians."

In mid-October of 1925, Fisheries officers and Police Constables from Powell River arrested two Homalco fishermen-Tommy Paul and Alex Paul – for fishing "illegally" on their reserve

on the Homathko River. Both men were placed in police custody and tried in Powell River. Both men were found guilty, as their testimony was thrown out of court as "they could not understand English," and each were fined \$100. When the men refused to pay, they were sentenced to two months hard labour in Oakalla Prison in Burnaby, British Columbia. Alex Paul's wife reported that her husband was sick and suffering, and she pleaded that he be let out of jail as he was only trying to provide fish for his family. Mrs. Paul left Church House after her husband was arrested, and she went to stay with family at Teeshoshum.

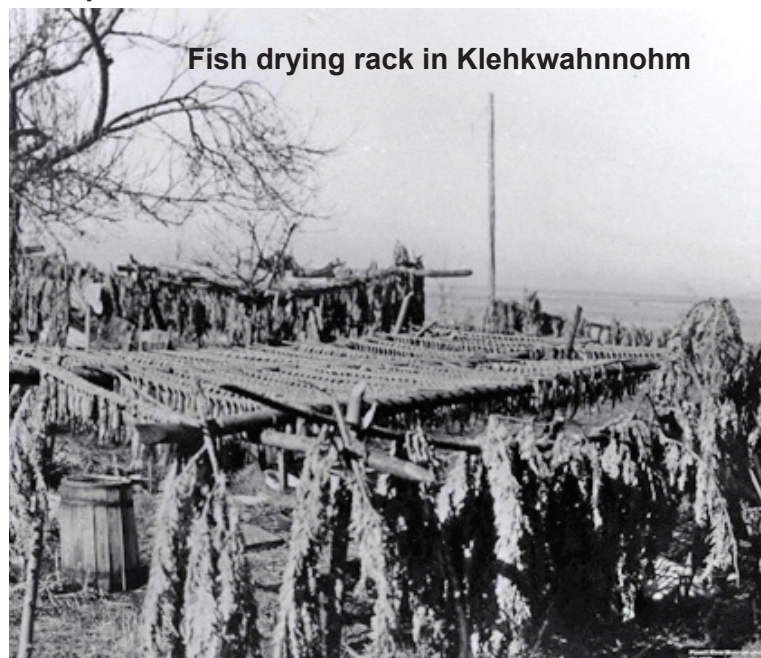
Several Coast Salish fishermen were fined and/or jailed in the fall of 1925. Many of them refused to pay the fines, which spurred people like Perry to seek aid from the Federal Government. Superintendent of Indian Affairs Duncan Campbell Scott condemned the actions of the Fisheries officers, stating that the Department of Fisheries has no right to prohibit Indians from spearing and gaffing food fish that run through rivers on Indian Reserves. Tommy Paul and Alex Paul were eventually released from Oakalla, and the 1925 trial of

FISHING FOR FOOD
(CONTINUED ON PAGE 13)

**FISHING FOR FOOD
(CONTINUED FROM PAGE 12)**

Squamish fisherman Dominic Charlie (Rex V. Charlie) ruled that Indigenous people have rights recognized in Section 33 of the Indian Act that recognize Indigenous fishing rights for sustenance. The Court ruled that Indigenous people in British Columbia have the exclusive right to fish at their own discretion on their reserved lands. However, an appeal ruled that the government did have the right to regulate how Indigenous people fished. They ruled that some forms of fishing could be declared “destructive,” such as the use of weirs, gaffs, and fish hooks. Therefore, while an Indigenous fisherman could fish for food at any time on reserve, they had to follow government guidelines on the type of equipment that could be used. This meant that the government could favour non-Indigenous methods, such as angling, over Indigenous fishing techniques.

These disputes over Indigenous fishing rights in 1925 threatened to turn violent at any moment. Fishing, much like surveying reserve lands or battling for logging rights, highlights the difficulties that the Tla’amin and other Nations had at the crossroads of colonialism. The Tla’amin understood their rights to resources, like fish and timber. Yet, the government used the ambiguity in British Columbian and Canadian law to undermine Indigenous claims to resources – a move that literally took food off Tla’amin tables.



Fish drying rack in Klehkwahnnohm

Education and Wisdom (part 3)

“All summer, she’d travel with her family. After school her parents were waiting for her on the beach. They’d take off all summer and be gone right till September. She was told by them of what things happened, in Grace Harbour, all the stories of the surrounding area, seen through the eyes of her Granny. Grandparents taking their kids out to their territory.” – Tla’amin Elder

In my last article, Tla’amin Elders reflected on some of the costs of residential school. It separated children from the people who would give them a home, including love, affection, knowledge, and cultural values. It made it hard for children to take their parents and Elders seriously, as they had been taught that their ways – all of them – were sinful and wrong. And as hard as it was, there is still a way to be Tla’amin today. In this article, I start sharing some of the ways that Tla’amin people were able to maintain cultural knowledge and “Tla’amin education.” We look back at the 1930s-1950s to see how some Elders were taught by their Elders.

Between the 1930s and 1950s, although many Tla’amin children were sent to residential schools, some families found ways that they could pass on important cultural knowledge. This included spending significant time

with Elders and also, out on Tla’amin territory. Tla’amin families squeezed this “cultural education” into the limited time around the residential school schedule. A Tla’amin Elder who went home in the late 1950s from residential school explained, “when I used to come home from the residential school part of it was sitting on the floor listening to your grandparents.” Families made the most of the summer to ensure that their children had some knowledge of what it meant to be a Tla’amin person, despite the challenges of residential school.

Many Tla’amin families were making the most out of the short time they now had with their children, bringing them to the places: home to their grandparents, and to Tla’amin territory - to maximize their Tla’amin education. Talk soon!

Emote! Eskosi
Omeasoo Wahpasiw



Adaptation Strategies for Fisheries



Hi, my name is Sachi. This summer I’m working for the Tla’amin Nation and Simon Fraser University to learn more about changes in food fisheries (or traditional seafoods or FSC) over the past several decades to help inform the Nation about what types of adaptation strategies might be used to have healthy fisheries and a healthy community in the future.

What are the goals of this study?

The goals of this study are to improve the collective knowledge of Tla’amin

traditional seafood harvesting and eating, and to better understand changes to the Tla’amin food fisheries over time, particularly in response to fishing governance and climate change. We can then take that knowledge and look at what adaptation strategies the community finds relevant and achievable in order to tailor to local wants and needs for future food fisheries in Tla’amin.

What will we be doing over the summer?

We will be conducting interviews with community members throughout the summer. Being a guest on this land and water has me looking forward to listening and learning from the community. I hope I get a chance to meet you during my time here. If you would be interested in volunteering to participate in an interview for this project, and share with us some of your knowledge about fisheries in your territory in the context of adaptation strategies to climate change and governance barriers and its subsequent impact on nutrition, please contact me. Interviews would last about an hour at a time convenient for you between July - August. There is no compensation for participating in interviews.

Let me know if you are interested or have any further questions. You can reach me at 250-260-0229 or souchi@sfu.ca.



Let's Talk Trash.ca

WHAT IS WASTE?

Nature's Cleaners

Have you ever wondered whether your household cleaning products are doing you and yours more harm than good? If so, you are not alone or without good reason to take a closer look at what you are spraying, scouring, washing, and sanitizing your home with. The list of questionable ingredients is long. It includes phthalates – a hormone disruptor in many air 'fresheners', perchlorethylene – a neurotoxin found in dry-cleaning solutions, triclosan – an aggressive antibacterial that can create drug-resistant bacteria that is found in most liquid detergents, quarternary ammonium compounds – also capable of creating resistant bacteria and is in fabric softeners, ammonia - an irritant that can cause toxic gases if mixed with bleach - is in polishing agents, chlorine – a possible thyroid disrupter – is often present in household cleaners.

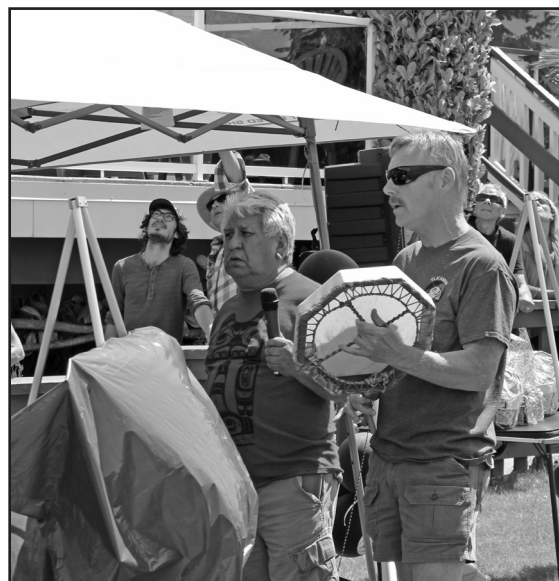
Fortunately, there are some alternative cleaners that you likely have around your home that can be used safely and effectively.

- Baking soda can clean, deodorize and scour surfaces.
- Lemon is one of the strongest grease cutters around and its acidity can kill many household bacteria, not to mention its pleasant odor masking capacity.
- White vinegar cuts grease and is able to remove mildew, odors and is a natural fabric softener.
- buff surfaces and deodorize.
- Citrus solvents can clean paint brushes, oil, grease and even some stains.
- Borax (sodium borate) is able to clean, deodorize, disinfect, soften water, and clean painted walls and floors.
- Newspaper is often more effective than a cloth at cleaning glass.
- Toothpaste is great at polishing silver.
- Tea tree oil or Thieves Oil can be added to cleaning recipes as powerful germ killers.
- Lavender or other fragrant essential oils are a great addition to home made cleaners.

By raiding your cupboards and looking under your sink, you may find all the ingredients you need to allow you to ditch chemically-laden cleaners. You'll find the learning curve is short, as there are usually



only a few ingredients per natural cleaning recipe and there are many to choose from online. Once you get in the habit, you will likely see big cost savings for making products at home. Your recycling box will be less cluttered, too, as the plastic heavy packaging of many cleaners can be replaced with glass jars, or reusable spray containers. Start the summer off by replacing one of your household cleaners with an earth-friendly alternative that you make at home.



Tech and Rec Summer Camp



This summer Tla'amin Nation in cooperation with School District #47, will be running a Tech and Rec program for First Nation students who will be entering grades 1-9 in September 2018. The camp will take place from August 20 - 31, 2018 at Ahms Tah Ow School and will have a special outdoor survival skills focus.

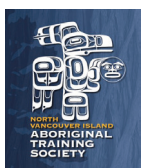
The purpose of this program is to provide an academic enriching opportunity for students over the summer break. The camp is designed to combine outdoor survival skills, with recreational and cultural activities.

The camp will be held Monday to Friday from 9:00a.m. to 12:00p.m. Each day will begin with breakfast and snacks will be provided throughout the morning. Participation is free. Parental participation in the program is encouraged.

If you would like more information, please call Gerry Brach at 604-414-4675. Registration will take place on July 4th and 5th at Ahms Tah Ow School. Registration forms will also be available at James Thomson School, Tla'amin Health, and Tla'amin Governance House. Registration will be on a first come first serve basis. Space is limited, so don't delay!

Gerry Brach
Teacher Coordinator- Tech and Rec Summer Learning Program

Youth Employment Skills!
Say YES to YES!



Youth Employment Skills—YES

For students ages 15-18 years of age

POWELL RIVER Workshops

July 9th—Customer Service 9:00am –12:00pm

July 9th—WHMIS 1:00pm—3:00pm

July 10th—Resume & Interview Skills 9am—4pm

Location: Ahms tah ow School

For more information call

250.286.3455

1211 Cypress St. Campbell River, BC



Campfires Only Are Acceptable



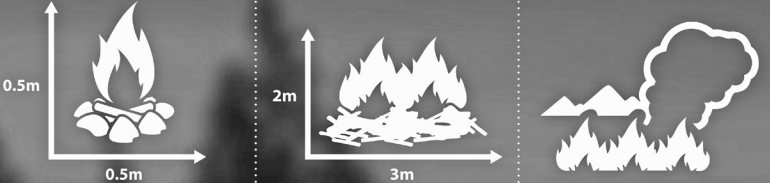
"Fire barrels are not allowed, nor is it legal to burn construction debris, garbage or recyclable materials."

Fire Chief Jim Armstrong

OPEN FIRE REGULATIONS



CAMPFIRES, CATEGORY 2 FIRES AND CATEGORY 3 FIRES: WHAT'S THE DIFFERENCE?



CAMPFIRE:

- Any fire smaller than 0.5 metres high by 0.5 metres wide

REGULATIONS:

You must have ready access to 8 litres of water or a shovel for the entire time your campfire is lit.

Your campfire must be completely extinguished and the ashes must be cool to the touch before leaving the area for any length of time. (Hot coals can reignite the fire.)

During campfire prohibitions, only a CSA- or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.

You must build a fire guard around your campfire.

CATEGORY 2 FIRE:

- 1 to 2 concurrently burning piles no larger than 2 metres high by 3 metres wide
- Stubble or grass burning over an area less than 0.2 hectares

REGULATIONS:

A fuel break must be established around any Category 2 burn area.

Fireworks are banned when a Category 2 fire prohibition is in effect.

Burning barrels are banned when a Category 2 fire prohibition is in effect.

At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.

CATEGORY 3 FIRE:

- Any fire larger than 2 metres high by 3 metres wide
- 3 or more concurrently burning piles no larger than 2 metres high by 3 metres wide
- 1 or more burning windrows
- Stubble or grass burning over an area greater than 0.2 hectares

REGULATIONS:

A fuel break must be established around any Category 3 burn area.

Monitor your open burn to ensure that the fire doesn't spread beyond its intended size.

You must have a burn registration number to light a Category 3 open fire. Call the burn registration line 1 888 797-1717 to obtain one.

GENERAL REGULATIONS:

Never burn in strong wind conditions.

Your fire must be extinguished before leaving the area.

Always keep your fire a safe distance away from nearby branches, wood and other combustible materials.

Do not conduct Category 2 or Category 3 burns when venting conditions are "Poor" or "Fair". Always check here first: www.bcairquality.ca/readings/ventilation-index.html

*Further bans and restrictions can be implemented at the BC Wildfire Service's discretion.

Anyone found in contravention of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined anywhere from \$100,000 to \$1 million and be sentenced to one year in prison. Please check with local government authorities for any other restrictions before lighting any open fire.

Please report wildfires by calling *5555 or 1 800 663-5555.



Ministry of Forests, Lands and Natural Resource Operations

www.bcwildfire.ca

www.facebook.com/BCForestFireInfo

@BCGovFireInfo

www.youtube.com/user/ProvinceofBC



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
MAY 24	BEACH RD	Police responded to a report of an intoxicated male. The male was located and taken back to his residence.
MAY 24	RIVER RD	Police responded to a threats report.
MAY 24	BEACH RD	Police assisted Vancouver Police Department in serving a court document.
MAY 24	HWY 101	Police attended a residence to keep the peace.
MAY 25	RIVER RD	Police responded to a report of an unlicensed driver operating a vehicle.
MAY 28	HOMALCO RD	Police responded to a report of a vandalized mail box.
MAY 30	KLAHANIE DR	Police responded to a neighbour dispute.
MAY 30	KLAHANIE DR	Police responded to a report of an uninsured vehicle driving around.
JUN 01	HARWOOD DR	Police responded to a report of adults providing liquor to minors. A violation ticket was issued in this instance.
JUN 01	BEACH RD	Police responded to a report of a shots fired. After investigation it was determined that a firework was set off to try and scare a bear.
JUN 01	KLAHANIE DR	Police requested to assist in an MCFD investigation.
JUN 03	WATERFRONT RD	Police responded to a 911 call, which was determined to be made by accident.
JUN 03	HARWOOD DR	Police responded to a request to check welfare of a youth. Before Police could attend, Police were advised that the youth had returned home.
JUN 07	BEACH RD	Police assisted Vancouver Police Department with the execution of a warrant.
JUN 07	HARWOOD DR	Police responded to a report of a possible impaired driver.
JUN 08	RIVER RD	Police responded to a threats report.
JUN 08	BEACH RD	Police responded to missing person report. Person located by Police and found to have a warrant. The person was then arrested.
JUN 08	HWY 101	Police responded to an assault complaint. As a result of the investigation, a male was arrested and has been charged with assault with a weapon.
JUN 09	HWY 101	Police responded to an argument between two people.
JUN 10	HARWOOD DR	Police responded to a report of an intoxicated youth causing a disturbance inside a residence.
JUN 10	EAGLE DR	Police responded to a report of a possible impaired driver.
JUN 13	EAGLE DR	Police responded to a report of harassing phone calls.
JUN 16	HOMALCO RD	Police responded to report of intoxicated youth.
JUN 16	HOMALCO RD	Police responded to a report of an intoxicated youth inside a residence. The youth was arrested and held in custody until a guardian could pick them up.
JUN 16	HOMALCO RD	While making patrols, Police located an intoxicated male. He was arrested for public intoxication and lodged until sober.
JUN 16	HOMALCO RD	Police responded to a report of an assault. Through investigation it was determined that an intoxicated male had fallen and hurt himself and no assault had taken place.
JUN 18	SALISH DR	Police responded to a business alarm. Police attended and found that it was false.
JUN 18	HARWOOD DR	Police responded to report of people arguing.
JUN 19	SALISH DR	Police responded to a business alarm. Police attended and found that it was false.



Through SafeTalk we hope to give our community members the skills to:

- Spot situations where someone may be having suicide ideation
- Seeing calls for help that are often overlooked by people
- Break the silence that so often surrounds the topic of Suicide
- Use the TALK steps of intervention (Tell, Ask, Listen, Keep Safe)
- Know the resources available to someone with ideation both within the community and outside the community, and,
- Give communities the skills to aid people with ideation get further support.

Where: Tla'amin Salish Center

When: Wednesday, July 4th 2018

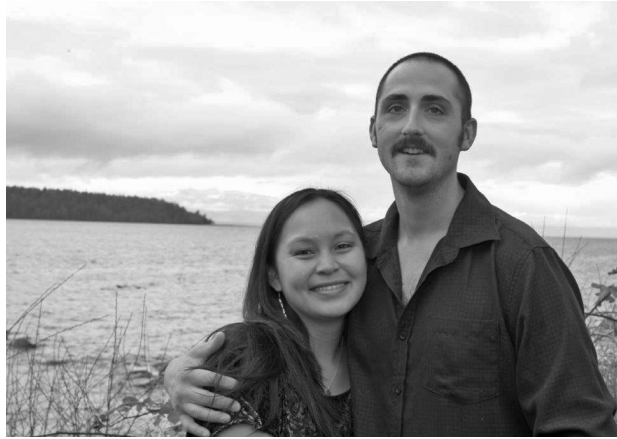
Start & End Times: 10 am to 2:30 pm

Preparing communities to see the signs and prevent the worst.

Open to community members 13+
This workshop is approximately 3-4 hours
There is no cost to attend this event



ANNOUNCEMENTS



Happy Birthday to our daughter Brandi Marriott on July 4, and our son in law Craig Marriott on July 12.

Love you two,
Dawna, Calvin, Sabrina & family



We would like to congratulate Jenessa, Tj & big brother Adrian. on the new beautiful addition :

Brooklynn Margaret
Born April 30 2018 7lbs 8oz
Love always from Granny Jen & family



ISPARC

Indigenous Sport,
Physical Activity & Recreation Council

I-SPARC Elder and Senior Advisor Alex Nelson inducted into BC Sports Hall of Fame



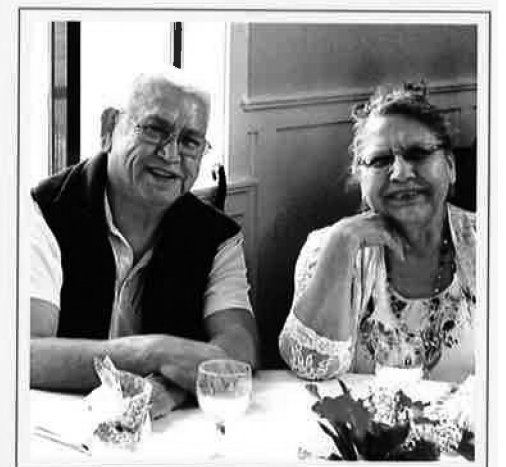
At an induction ceremony in Vancouver, BC on Thursday, May 31st, I-SPARC Elder and Senior Advisor Alex Nelson 'Ok'wilagame' joined sport legends such as Terry Fox, Rick Hansen, and Pat Quinn as he was awarded the BC Sports Hall of Fame's W.A.C. Bennett Award for his outstanding contribution and leadership in sport. The W.A.C. Bennett Award is the

most prestigious honour awarded by the BC Sports Hall of Fame presented to individuals who have made significant, unique, and lasting contribution to sport in BC and beyond.

Alex is a proud member of the Musgamagw Dzawada'enuxw First Nation of Kingcome Inlet, B.C. He is a founder of the Aboriginal Sport and Recreation Association of BC, a founding member of the Aboriginal Sport Circle (Canada's national body for Indigenous sport and physical activity) a member of the Provincial Leadership Team that created the Aboriginal Sport, Recreation and Physical Activity Strategy for BC, first Chairperson, three-time President, and two-time Team BC Chef De Mission of the North American Indigenous Games. His passion for soccer has earned him many athletic awards, and he has been coaching youth, women's, and men's soccer teams for over forty years.

As a survivor of seven years in the Alert Bay Residential School system, sport has always been a vehicle of freedom and healing for Alex. He continues to elevate Indigenous sport across North America, bringing his love for soccer and stories of survival and resilience to communities, schools, universities, and government, with the message "my responsibility is to give to the next generation what sport has given to me".

I-SPARC would like to congratulate Alex on his well-deserved induction, as we continue to be guided and inspired by his passion for sport, trailblazing leadership, and dedication to improving the health and well-being of B.C.'s Indigenous people.



*Loved you then Love you still Always have & Always will
50th Anniversary*

We would like to thank everyone who came out to witness our parents 50th anniversary renewal of vows celebration. We will always cherish this monumental occasion. My parents will carry this special day close to their hearts for the next 50 years.

Much love,
Greg, Shelley, Shirley, Alex, Cody, Genie, Lucinda & Kids...



**Congratulations
Jacob Gallagher**

May you aspire to your dreams
young man!

BEAR ATTACK: Are you Prepared to Avoid One?

BE ALERT
MAKE NOISE
CARRY BEAR SPRAY
AVOID HIKING ALONE
DO NOT RUN

- During a surprise encounter - slowly back away
- If the bear charges - stand your ground & use your bear spray
- If the bear attacks during a surprise encounter - play dead
- If the bear persistently stalks you then attacks - fight back
- If a bear attacks you in your tent - fight back

There is no guarantee of your safety in bear country