



Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646

Insurance Coverage for Home Owners and Tenants

Executive Council has approved and implemented annual home insurance coverage (effective until at least September 2018) for all interested parties, insurance will be provided by the HUB International/Barton Insurance Brokers.

Coverage provided is 150K dwelling limit for home owners and 30K personal property limit for homeowners and tenants.

Top up forms are available to those who wish to increase the amounts above the limits provided. It is the home owner's responsibility to ensure proper coverage and to cover the costs of the top up.

Top up forms are available through Tla'amin Housing Department or directly through HUB International/Barton Insurance Brokers.

Contact Information:

Rogan Anderson
HUB International Limited
150 Hudson Ave NE
Salmon Arm, BC V1E 4N5
Office: 250-832-2143
Direct: 250-804-7145
Cell: 250-320-4080
Toll-free: 800-689-8217
rogan.anderson@hubinternational.com
hubinternational.com

Important Notice from the Tla'amin Executive Council

In order to have a functional and transparent Government, Tla'amin has developed policies that are intended to be fair and equitable to all, and to benefit future generations.

Your Executive Council would like the Tla'amin Community to understand that administration staff act AS DIRECTED.



Additionally, all nine Tla'amin Legislators have, on several occasions, unanimously endorsed the need to take eviction actions in cases where individuals will not pay their rent or at least attempt to reach some agreement.

HOUSING REMINDER



- Tla'amin Housing Rental Application Renewals (NEW AND EXISTING)
- All Tla'amin Rental Agreement Renewals
- You must renew to hold your spot on the wait list or update family units if needed.

Flyer went out in January with new procedures



Tla'amin staff participate in a two-day workshop

Following Procedures

Employers must implement procedures for responding to reports or incidents of bullying and harassment. The procedures must ensure a reasonable response to the report or incident and aim to fully address the incident and ensure that bullying and harassment is prevented or minimized in the future.

Workers are expected to cooperate with investigators and provide any details of acts of bullying or harassment they have experienced or witnessed.

Family Day

The Governance House will be closed on Monday February 18th



Tla'amin Culture Department



Button Blanket Making with Joan Williams

February 15th -18th (Family Day Long Weekend)

If you would like to volunteer to help make Button Blankets for the Cultural Department please contact me at the Governance House to sign up. These Button Blankets will be used by the Tla'amin Nation for future performances.

Culture Nights

Please note that Culture Nights have been switched from Thursday's to Wednesday's at the gym. 4:30-6:00. Come out and learn the songs and dances of the Tla'amin people! Please encourage your family and friends to come out to this fun family night.

Language Classes

February 5th & 19th from 3:30 – 5:00 in the Community Room at the Tla'amin Governance House.

Carving Classes

Please note that Carving Classes will be switched from Wednesday to Thursday at the Tla'amin Carving Shed located beside Ahms Tah Ow. Learn from Tla'amin carver, Randy Timothy Sr. (Hoss) as he guides you through your carving project.

Tribal Journey Meeting

February 20th 2019, 4:00 at the Tla'amin Salish Centre
If you are interested in taking part in Tribal Journey 2019, Paddle to Lummi, please come out to an information session on February 20th at the Tla'amin Salish Centre. There are many different roles you can participate in including, but not limited to Canoe Pulling, Land Crew, Driver, Support Boat and more. Tla'amin hopes to bring two canoes on this summer's canoe journey.

Pulling Together 2019

The Tla'amin Nation will also be hosting Pulling Together 2019. This is a canoe journey being planned by members of the Pulling Together Canoe Society who are a mix of different agencies including the RCMP, West Vancouver Police and more. The canoe journey will run from July 4th – July 12th all within Tla'amin Traditional Territory. This is a great opportunity for people to get out in the canoe, and see our beautiful territory from the water, like our ancestors did for thousands of years.

Drew Blaney
Cultural Coordinator
Ext. 123

FINANCE AND ADMINISTRATION HOUSE POST

WHAT CITIZENS CAN EXPECT 2018-2019

- ADVANCEMENT OF A WASTE WATER PLAN
- CONSTRUCTION OF A PUBLIC WORKS YARD
- DEMOLITION OF THE OLD BAND OFFICE
- CONTINUE REVIEW AND CREATION OF LAWS, REGULATIONS AND POLICIES
- FILLING IMPORTANT ROLES ON OUR ORGANIZATION CHART THAT ARE NOT YET FILLED
- DISPLAY ARTIFACTS IN GOVERNANCE HOUSE
- COMPLETE TLA'AMIN SPECIFIC SOCIAL DEVELOPMENT POLICIES

NOTICE General Assembly



Place: Salish Centre

Date: TO BE DETERMINED

Time: TO BE DETERMINED

The Spring General Assembly WAS scheduled for early March, but we need to move it to a later date. **Please watch next month's Neh Motl for a notice with all the details.** Emote.

All Tla'amin Individuals are encouraged to attend the Spring General Assembly. The following items are planned:



Presentations:

- 2019 - 2020 Budget (Finance Committee)
- Elders' Treaty Benefit



Tables of information regarding current Nation initiatives will be set up.

ᑭᑭᑭᑭᑭ language Update



ᑭᑭᑭᑭᑭ! Ah'jetch'xwut!

Our dictionary team is now moving into its 4th year. For those who are still unfamiliar with this project, it is a 5 year project alongside with UBC. Our linguist Marianne Huijsmans (above) comes to visit and work with us around once a month. To date, we have just over 910 words (many words also include phrases), 32 translated children's songs, and 25 traditional or recently composed drumming songs.

This project has been a huge group effort. We have been working with elders, audio technicians, linguists, and community members who are familiar with the orthography. We must raise our hands high to the elders who give us the most time and patience.

When we receive a word from an elder, it is repeated three times for the best possible recording. These recordings are all edited, and when they are ready, we bring it back to the elders to confirm translations.

Afterwards, we bring it to a small group in the community who come to a consensus on spelling.

We work hard to ensure that the information we are updating onto our dictionary app is *different* than what is already available on Firstvoices. We work hard to maintain a very detailed data base, and record as much information as possible.

It is a privilege to be a part of such an important project in our community. Again, we raise our hands to our elders who are always willing to generously share their time and knowledge with us.

We are happy to provide some instructions on how to download our available apps to the community.

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We raise our hands to all of you.

The Dictionary Team

ᑭᑭᑭᑭᑭ language apps

How to download:

First voices app:

The first voices app is our longest standing app that you are able to download. You can access it in two ways, on the web (www.firstvoices.ca), and also via app.

If you type "Sliammon" into Google Play (for android users) or into the App Store (for apple users) It will pop up for free download. Audio is also available for learners.

Dictionary App:

The dictionary app is our newest app. It is available through two separate ways, like first voices.

The web application is <https://mothertongues.org/ayajuthem/>

If you type in "Ayajuthem" into Google Play, or the app store, it will pop up for free download.

This app has audio available for learners, translated children's music, and some traditional music.

Firstvoices keyboard:

This app is for learners to be able to *text* in the orthography. If you type in "First voices keyboards" into Google Play or the App Store, the free app will pop up. Follow its directions, and select the **Homalco-Klahoose-Sliammon** keyboard.

All 3 of these apps are downloadable on your phone, on your tablets, or iPads.

Please help us share these tools available to our people!

Literacy Day Brings Families Together at School

Literacy Day was a huge success at James Thomson as families gathered to support their children by enjoying a morning of reading.



Mattias Gallagher shares a story about sea creatures at the James Thomson Family Literacy Day.

James Thomson Elementary

- Wednesday, Feb. 6th PAC Meeting, 6pm all parents are welcome and encouraged to attend!
- February 13th Student-Led Conferences (Noon Dismissal)
- February 15th ProD Day (no school)
- February 18th BC Family Day (no school)
- Wednesday, Feb. 27th Pink Shirt Day

Kindergarten Registration

Registration is open for the 2019-2020 school year! Anyone wishing to register for Kindergarten, or wishing to change

schools must have their registration forms in to their school of choice prior to March 31st, 2019 to avoid disappointment!

Special Note: Anyone wishing to apply for French Immersion Kindergarten must do so before March 1st, 2019; applications received after that date will not be accepted, as there will be a random lottery to follow on March 4th to allot the spaces in the class.

Registration forms are available at the James Thomson School office, and proof of age is required (birth certificate, passport, INAC Status card, etc.)

BLANKET EXERCISE (Continued from page 1)

Over the course of about 45 minutes, we will walk participants through Canada's history. In this workshop, participants will learn how our lives were impacted by Canada's creation. As more and more land gets taken away, the blankets get smaller.

Following the exercise, we invite participants to share in a debriefing circle. This part of the day is equally as important as learning the facts. It is important for all participants to learn from each other. We often tell people four guidelines of having a courageous conversation:

(Courageous Conversation rules are written by Glen Singleton. For more information on how to use these rules, Trevor Ludski will be presenting a workshop February 28 in Tla'Amin)

1. Stay engaged

Remain morally, socially, emotionally, and intellectually involved in the conversation. Have an open heart as you hear from others who have been impacted differently.

2. Expect and accept discomfort

Being uncomfortable is ok, because on the continuum of learning, it's ok to be where we are at. It is not ok to stay there. When we are uncomfortable, we move.

3. Expect and accept non closure

We will not have any "answers" for you. There is no formula that is going to change history. We want you to "hangout in uncertainty" and not rush to any quick solutions. If we are learning things for the first time, expecting immediate results and answers is unrealistic.

4) Speak your truth

Not "the truth", it does not exist. We acknowledge that we are all walking into this workshop with different upbringings. Different experiences. The only thing you can be honest about is **your truth**. Speak your grandparents truth, your great grandparents truth. They have been waiting to share their stories for a very long time now.

One huge theme that has always stood out to me in these workshops is the fact that people simply do not know. It is not anybody's fault, the government has done an amazing job of keeping these atrocities quiet. The government has done so well, in fact, that even many Indigenous people don't know the history over 150 years. Before taking this workshop, I did not understand the full timeline of things. I did not understand the strategic methods Canada was using to break down/separate/weaken/kill the Indian in the child. It was a powerful moment for me that I will never forget. These policies I was learning about was why my grandmother was not allowed to live on reserve. These policies are



why we were not allowed to vote until the 50's. These policies are why the land, to this day, can be denied to our brothers and sisters in other nations.

I would like to emphasize that it is powerful for us to learn our own history, our own timeline. By learning about my grandparents time, great grandparents time, I in turn learned so much about myself. I started to understand why things are the way they are in our community. It is a much bigger picture than we have been taught in textbooks.

If we take a look around our community, we know that our people are still hurting. We know that dysfunction from colonization still affects us. Not all the same, but, affects every family in some form. I wish to share with you all that we have every right to be angry, frustrated, betrayed, but our anger lies with the government of Canada. The anger should never be with each other. We have all experienced the same thing, colonization.

Zoe and I have been given the opportunities to work with Homalco, Klahoose, Bella Bella, and recently with our nation workers. We have also been fortunate enough to work with the following elders and community members: Elsie Paul, Randolph Timothy SR, Doreen Point, Eugene Louie, John Louie, Doreen Hopkins, Vern Pielle, Yvonne Louie, Lisa Wilson, Duane Hanson, Brenda Hanson, Rae Dene Noble, Jacqueline Mathieu, Hunter Peters, Dion Harry, Tori Paul, Maci Paul, Rhys Galligos, and Jordan Mitchell. It has always been our goal to bring this workshop to Tla'amin people. We deserve this healing. We deserve further understanding. We deserve the truth about our history. We deserve the safe space to share our own experiences with colonization.

We would like to invite our community to participate in a blanket exercise with us in February. We are hoping to be able to provide 2 opportunities for Tla'amin members to partake.

Please keep an eye/ear open for when these dates will be announced.

I thank all of you for your time. We look forward to seeing you around the community. If you have any questions about this workshop, please do not hesitate to contact us. Our email is taxumajehjeh@gmail.com, and our website is <http://taxumajehjeh.ca>

Koosen ʔətʰ nən (Koosen ut'TH nun), My name is Koosen. hɛtu tɛʔe θ qəmqəm (heh'tloo teh'eh th qum'qum, Zoe th nuns) Zoe tʰ nən. This is my friend, her name is Zoe. (above)

čɛčchatənapešt.

Craft Night

Tuesdays
5:00 – 7:00 pm
Elders lodge



Bring your own project and come out and visit.

Our intention is to provide the space to come together and have some fun and share.

We hope to see you there!



Photo by Jodie Gallagher

California male sea lions buff up at Second Beach in preparation for mating when arrive back south

Fun Facts about Sea Lions

Sea lions, with their unmistakably noisy quirks, are sure to get the attention of passersby. If you're ever lucky enough to catch a glimpse of a sea lion, he may be basking in the sun while enjoying a snooze, or he might be barking, letting his voice be heard. Sea lions are considered pinnipeds, which translates to "fin footed" in Latin. They boast long whiskers and small ear flaps, which differentiate them from seals.

Social Butterflies

Sea lions are quite the social party animals, as they are rarely found alone. In fact, they live much of their lives in large groups. Sometimes these groups may number in the thousands, but there are smaller sub-colonies of sea lions within the larger colony or pod. Sea lions enjoy the closeness of living together -- even if they have plenty of room to spread out further from one another. Female sea lions are referred to as cows, while male sea lions are known as bulls. Their little ones are called pups.

Diving Skills

Sea lions are quite the skilled divers, with the ability to go underwater and stay underwater for as long as 40 minutes at a time. To do this, sea lions will close their nostrils together tightly, keeping them closed until they reach the surface again. During their underwater hunting sprees, they may go as far as 600 feet underwa-

ter. Natural-born swimmers, sea lions swim swiftly through ocean waters at speeds of up to 25 miles per hour.

Sea Lion Pups

Sea lion pups are born weighing in at around 13 to 15 pounds of absolute cuteness. Female sea lions carry their young for 12 months before giving birth, which usually takes place between May and July. Many sea lion pups will nurse from their mothers for four to eight months, although some sea lions may decide to stay close to Mom for longer. Pups know their mother's distinctive bark and can pick it out among all the other noisy, barking sea lions in the group.

Whiskers and Flippers

A sea lion might be lost without his whiskers. A sea lion's whiskers, called vibrissas, help sea lions navigate through ocean waters. Each vibrissa has the ability to rotate, much like a straw inside a bottle. The ultra-sensitive vibrissas help sea lions sense any potential food floating near. Their front flippers are very strong and can help them get around on land. Flippers also act much like a built-in heating and cooling system for sea lions. When it's cold, blood vessels in flippers constrict and prevent heat from escaping. When it's hot outside, blood circulates to the flippers to help the sea lion cool down.



"For every beauty there is an eye somewhere to see it. For every truth there is an ear somewhere to hear it. For every love there is a heart somewhere to receive it."

Ivan Panin

Valentines Dinner for Two

Skip the overpriced, overcrowded restaurants this Valentine's Day and cook an even tastier meal at home with these dinner recipes that are perfect for you and a special someone. And don't forget to end the meal on a sweet note with a yummy dessert!

Chicken Parmigiana



INGREDIENTS

- 4 chicken breasts
- 1 1/2 cups plain bread crumbs
- 1/2 to 1 cup grated Parmesan cheese, for coating chicken
- 1 tbsp. chopped parsley
- 1 garlic clove, minced
- 1 cup flour
- 2 eggs, beaten
- 2 tbsp. butter
- 2 tbsp. olive oil
- Salt and freshly ground pepper, to taste
- Tomato Sauce
- 1 cup grated mozzarella, for topping
- 1/2 cup grated Parmesan cheese, for topping

PREPARATION

Preheat oven to 350 degrees F.

Prepare a breading station by arranging 3 shallow bowls or pie plates with the following: Flour in the first, beaten eggs in the second, and bread crumbs, 1/2 cup to 1 cup Parmesan cheese, parsley and garlic in the third.

Season the chicken with salt and pepper. Dredge chicken first in flour then egg mixture and lastly, the bread crumb mixture.

Heat a large frying pan over medium heat. Add butter and oil. When oil is hot, add chicken and cook until golden brown on each side, about 2 to 3 minutes per side.

Transfer chicken to baking sheet lined with parchment paper. Top each with a spoonful of Tomato Sauce (from the Tomato and Sauce), about 1/4 cup grated mozzarella and 2 tbsp. grated Parmesan cheese.

Bake until chicken is cooked through, about 12 to 15 minutes, depending on thickness. Serve with Spaghetti and Tomato Sauce



Fish Food for Thought

By Sachi

“Winter came and the tide was very low at night. Every night the woman made a torch from pitch wood and went down to the beach to dig for clams.” – **Noel George Harry**

Winter is here and so are clams for those willing to brave the cold night when the tides are at their lowest. Clams have been a staple food in Tla’amin territory for millennia and are essential in providing nourishment throughout the winter months.

Not only are clams an important source of food, but they are also important for studying climate change around the globe. For example, scientists can look at the rings of a clam shell from a quahog (a species of clam), much like one can look at the rings of a tree, to see what ocean conditions were like thousands of years back since this species can live up to 500 years old. In another study, scientists have found that clams are a major contributor to methane production (a contributor to greenhouse gas emissions) in the Baltic Sea, which could be contributing to the impacts of climate change.

These examples show how clams play a role in examining climate change, but other important questions are how climate change will impact these species, and what this means for harvesting and eating these shellfish in the future for Tla’amin people. A recent study looked at how culturally and economically important Indigenous fisheries species along the coast might respond to climate change. The scientists found that the ability to harvest clams, or catch potential for clams, is projected to decrease by 1.4-2.3 % by 2050. Even though this means a potential decrease in clams on the dinner table, this is a relatively small change compared to other seafoods, such as salmon, which are predicted to decrease in catch potential by 17.0-29.2% by 2050.

Of course, we know that climate change is not the main factor currently limiting access to digging for clams, as current pollution and beach closures restrict people from this longstanding harvesting tradition now. So, moving forward, if clams are projected to be minimally impacted by climate change and are also important traditional seafoods for Tla’amin people, then looking at programs and strategies that would allow people to continue to harvest on the land well into the future might be a natural choice to pursue.



The rings of a quahog clam have offered scientists a time line of chemical changes in the ocean going back a thousand years



Let's Talk Trash.ca

WHAT IS WASTE?

Garburators Rinse away the Evidence

At the end of a long day and a homemade meal, it can be tempting to fill the dishwasher and toss food scraps in the trash or down the garburator. Such conveniences save time and are preferred by some over a backyard composter or the local compost drop off facility. But what do these conveniences cost the earth? Are garburators being used to clean our conscience?

Once food is flushed, it doesn't magically disappear, but instead ends up at the local waste water treatment facility. These facilities are designed to deal with sewage, but not large amounts of food bits and grease. Food waste is responsible for clogging city pipes and overwhelming the screening technology at treatment facilities. Beyond this, there is the energy usage of each 'flush' to consider. Though minimal, the electric and water usage adds up

“Reduce the mold factory in the first place”

over time. But perhaps the most insidious aspect of garburating happens at the end of the pipe when it enters the ocean. Food waste is rich in nitrogen and can lead to a localized nutrient overload in the ocean. Algae blooms can result and these shade out sunlight from all life below the surface, essentially creating dead zones.

Composting is a great way to eliminate the need for garburators, and local



options are available. Plans for backyard composters are online at letstalktrash.ca, and a drop off program can be accessed at the Town Centre recycling depot six days a week. Tla’amin also has freezer composters in the community garden where many types of organics are accepted.

The greenest option by far, though is to avoid food waste in the first place. Those science projects at the back of your fridge are fun to joke about, but no joke to clean up. Instead, follow some simple tips to reduce the mold factory in the first place:

- Grocery shop with a list. Plan meals for the week ahead of time.
- Learn the true meaning of best before dates, which simply guarantee food freshness not safety.
- Buy items that have been reduced in price because they are nearing best before dates and eat soon after.
- Designate a shelf in your household's fridge as an 'eat-me-first' shelf for food about to go off.

By reducing food waste, you can make significant savings over the year while avoiding the unpleasant clean up jobs resulting from neglected scraps.

Let's Talk Trash is the qathet Regional District's Waste Reduction Education program. Contact them with any waste reduction questions at info@letstalktrash.ca

WHAT GOES IN? Food scraps, yard waste & food-soiled paper.

<p>Meat & Bones Fish & Shellfish Grains & Pasta Plate Scrapings Dairy Products Eggs & Eggshells Fruit & Veggies Food-soiled Paper & Cardboard Paper Coffee Filters, Coffee Grounds & Paper Tea Bags Wooden Utensils, Skewers & Toothpicks Yard Waste (no invasive species or any branches/limbs larger than 1" in diameter).</p>		
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PROGRAMS & SERVICES



Communicable Disease Control
 800, 601 West Broadway
 Vancouver, BC V5Z 4C2
 Phone: 604.675.3900 Toll free: 1.855.675.3900
 Fax: 604.731.2756

January 14, 2019

Dear Staff, Students, and Parents

PERTUSSIS (WHOOPING COUGH) EXPOSURE AT JAMES THOMSON ELEMENTARY SCHOOL

Confirmed cases of **pertussis** have been identified at James Thomson Elementary School between 12/03/2018 and 01/14/2019. You or your child may have been exposed.

- Pertussis is a contagious disease of the lungs and throat caused by bacteria in the mouth, nose, and throat of an infected person. It is spread when the sick person coughs or sneezes.
- If you become infected, it usually takes about 7-10 days to get symptoms, but it may take as long as 21 days.
- Early symptoms are like having a cold (sneezing, runny nose, low fever, mild cough).
- 1-2 weeks later, symptoms may include long spells of coughing that often end with a whoop or crowing sound when you breathe in. The coughing may be so bad that the person gags or vomits. This cough can last up to two months and happens more at night.
- Pertussis can be very serious and life threatening for infants under 1 year old.

If you have early symptoms of pertussis, see your health care provider to get tested and treated. Early treatment can reduce the duration of the cough, which can last many weeks. Also, the earlier you are treated with antibiotics, the less likely you are to spread the disease to other people. Take this letter with you to show your health care provider.

We recommend preventative antibiotics for some people who have been exposed to pertussis and have a very high risk of complications, even if they do not have symptoms yet. These are babies less than one year of age and pregnant women in the last 3 months of pregnancy. We do not recommend antibiotics for other exposed people who are well. **Please contact public health at the number listed below if you are in the last three months of pregnancy and/or you have a child under the age of 1 who spent time at James Thomson Elementary.**

Now is a good time to make sure your vaccines are up to date. Children normally have pertussis-containing vaccinations at 2, 4, 6 and 18 months old, at 4 – 6 years old and in grade 9. As an adult you can boost your immunity by getting the Tdap vaccine, but it is not free. Getting vaccinated now will not protect you from this exposure but will give protection from future cases in your community. For information about pertussis-containing vaccines please visit www.immunizebc.ca.

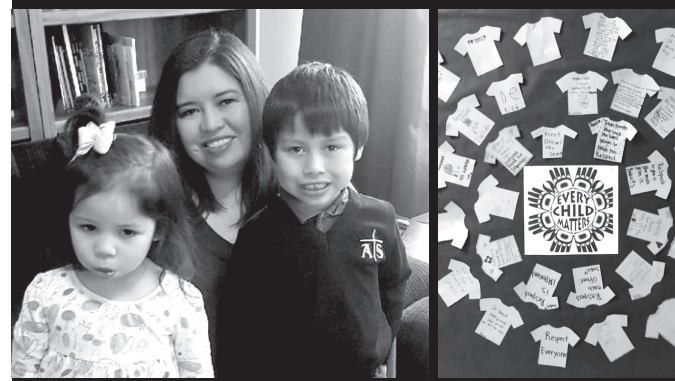
Have questions? Please call the Communicable Disease Control Nurse at **604-675-3900**, toll free at **1-855-675-3900**.

Yours sincerely,

John Harding, MB BCh BAO, MPH, CCFP, FRCPC
 Medical Health Officer
 Vancouver Coastal Health Authority

A brilliant future Starts with a strong foundation

Register your child for the 2019-2020 school year



Visit us at the Tla'amin Kindergarten Fair in March!

Peaceful, inclusive classrooms Preschool to Grade 8
 Caring staff working in partnership with Tla'amin
 Powell River's top academic school



assumptionpr.ca
604-485-9894



LOUISE DOMINICK SCHEDULE



MORNING

M Brooks Secondary School
 830am- 230pm

T Brooks Secondary School
 830am- 230pm

W Brooks Secondary School
 830am- 230pm

T Brooks Secondary School
 830am- 230pm

F Tla'amin Nation Post Secondary
 830am-430pm

AFTERNOON

Tla'amin Nation Post Secondary/
 Ahms Tah Ow School/Tutoring
 330pm – 530pm

Ahms Tah Ow School/Tutoring with James
 Hanson (sd47teacher)
 330pm -530pm

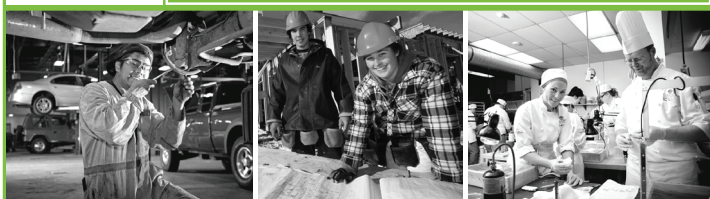
Ahms Tah Ow School/tutoring with James
 Hanson (sd47 teacher)
 330pm-530pm

Ahms Tah Ow School/Tutoring with
 Roseanne Dupuis(sd47 teacher)
 330pm -530pm

Tla'amin Nation Post Secondary
 830am-430pm

Interested in the Trades?

Fast Track to Trades 6-Week Funded Program



April 8 - May 17, 2019

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

Industry Certificates included:

- Fall Protection
- Flagger
- Forklift Operation
- Serving It Right
- WCB Occupational First Aid Level 1
- Fire Extinguisher
- FoodSafe
- Ladder Safety
- WHMIS

VIU-Powell River and Career Link are offering a combination program which runs at the Powell River campus—Fast Track to Trades will prepare At-Risk Youth, Indigenous Peoples and Women for success in entering a trade with employment opportunities locally and across BC by providing a two-phase approach that includes Academic Upgrading along with Essential Skills and Employability Skills training. All areas of training are focused on trade-occupations preparation, including 9 industry certifications.

Eligible participants can jump start a career in trades. **Seats are limited. APPLY today** and get started on a successful, satisfying, well paid job in the trades.

Contact VIU-Powell River at 604.485.2878



Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.

Attention: Community/Fund Raisers RE: Garbage pick up

From time to time we hire people to do a community garbage pick up in order to keep our community clean.

This is a good opportunity for fund raising – grad, sport teams, etc.

If you are interested, please submit a letter to:
 Tla'amin Lands Department

Attention: Denise Smith – Land Manager

Indicate what you are fund raising for and how to contact you – name, phone number.

Thank You.

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

Community Health Fair Promotes Mind and Body Expertise

By Ciara Knapp

Home and Community Care Coordinator
 Ciara.knapp@tn-bc.ca



Judy Mitchell (right) is the Community Engagement Coordinator with First Nations Health Authority

January 17th, 2019 was the annual Health and Wellness Fair at the Tla'amin Nation. The focus on this year's fair was "Culture Saves Communities". With the opioid crisis evident in our region, the team wanted to include harm reduction information that was relevant to the community.

The planning committee recognized that part of harm reduction is providing culture for every person, no matter where they are at. Because of this, we chose to ask expertise in culture to be at this fair. This included community members who had experience in hunting and processing, gathering and canning, youth engagement, as well as cultural in general.

The team also reached out to the resources that were available to the community such as midwifery, doula, naturopath, chiropractor, nurse practitioner, community paramedic and pharmacists. We recognized that health is more than practitioners and includes taking care of our mind and our body. The recreational complex joined as a booth and donated prizes, giving community members the chance to learn about exercise classes and activities that are offered.

There was also a guest performance from a Zumba instructor which had the community up dancing - or at least tapping their feet. In addition, we had First Nations Health Authority (FNHA) come up to include information on wellness, tobacco cessation, harm reduction and child and youth resources. Finally, our own local member Drew Blaney partnered with Culture Saves Lives to share stories, sing and drum - bringing the community together and increasing awareness on harm reduction.

With the conclusion of the fair served with elk stew and seafood chowder, we were able to weave culture throughout the health fair.



These four sacred medicines play a vital role in our culture, teaching and traditions

TOBACCO

Tobacco opens the communication between us and the spirit world. An offering of Tobacco is given when requesting something from an Elder or anyone for that matter, everything is through Tobacco. It is also left when taking something from the land such as plants or animals for personal use. Tobacco is used to send up prayers and thanks to the Creator.

CEDAR

Its medicine value is the tree of life, used in teas and baths, to purify the home and cleanses your spirit when used in a smudging ceremony. Cedar has a female and male side for balance. It is used for purification in sweat lodges and fastings.

SAGE

It is used to cleanse people, places, items, and ceremonies because of its deep cleansing value. There is a female and male Sage, parley sage is the female Sage. Sage is picked before it flowers for it has more medicine at this time.

SWEETGRASS

It is the hair of Mother Earth and is female medicine. It is used after other medicines. It is calming and soothing. There are 28 strands in a Sweetgrass braid to represent the female cycle. You must always pray when picking and braiding Sweetgrass, for the mind, body and soul.

Message from Tla'amin Health Director Nathan Jantz Traditional Medicines



January has rushed by! We have been busy at Health planning for this upcoming year. Many exciting activities and events will be rolling out for you to look forward to.

One exciting development for 2019 will be a 3-session course focusing on traditional plants and medicines. We are very privileged to have community member, and highly regarded Naturopathic Physician, Dr. Jeanne Paul, returning to Tla'amin this year for three different harvests (spring, summer, and fall).

Dr. Paul will be offering community members the opportunity to learn about harvesting seasonal plants on in the Tla'amin lands, and furthermore how to use these plants to create and use as medicine. There will be 3 sessions: April, June, and September. If this opportunity is of interest to you, please send an email to me: nathan.jantz@tn-bc.ca or call our health center and speak with me. We can discuss the specific dates and requirements. The space is very limited and attendance to all three session is required. We are excited about this learning opportunity, and how it may evolve into a greater offering of traditional medicines from the Tla'amin Health Center.

I would also like to send out a big thank you to our staff and community for the Health Fair that took place in January. A lot of hard work went into the planning. There was great attendance and feedback! Please let us know if you have any questions about the presenters or displays.

Respectfully Emote,
Nathan Jantz

Counselling Available

I am available for counselling services at the Health Office on Thursdays from 9:00 am - 4:30 pm. I work with children, youth and adults. I do a lot of work in the areas of anxiety, stress, depression and relationship issues. Appointments can be made through the front desk.

Rick Berghauer M.Ed, CCC
Berghauer and Associates Counselling Services
200-7385 Duncan St.
Powell River, BC
604-223-2717
berghauer.ca



Let's Get Moving Towards a Healthier Heart

Brenda Pielle
Youth and Family Advocate

Dear Parents:

February is Heart Health Month and it is a great time to check in with ourselves to see if there are any changes we can make to our daily routines in order to bring more benefits to our own heart health, and to the heart health of our family.

Personally, I always have New Year's resolutions about getting in better shape, but I often do not get into it right away in January. There are so many chocolates and cookies around in my home after Christmas. I have very little self-control when it comes to sweets! Often in January I am tired and it is dark and gloomy, so my motivation to get going with exercise is low.

When February arrives I feel I really need to stop with the fun food and increase my physical activity, and I finally feel a bit more energized to do so. We live in such a beautiful part of the world where there are so many nice places to walk, hike, or cycle. Our Recreation Complex has many options for physical activity from swimming, skating, weights, aerobics classes, Zumba classes, and so on.

Being more careful with the type of food we are eating, and increasing our physical activity can have so many health benefits for us and for our children and youth. Our heart health is one benefit that is extremely important to all of us. Here are some quotes from the Heart and Stroke Foundation of Canada website: "many risk factors for heart disease and stroke are in your power to control" and "8 in 10 cases of premature heart disease and stroke are preventable through healthy lifestyle behaviours". This website lists five main areas to work on to improve our heart health: eat well, get moving, maintain a healthy weight, stop smoking, and manage your stress. The Heart and Stroke Foundation website is: www.heartandstroke.ca/gethealthy. There are many tips for each of these five areas



and loads of excellent information on this website. You can even take a risk assessment quiz to see how you are doing with your heart health. Talking with your doctor about your heart health and the heart health of your children and youth is also very important.

In today's world when we have so many modern conveniences and our children are so attracted to devices and technology, we all are at risk of not moving enough. Another benefit to physical movement is what it can do for our emotional and mental health. When we think of our heart in terms of our feelings, exercise can help us in this area as well. This is also critical for our children and youth. When our young people are spending more time sitting still with devices and technology, they are not gaining the benefit of mood improvement that comes from exercise. Physical movement releases endorphins in the brain and these help people feel good. An improved mood can help children, youth, and adults have more positive thoughts and feelings which are excellent medicine to keep depression and anxiety away.

Will you join me in trying to improve our heart health? Let's get moving out there with our children and youth in our beautiful community. Let's enjoy healthy foods and get lots of fresh air with our families. Let's look forward to feeling good, seeing smiles, and hearing laughter as we take part in some fun activities with our precious loved ones.



Take Control of your

HEART HEALTH

Family Support & Wellness Program

Family Day is February 18th, 2019
IT'S FAMILY TIME!

Spending quality time with your family is the most precious time you can have, this gives you the time to connect, communicate and include all family members. Everyone will feel a sense of security, belonging and the love that everyone needs. No love is bigger than family! That's what Family Day is all about.

The Family Support & Wellness worker will provide referrals, 1:1 support, guidance and advocate for families to help and promote healthy family development and strengthen family life.

MONDAYS SELF CARE 12:30 – 4:30
(Transportation provided)

Self care is part of Wellness so we take part of the free complex services each Monday until the end of March, 2019. You can take part in any exercise programs during this time or anytime during the day as well as the exercise room, laps, hot tub and sauna.



YOU'RE NOT ALONE

WEDNESDAYS GRIEF & LOSS SUPPORT GROUP
(530 – 730PM Light Dinner provided)

We have many losses in our lives which are not only the death of a loved one but also includes those who divorced/separated, youth off to school, death of a pet, job loss/retirement and losses we have had in our lives cause us grief. This support group will help you get through knowing there are other's going through the same.

THURSDAYS SOCIAL & CRAFTS PROGRAM
12 – 2PM BYOL – Bring your own lunch

Many people who go through depression, sadness and become lonely need a place to feel safe and be with other people. This group socializes while have coffee/tea and lunch with one another, just to be out and be together makes a difference. We also do projects for special occasions as needed for our community or other plus you can bring your own individual projects like sewing or hemming, knitting or other. You will need to bring your own lunch or share a dish.

THURSDAYS GRANDPARENTS SUPPORT GROUP MEETS 1ST THURSDAY OF EACH MONTH 5:30-7:30

The Grandparents Support Group meets once a month to share concerns about their grandchildren, many grandparents are raising their grandchildren and having to re-parent and with this day and age it's more difficult and harder to keep the values they once knew. This self-help group allows each to share their concerns but also gets help and information from other experiences.

FOR MORE INFORMATION PLEASE CONTACT SALLY AT 604.483-3009 EXT. 117

Get fit for the new year Swim/Exercise Room



Tla'amin Health is covering admission free for Tla'amin First Nation members every Wednesday Time from 6:00 am to 8:30 pm.

This swim/exercise has been extended to February 27/19

NOTE: Sign in sheet will be at reception.

Please sign under appropriate category
0-4 years of age Free, Child: 5-12 years of age, Youth:13-18 years of age
Adult: 19-84, Seniors: 85+
Family: Parents or Guardian/
Dependents (2 or more)

**** If you are a family sign in as family in the family category****
(Parents must accompany children up to age 7)

NOTE: Time change

Wednesday Let's get fit

Let's start off the new year with a healthy and fun activity

Limited space available: Registration required.

Day: Wednesdays

Time: 6:00 to 7:30 pm

Location: Pick up and drop off Tla'Amin Health.

Ages: 7 to 14.

Snacks & Refreshments Provided.

Come out and enjoy a fun filled evening of getting fit at the Complex.

Drop in Sports & Activity Night

Age: 7 to 16

Day: Thursdays

Time: 4:00 to 5:30

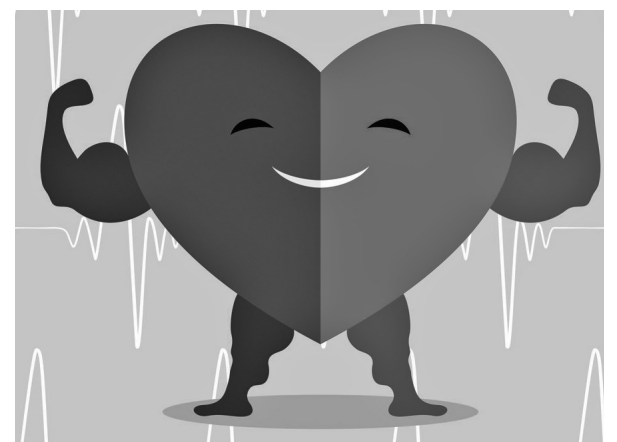
Location: Salish Center

Various activities will be offered weekly
Soccer, Basketball, Indoor tennis, Rock climbing, Bowling

Attendees will have their name put into a draw for a door prize and at the end of the month one lucky winner will be drawn for a bigger door prize.

For all of the above Contact Shirley Louie/ Child Youth Wellness worker at (604)483-3009 extension: 104.

Contact: Shirley Louie Nation Child Youth Wellness Worker



Elders Corner

February 2019 - Tla'amin Elders Calendar

Tla'amin Health Time: 11- 1 PM

February 5th EDP

February 12th EDP

February 19th, 2019– NO Elder's Day Program

February 26th, 2019– BINGO

Mark your calendar on February 14th, 2019 Thursday - Winter Wellness Day Join us for a bowl of SOUP at Tla'amin Health 11:00 - noon



Doreen Hopkins
Tla'amin Elders
Coordinator

Decolonizing Addiction Workshop

In October 2018 Tla'amin Health began to develop a Harm Reduction Team in response to the opioid epidemic and overdose events happening in our community. In the qathet region, the overdose rate is just slightly lower than that of the Vancouver Downtown Eastside (per capita). This high rate coupled with the loss of community members due to overdose death was evidence that intervention was needed. The newly formed, Harm Reduction Team started with doing naloxone training for staff and community members. From this, we found that the idea of Harm Reduction was not well understood, so the team reached out for help.



In January 2019, the Indigenous Wellness Team (above) was invited to facilitate workshops and participate at the Health and Wellness Fair at Tla'amin. These workshops are created to be culturally relevant and focus on defining what harm reduction and addiction look like through an Indigenous lens. The team focuses on removing the stigma and myths about addiction, and explaining how colonization is associated with addiction.

So what is Harm Reduction? The purpose of harm reduction is to decrease the harm and danger of those that use substances. Not all people are able to maintain abstinence, and in some cases the reinforcement of this model can create feelings of shame or failure. Instead, encouraging those that use substance to seek safe supplies and increasing knowledge about safer use and education on the use of naloxone can help save lives and keep people safer while using. In this approach, each and every life is valuable, and people are cared for no matter where they are at on the spectrum of substance use. To work with a Harm Reduction approach, stigma needs to be addressed by acknowledging that all people are valuable despite their behaviors. We at Tla'amin Health want to reduce stigma and fear of being judged so that those who use substances in our community can get help that they need.

By Ciara Knapp
Home and Community Care Coordinator
Tla'amin Health
Ciara.knapp@tn-bc.ca

Community Health Fair

Little Bird Birth Services

Hi! I'm Julia. I'm a Birth Doula and Birth Photographer in Powell River, BC. Birth and all things relative to birth are a passion of mine. I think a pregnant woman is the most beautiful form of love on the planet. The process of birth is a natural process that should be celebrated! This is my story--thank you for taking the time to learn about Little Bird Birth Services.

Little Bird Birth Services' story begins in 2014. I attended a prenatal class at Mission Midwifery for part of a Nursing assignment. While at this prenatal class I met a bunch of wonderful Doula's and Midwives. They suggested taking the Birth Doula course through Douglas College; however, due to time and stress of my nursing degree I was unable to. Move forward to 2015 when I became pregnant. I delivered my son in August of 2016 and desperately wanted to have a Birth Doula and Birth Photographer present. Unfortunately, we were unable to make this happen. My midwife was truly amazing--she is the one who inspired me to follow through with my passion and begin my journey to Midwifery. I just completed my Birth Doula training and am looking forward to providing women with the emotional, physical and informational support that I so desperately wanted at my own birth. I feel so honoured to be able to take part in such



a sacred time in a woman's and family's life. Birth is an absolutely beautiful process, no matter what way it occurs. My career as a Birth Doula is a stepping stone for my way into Midwifery.

The birth photography aspect of Little Bird Birth Services began long before I even knew about birth photography. As a teenager I always had my camera with me. Photography was a form of expression of self for me and I had dreamed of being a photo-journalist. While my career plans have changed, photography has always remained a passion of mine. Birth photography is specifically close to my heart because it allows me to capture the incredible once in a lifetime moments for families. Birth photography is beautiful, it is raw and it is pure, just as birth is.

Contact us today to book or for more information. 604-414-7667 or littlebirdbirthservices@gmail.com



Crepes

2 bouncy castles



FAMILY FUN EVENT

When: February 15th

Time: 2:30-5:00pm

Where: Salish Centre



Face painting



Photo Booth



Tattoos

Community Health Fair



Ten Moons
MIDWIFERY

Midwifery Care

Midwifery in British Columbia is paid for through the Provincial health care program MSP or "Medical Service Plan".

Midwives are medically trained healthcare providers who have completed a four-year degree known as a 'Bachelor of Midwifery' in order to gain the knowledge, skills and experience to provide safe and professional midwifery care.

Practicing midwives in BC attend up to 60 births every year. There are over 200 Midwives working in BC and the numbers are steadily increasing. Midwives attend hospital births with and without epidurals, attend women who have had previous c-sections and attend planned home birth for healthy women.

Why Ten Moons Midwifery?

At Ten Moons Powell River Midwifery it is our goal to offer you personalized and compassionate care. By developing a relationship of mutual trust we can provide/share current research and expect the decisions you make for the health of you and your baby to be safe and reflect your families values, preferences and needs.

We care for you from early pregnancy during your labour and birth and look after you and your baby until 6 weeks after the birth.

Did you know?

- Women can self-refer. You can call us as soon as you know you are pregnant.
- Midwives provide full-service prenatal, birth and postpartum care.
- You can choose where you want to birth your baby, home or hospital.
- Midwives offer the same tests and procedures as doctors in BC.
- You can have a natural birth, pain medication and undergo a c-section with your midwife.

A new option for Powell River Families

**Monday
February 18th**

Free!



FAMILY DAY

Everyone Welcome Skate 1:30 - 3:PM
Everyone Welcome Swim 1 - 4 PM
Fitness Gym 1 - 4 PM

**ENTER TO WIN
FAMILY GIFT BASKETS!**



Christine Parsons is the Health and Fitness Coordinator at the Recreation Complex

Friday February 15th Pro-D day

Everyone Welcome Skate for a Toonie
Noon - 2 (Rentals Extra)

Toonie Swim 2 - 4 pm
School aged kids swim for a toonie

Food Safe Certificate



When: March 5, 2019
Time: 8:30 – 4:30pm
Where: Tla'Amin Health
Lunch Provided

Instructor: **Paolo Ciacco – EHO**
Enviromental Health Officer
First Nations Health Authority

Food Safe is mandatory for applying for jobs in the food industry. It also looks great on your resume.

Food Safe now expires after 5 years. If you have taken food safe before, check the date on your FS Certificate, time to renew. Sign up with Dawna Pallen, Health Promotion @ Tla'Amin Health, 604.483.3009 Ext. 122

You are Invited

To:

Making Friends with Feelings A parent and child self regulation series

Through song, dance, and art parents and children will explore the affects of their emotions/feelings and learn self regulation techniques.

4 bi-weekly sessions - February 6th, 20th, March 6th, 20th @ the CDRC from 5-6:30pm



*For families with children 4-5 years



Please register with Dana 604-483-3009 ext. 142

Parent \ Tot Drop in

Parents and children 1-3 years of age

Start Date: February 7th (every Thursday)

Where: CDRC-multipurpose room

Time: 9:30-11:00am



***snacks will be provided**

Celebrate
creativity,
heritage
and identity.



Are you an Indigenous youth between the ages of 6 and 29?

Win up to \$2000 and other great prizes!

Deadline: March 31
1.866.701.1867

OUR-STORY.CA



Take a Stand Against Bullying on Pink Shirt Day

Every day in every community kids get bullied at school, in their neighborhoods and online. Some get bullied because of their race, their size or their social status. Others get bullied for simply being themselves.

In 2007, a Grade 9 student at Central Kings Rural High School in the Annapolis Valley of Nova Scotia, was bullied for wearing a pink shirt to school. Like most bullying incidents, it could easily have gone unnoticed. But in this case, two Grade 12 students saw what happened and decided to take a stand against the boy's bullies. They

effectively changed the course of history.

The two students, who had both experienced bullying when they were younger, encouraged their peers to stand with them against the bullies by wearing pink to school. Two days later, more than half of the 830 students wore pink to school in solidarity with the bullying victim. And the movement quickly spread to neighboring schools, and eventually, across the world.

Pink Shirt Day (also known as Anti-Bullying Day globally) is now celebrated in more than 25 countries worldwide and has been recognized by the United Nations.



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

Pink Shirt Day

Wednesday February 27th

BE A BUDDY NOT A BULLY!



FACT SHEET

Indigenous Harm Reduction Principles and Practices



The Indigenous Wellness Program at First Nations Health Authority is developing 'Indigenous Harm Reduction' principles and practices as a learning diagram to host conversations regarding addiction and harm reduction.

Indigenous Harm Reduction is a process of integrating cultural knowledge and values into the strategies and services associated with the work of harm reduction. Indigenous knowledge systems are strongly connected to spirituality, holism, and the natural environment. Therefore a learning model reflecting animal teachings and values was struck to support sensitive conversations around addictions and harm reduction through an Indigenous lens.

IMPORTANT NOTICE



If the garbage bins are full, please do not leave your trash beside the bins. There are plenty of bins at other locations that will handle your trash



Waterfront House and Property for Sale.

Asking \$250,000.00.(OBO)
(being sold by Peter August).
5169 Beach Road.

Large 2 storey house on beautiful large oceanfront lot. Upstairs used to be 3 bedroom, and now is one large bedroom (could easily add a wall to form another bedroom). 1 bedroom and small living room area downstairs. Built in 1987. Paved driveway. Carport. Kitchen and bathroom needs remodelling. New flooring installed 5 years ago (removed old carpets). Woodstove and electric heat.

Interested – contact Cathy Galligos or Peter August at 604-414-4376.

Want a Faster Tax Refund?

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



Happy 39th Birthday Troy Wade

Our son, brother and uncle

To my Son, I love you so, you are so special, I hope you know. With every day that passes by, you're more the twinkle, in my eye. So loving, so giving, a heart of gold, always my baby, even when I'm old. Your love shines through, for all to see. I feel so proud, you are a part of me.

Luv, Mom, Troy & Andy Whiskers

*A wish for you on
your birthday*

Whatever you ask may you receive,
Whatever you seek may you find,
Whatever you wish may it be fulfilled on your
birthday and always.

Happy Birthday Esetoh!

Luv, Jodie, Steve, Makaela & Mattias and Habby Bear



SUMMARY OF RCMP CALLS FOR SERVICE FOR DECEMBER 2018/JANUARY 2019

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
DEC 15	HOMALCO RD	Police responded to a threats complaint.
DEC 16	HARWOOD DR	Police responded to a report of a fight in progress.
DEC 18	HOMALCO RD	Police responded to a report of a possible impaired driver. The driver was located and spoken to and determined not to be impaired.
DEC 21	RIVER RD	Police responded to a possible breach of probation.
DEC 25	WATERFRONT RD	Police responded to a disturbance at a residence.
DEC 25	HOMALCO RD	Police responded to a report of a theft of a scooter which was returned before Police arrived.
DEC 26	RIVER RD	Police responded to a report of a disturbance at a residence. All parties were spoken to and it was determined that no offence had taken place.
DEC 26	HWY 101	Police responded to a report of a vehicle in a ditch. Police attended and located the vehicle which did not have any damage. The driver was spoken to, and the vehicle was towed from the ditch.
DEC 27	EAGLE DR	Police responded to an animal complaint.
DEC 30	HWY 101	Police responded to a disturbance. Upon arrival at the residence it was determined that the parties had been separated and no offence had taken place.
JAN 04	RIVER RD	Police responded to a report of a disturbance at a residence.
JAN 05	RIVER RD	Police responded to a report of a suspected assault. Upon arrival it was determined that no assault had taken place.
JAN 05	WATERFRONT RD	Police responded to a report of an assault. Upon arrival it was determined that no assault had taken place.
JAN 08	RIVER RD	Police received a report of an assault. This matter is still under investigation.
JAN 12	RIVER RD	Police received an abandoned 911 call. After responding, it was determined that the call was for ambulance instead of Police.
JAN 12	KLAHANIE DR	Police responded to a report of a found firearm.
JAN 13	EAGLE DR	Police responded to a reported assault. This matter is still under investigation by Police.
JAN 13	HARWOOD DR	Police responded to a report of a possible impaired driver.
JAN 16	WATERFRONT RD	Police responded to a threats complaint.



In May of 2018 my partner Hans Hyldig was honoured by Tla'amin Nation. He had his celebration of life at Tla'amin. Some ashes were spread in Tla'amin Creek. Hans had a native heart and was a regular soccer player on many Sliammon teams. He also designed many soccer shirts over the years. Special thanks to Cyndi and Sherman for exceptional help and guidance at a difficult time.

But, my love goes out to all of my friends who went out of their way to make Hans day special. Love you all.

Thank you
Pam Hunt and the extended family

Northern Salish Coastal Jam



Saturday, February 23rd
Hosted by the Tla'amin Nation
Tla'amin Salish Centre
12:00 pm. Lunch
1:00 Jam

Tla'amin community members are asked to bring a dish to share for the feast

