



NEH MOTL "US"

July 2019

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

Culture Meets School District 47

*By Steve Gallagher
Neh Motl Editor*

On the morning of June 21st bus loads of children from School District #47 arrived in Tla'amin to celebrate Indigenous Peoples Day. Cultural Tours were held in the morning and afternoon at the Governance House where young students learned about the stories behind the totem poles, traditional place names. Baskets and arrow heads were also on display for viewing purposes. Outside there was a live puppet theatre depicting traditional stories that many adults enjoyed as well.

Down at the waterfront many students took advantage of the beautiful weather and headed down to the beach to explore live crabs and other critters that crawl around in the ponds when the tide is out. Weaving cedar roots was demonstrated to students with creative talents to get hands on, in addition to forming a circle to perform the Killer Whale dance around the soccer field to end their visit in Tla'amin.

In the afternoon, the much anticipated judging of the best bannock in Tla'amin contest was decided, where by no surprise, Mugsy took 1st place for the third year in a row. Special guest and Metis dancer, Simone Blais demonstrated her jigging skills. Tla'amin singers and dancers also entertained to close off a fun filled day of good food and laughs. Congratulation to Gilbert Francis who won the elders 50-50 draw at the event.

Cultural Coordinator Drew Blaney, "Indigenous Peoples Day 2019 was a huge success! We saw 600 kids from SD47 make their way to Tla'amin to learn about the rich history of our people. Booths included traditional games, basket & artifact displays, metis display, tools display, carving display, weaving display and much more. Roughly 120 people from the community also attended this celebration from both the Tla'amin and Powell River community. I want to thank everyone who made this day possible. All the resource people, the cooks, clean-up crew and everyone else who I might have missed. We look forward to hosting this event right here in Tla'amin again next year!"



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





Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646

Call for Interest: Member of Economic Development Committee



The Economic Development Committee plays an important role in the economic development of the Tla'amin Nation. Being a member of the Committee is not expected to be a significant time commitment. Meetings are **typically** held 4 to 6 times per year. Members of the Committee will be provided honoraria for their time, along with reimbursement of reasonable expenses.

The mandate of the Economic Development Committee is to provide information to assist the Executive Council in fulfilling its oversight responsibilities for economic development and reporting to the Legislative Assembly on economic development activities of the Tla'amin Nation.

In accordance with the Tla'amin Economic Development Law, the Tla'amin Nation is seeking interested Tla'amin Citizens to replace members of the Committee whose terms have expired. The law requires that these members must:

- (i) have a British Columbia Certificate of Graduation (Dogwood Diploma) or equivalent,
- (ii) be in good standing with the Tla'amin Nation,
- (iii) have relevant experience, education or demonstrated interest in business, as determined by the Legislative Assembly

How do I apply?

Please submit an application by **Monday, July 22, 2019** at 4 P.M. to Rod Allan, CAO, Tla'amin Nation at rod.allan@tn-bc.ca or at the Tla'amin Nation office – 4779 Klahanie Road. **Please include the following:**

- (a) A cover letter that explains why you think you would be a good candidate;
- b) Your resume.

Selected candidates must undergo a satisfactory criminal record check, at the Nation's cost. If you have any questions, please contact Losa Luaifoa, Executive Assistant, at 604-483-9646, Ext 124 or losa.luaifoa@tn-bc.ca.

Thank you for your interest.

Tla'amin Hatchery

The hatchery and its staff have been proactive in the delivery of a contribution agreement between the Department of Fisheries and Oceans and the Nation now for 40 years. We have successfully delivered Chinook, Coho, Pink and Chum salmon into our river system over the years.



The Tla'amin hatchery was successful with the collection of eggs this year for the following species:

- Chum: 1.5 million eggs – 600,000 juvenile Chum salmon were released at 1 gram. The remainder were released unfed into Tla'amin River
- Chinook: 80,000 Chinook eggs were collected fed and released in the first week of June at 4 grams

The hatchery presently still has on hand 84,000 Coho juveniles that will be adipose clipped then released into Appleton creek in the last week of June. These Juvenile Coho will stay in Tla'amin watershed until next spring before making their way to the ocean



Let's Keep Our River Clean

Fisheries staff has just finished a stream clean-up from the hatchery down to the estuary. Please refrain from dumping anything off the lower bridge as the water is at a all time low. We have removed bikes, wagons, buggy's and non-biodegradable plastic material. This is not good for the environment or the returning salmon each year.

Summer Learning and Adventure Programs for Tla'amin Students

This summer, there are many learning and adventure opportunities available to students offered through the School District in partnership with The Nation. None of the programs outlined here have a cost to participants from the Nation.

This year, students in grades 10-12 who need or want to attend Summer School to complete courses can do so at Ahms Tah Ow. Summer School classes are available from 10:00-12:00 Monday through Thursday from July 3rd through 31st. Registration forms are available at both Brooks and Ahms Tah Ow. Contact Louise Dominick (Ahms Tah Ow) or Rod Perrault (Brooks) for more information. Additionally, adults wishing to continue or start high school courses can sign up and start in the summer.

For students in grades 7-9, summer starts with the *c̓ičixʷaθot (Chee-Chee-Hwa-Thote): Preparing Yourself for Lifelong Learning* a 3-day, 2-night camp for students in grades 7-9. The camp will take place at the OLC from July 2nd to July 4th, just ahead of the Pulling Together Canoe Journey. There is **no cost for students for this camp**, we just ask that you please complete the registration and permission forms and return them to Brooks or Ahms Tah Ow by Wednesday, June 26. The camp will be a combination of outdoor and cultural activities. Teachers and Support workers, Karina and Tyler Peters and Alisha Point will be working closely with OLC staff to create a program to connect with students and to build their strengths. Students registered for the camp will meet at Ahms Tah Ow at 9:30 AM Tuesday, July 2nd and will head to the OLC, staying overnight on July 2nd and 3rd. They will be returning home for 3:00, Thursday, July 4th. Busing will be provided. Registration is limited to 24 participants. Students in grades 8 and 9 who would otherwise need to attend Summer School can do this camp along with one or more of the following in place of attending Summer School – students wishing to do this will need to make arrangements with Tyler Peters or Rod Perrault



when they register.

Of course, there are the Pulling Together and Tribal Journeys Canoe Journeys. Students in grade 9 or older wishing to participate in either or both of these events can earn High School credits for this. Please see Tyler Peters for details.

Other summer programs that will be of interest to students include the Quathet Art Raven program at the OLC from July 15-19. This program is for students aged 9-12. This program is a 5-day adventure in art-making, cultural learning and fun, outdoor camp activities. Visit the Powell Lake Outdoor Learning website for more information.

At the same time (July 15-19), students in grades 8-12 can participate in Vancouver Island University's Thuy'she'num Tu Smun'een (Building a Foundation for Our Youth) program. This program focuses on land-based learning opportunities and a holistic education that

includes cultural practices. The program will celebrate education and cultural components that support youth/students' ongoing learning journeys. Elder teachings, land-based learning and exploring VIU's programs and campus are just a sample of what this program has to offer. For more information, contact crystal.burnip@viu.ca or see Tyler Peters or Louise Dominick for more information.

To wrap-up the summer, the OLC will be offering the Hoshtum quayim (We are going camping) camp from August 19-23. This camp is open to families and individual youth (12 and older). There will be cultural learning activities plus outdoor camp activities like canoeing, swimming, paddle boarding, rock climbing, biking and lots more. Registration forms are available from Tla'amin Health or contact Leslie Louie or Shirley Louie at 604-414-3966.

Coho Juveniles Released in Sliammon Lake

By Lee George

The reason we release the fish into Sliammon Lake is for them to overwinter themselves. They stay in the fresh water system until the following spring before migrating back out to the ocean. They will return in 2 years. All the Coho smolts are adipose clipped before release. These are the fish you are allowed to keep for food. The wild Coho (with fin attached) are released to spawn naturally up stream. The overall returns last fall was 75% adipose clipped Coho so not all of the Fin clipped Coho got caught. That means more fish for us



Celebrating Success with our Students

By Steve Gallagher
Neh Motl Editor

Families gathered at the Salish Centre to celebrate the achievements of students from K-12 and recognize their hard work in the classrooms to sharpen their academics for their future. School Board member Jack Timothy reminded the students that anything is possible and the opportunities are in front of us.

"When you look around the room here you see a wonderful network of teachers and we can see the pride within our families", said Hegus Clint Williams. "Over the years we had speakers that were not from our community but now we have students that have gone through the school system and succeed."

Roy Francis is the nations Community Development Officer. "In Tla'amin were in a changing environment. We are working with our youth and students in different ways, and this year we have a big crop of students that are graduating and going into colleges and universities. Now we have doctors and engineers and this is very exciting to see these changes in our community. Were finding and need for more professional positions that are going to be filled by our own people."

Brooks Principal Bill Rounis welcomed all the guest and families and recognized the organizers for putting the event together. "When we talk about success were talking

about all the work we have done together, and that makes us all very proud. Success goes back along way in history within our cultures. We share and bring back life into the stories and dances we do together. Let's take these steps together."w

Jasmin Marshman is the heart and soul of James Thomson Elementaery. "I am so grateful to have the kids for six hours a day and I appreciate it when kids make the effort to come to school. I have seen the ones that have left us to move on and it's really hard to let them go, but that is how we grow.

The Brooks Indigenous Leadership group had representation from grades 10-12. One of their assignments was to create something with their own hands, so they decided to loom bead. They created book marks, key chains and bracelets and give them to someone they would like to honor. Moms and dads were gifted as a thank you and a reminder for their support.

Roy Francis, Louis Dominic and Tyler Peters were blanketed for their dedication to aboriginal education and all the work they do.

At the end of the evening students were acknowledged for their efforts in different categories ranging from attendance, social responsibility, and math.

We acknowledge and raise our hands to Doreen Galligos who is retiring after 39 years of working towards our children's education at James Thomson and the Child Development and Resource Centre.



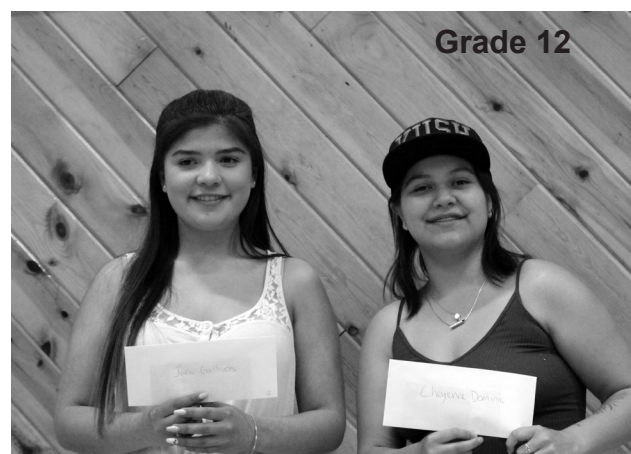
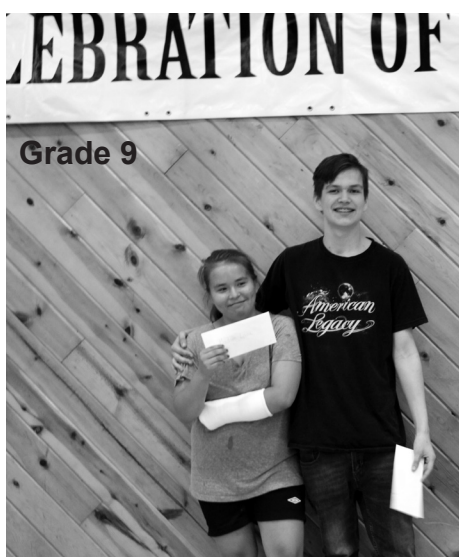
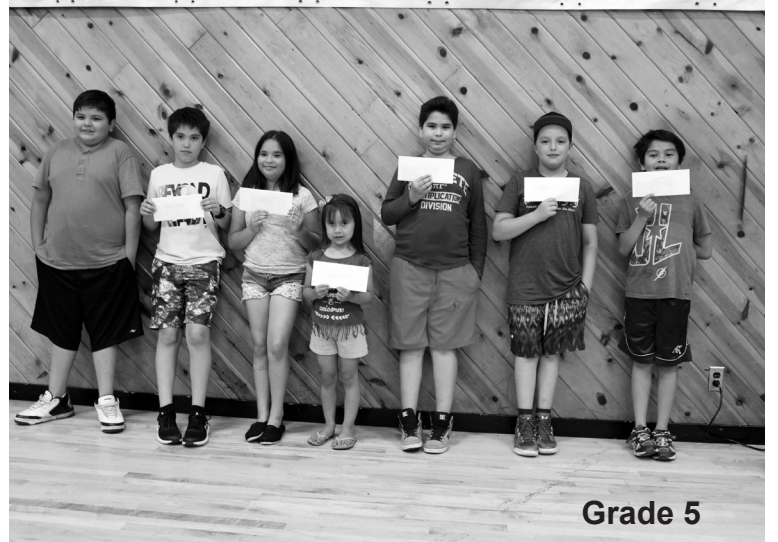
Jasmin Marshman Heads to Henderson Elementary



This has been an amazing school to be a part of for 8 years, I am so proud of all we have done together! This last week will be pretty emotional, but with a child still in the school here, I will still be connected to this amazing community. It is a wonderful school. That being said, I am very excited to move to Henderson and thrilled that I was given the opportunity. Mrs. Lisa Gunn will join our Thomson staff in the role of principal next

year. She also is very excited about this opportunity. Mrs. Gunn and I will get a chance to meet early in the summer to help with the transition.

I would like to thank all of our parents/guardians for trusting me with your little hearts all these years. Simply put, your children are amazing. They are in very good hands here with such a wonderful and caring staff.



qahəmštəm tums q^wayεgən

“Lifting Our Spirits In Honour Of The Missing And Murdered Indigenous Women, Girls, Men & Two-Spirited (MMIWG)”

By Cyndi Pallen, MSW

The Powell River Transition House Society, Stopping the Violence Program along with a services with Tla’Amin Traditional Wellness Team and Powell River Community came together to implement two powerful gatherings for the purpose of bringing awareness and healing of (MMIWG). The first healing ceremony was scheduled June 6, 2019 at Tla’amin Salish Center to honor all (MMIWG), Men, & Two Spirited, who have gone missing. This evening was followed by a Candle Light Vigil/March at Willingdon Beach June, 7, 2019.

Within the context of MMIWG, we extended invites to our neighboring communities, Homalco and Klahoose First Nations to participate in this historical healing gatherings. As sister nations, we provided an evening for families and individuals of MMIWG to share their stories in a culturally safe environment. It was a memorable evening, however very hard for individuals not knowing what happened to their loved ones, some of whom are still missing.

Our guest speaker story, was very detailed and personal. Looking back, we realized that ‘perhaps’ we needed to hear how hard it was... for her to grow up in “foster-care” and part of the 60’s scoop. She went on to share how many of her friends were victims of the Pickten Farm Case. She knew of 40 who she was witness to, as bodies were found at the Pickten farm. She attended five different court cases as a witness. One other young lady came forth in Tla’amin, to share her story; which was unexpected, she was blanketed along with Mom/Dad as her support. Her brother disappeared on Vancouver Island and was found 5 months later dead in Qualicum River.

June 6, in Tla’amin, we planned on blanketing three families and two more came forward. “Lots of tears”, however many were “grateful” to have a place to share their story. As service providers, our goal is to provide safety, therefore calling the gathering **qahəmštəm tums q^wayεgən-**



“LIFTING OUR SPIRITS IN HONOUR OF THE MISSING AND MURDERED INDIGENOUS WOMEN, GIRLS, MEN & TWO-SPIRITED.

The lifting our spirit was done by implementing traditional cultural values and teachings of Tla’amin people. All families suffering losses and missing family member’s took part in the blanket ceremony. To bring light and support, we interweaved drumming and singing for each family and invited three guitar players who shared songs. The feed-back was enormous, with lots’ of gratitude from families and community as a whole.

Powell River Transition House Society and Powell River Community Services, Traditional Wellness Team were on hand supporting this event throughout the whole evening, all dressed

in purple, and our staff set up information booths, with material of each program and services. In the past, we have conducted many ceremonies, such as “Welcoming Babies”, Welcoming Home Residential School Survivors, Sobriety Blanket Ceremonies, and the MMIWG Ceremony was one of the hardest. As a service provider, I had to remind myself to stay in the moment, as there is so much work to be done. Everything went smoothly and in a timely manner, and “we as a team managed” to put together these two ceremonies within

a week’s time.

Acknowledgements go out to our elder’s, Dorine Point, Albert Hackett of Tla’amin, Rita Pimlott of Homalco.

Guitar Players and Singer’s, Brenda Pielle, Larry Hanson and Albert Hackett. Drummer’s and Singer’s, Ohtaqken, Hehewsin, and Homalco.

Guest Speaker’s and Support, Maggie Gisle, Sharon Brass, Glida Hanson

Set up, clean up - Hehewsin, PRTHS, CSA, and Museum Coordinator

Traditional Wellness Team, Shirley Louie, Sally Louie, Leslie Ann Louie, Nina Peers, and Frank Osawamick who supported driving for MMIWG Ceremony.



Paddlers Prepared to Keep Calm and Paddle On

July is now here, which means it is canoe month! We will be welcoming 26 canoes this year, part of the Pulling Together Canoe Journey. This journey was last hosted by Tla'amin in 2012, where 16 canoes touched our shores. Please see the calendar below, showing the different stops along the journey. Community are also invited to take part in the evening celebrations (July 5-12) at the Tla'amin Salish Centre.

This journey is meant to be garbage free so if you plan on attending the celebrations, please bring your own plate, cutlery and cups and there will be wash stations at the gym. There is still time for you or your children to sign up to paddle in this journey, so if you wish to participate please send a message to myself, or one of the youth workers at the Tla'amin Health.



Pulling Together Schedule: Please see the calendar for Pulling Together dates. Tla'amin drummers and singers, please come to Willingdon Beach on July 7th, and Tla'amin Beach on July 8th wearing your regalia for the official welcome.

Tribal Journeys – The Tla'amin Nation will welcome two canoes travelling to Lummi as part of Tribal Journeys 2019. The canoes are expected to reach Tla'amin from Squirrel Cove around 5:00pm. Dinner and cultural protocol will follow at the Tla'amin Salish Centre.

Awaken the Canoes

The Cheechlem Chi-Chia participated in the annual Awaken the Canoes gathering in Squirrel Cove in May. I am very proud of Kyle Francis and Matthew Louie, who both stepped up to skipper Cheechlem Chi-Chia for the weekend. Both of these young men did an excellent job of learning what it takes to be a skipper. Matthew even had the chance to learn how to flip a canoe upright after capsizing (on-purpose). I want to raise my hands to the Klahoose First Nation for offering this gathering to the Tla'amin canoe families. There was a lot of great learning involved, and it is always great to get together with our neighbors and share culture.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	Canoes Arrive by Land Travel Day 4	5 Safety Inspection Day	6 Saltery Bay to Palm Beach
7 Palm Beach to Willingdon Beach	8 Willingdon Beach to Tla'amin	9 Break Day – Community Cleanup	10 Tla'amin to Lund	11 Lund to Copeland Islands	12 Copeland Islands to Tla'amin	13 Travel Day
14 Tla'amin Hosts Klahoose	15 Tla'amin to K'omoks	16 K'omoks to Qualicum	17 Qualicum to Nanoose	18 Nanoose to Snuneymuxw	19 Snuneymuxw to Shell Beach	20 Shell Beach to Cowichan
21 Cowichan to Tsawout	22 Break Day in Tsawout	23 Tsawout to Waldren Island	24 Waldren Island to Lummi	25 Lummi	26 Lummi	27 Lummi
28 Lummi	29	30	31			

**TLA'AMIN
CANOE
CALENDAR**

Pulling Together
(July 4 - 13)

Tribal Journeys
(July 14 - 28)

July 2019



Let's Talk Trash.ca

WHAT IS WASTE?

Zero Waste Summer Festivities



Volunteer
Lesley Thorsell

Photo by
Ingalisa

The time for summer festivities is upon us! Visiting a park or campground after the party has wrapped up, however, can be depressing. Dawn breaks over littered grass and garbage cans overflow. The fun is definitely over and the musicians have gone home, but the evidence of their visit lives on.

There is another way to keep the celebration going, or at least to have the planet host a dance party in your honour. It starts with planning beyond festivities so you can create less waste. Try this party planner motto on for size, "No garbage in, no garbage out."

It's much easier to reduce waste if you don't create any to start with. So where to begin? Up your game this summer as an event goer and consider creating your own Zero Waste event kit. Include a beverage cup, plate, utensils and even a reusable napkin and straw for you and your household. Keep them on hand, and ready for any occasion, like a spontaneous take-out meal.

Another waste generator at events happens when proper sorting gets skipped. Truthfully, most of the time event garbage simply means unsorted compost and recycling mixed in with a little actual waste. If you are hosting, have a few buckets or cans labeled 'compost', 'recyclables', and 'garbage' to give guests options to do the

right thing. At larger events, look for recycling or composting collections. Let's Talk Trash loans out Zero Waste Stations for free to help attendees sort so-called waste into compostables, refundables, and recyclables leaving only a small amount of actual garbage to contend with.

If you're planning an event, be it a backyard barbecue or large wedding, but don't have enough plates and utensils, borrow the Let's Talk Trash set for free. The qathet Regional District

dish supply can serve 200+ people and is a great asset to the community. There is also a portable dishwasher trailer that can be borrowed, and simply requires someone to be trained in proper use.

While using real plates is the way to go for Zero Waste, it is not always practical, and single-use items are used instead. But, not all single use dishware is created equal. After thorough research, here is our recommended list: unbleached paper plates and bowls, paper cups, plastic lids or no lids (not compostable lids and no compostable plastic liners either), paper or hay straws (or no straws), wooden chopsticks or bamboo/wooden utensils, and unbleached paper napkins.

All of these items can either be recycled (paper cups and plastic lids) or composted (everything else!), while many other options would simply need to be tossed in the garbage (ie: any compostable plastic, plastic utensils, and more).

As with all new habits, it takes a bit of time and organizing to get things started, but once you get in a new groove, it becomes the new normal. During events this season, remember your inner party animal does not need to be a litterbug.

Let's Talk Trash is the qathet Regional District's waste reduction education program. Learn more about beach clean ups by contact them at info@LetsTalkTrash.ca.



Photo by Ingalisa

BACK

EATERY

f @LUNDRESORTATKLAHAH MEN

lundresort.com 604.414.0474

PUB GRUB MONDAYS

"Jobs: Those annoying eight hours before happy hour."

Chicken Tikka Marsala with Steamed Rice \$9.99
Tasting Plates of Happiness \$6
Each Monday we feature five new tasting plates and some oldie favourites

\$5 CRAFT BEER SLEEVES
\$5 HOME WINE 6 oz
\$5 HIGHBALLS 10 oz
\$5 BOTTLED BEER
\$6.75 PINTS 20 oz

Ask us about our Bounce Back Rewards

TACO TUESDAYS

"Whiskey probably won't fix your problems, but it's worth a shot."

\$2.99 Tacos New Creations / Fish / Firecracker Shrimp
Pulled Pork / Vegetarian / Vegan Options
Ice-Cream Taco \$2.99

3PM CLOSE
\$6.25 Margaritas
Lime / Strawberry / Wildberry / Mango / Peach
1/2 Price Tequila
3:00PM-6:00PM
\$5 CRAFT BEER SLEEVES
\$5 HOME WINE 6 oz
\$5 HIGHBALLS 10 oz
\$5 BOTTLED BEER
\$6.75 PINTS 20 oz

Ask us about our Bounce Back Rewards

WING WEDNESDAY AND BIG PUB BURGER NIGHT

"To beer or not to beer. That is a silly question."

29c WING NIGHT / \$7.50 BIG PUB BURGER & FRIES
Loaded with bacon, grilled onions, sautéed mushroom, signature burger sauce, lettuce, tomato, red onions, pickle and cheese! Make it a veggie burger by substituting the beef patty. 29 cents per wing • 18 signature flavours, 10 per order.

1/2 PRICE HAPPY HOUR
All draught beer & cider pints 20 oz
House Wine 6 oz
Bottled Beer 3:00pm-6:00pm
High balls & Irish whiskey 10 oz

Ask us about our Bounce Back Rewards

WINE & DINE THURSDAYS

"Tonight's forecast: 99 percent chance of wine."

\$9.99 - 5 oz Certified Angus Beef Steak Sandwich & Fries
\$12.99 - 7 oz Certified Angus Beef Steak Sandwich & Fries
40% Off Bottles Of Wine
\$5 - Any Glass Of Draught Wine 6 oz. Upsize To 9 oz For \$7

3:00PM-6:00PM
\$5 CRAFT BEER SLEEVES
\$5 HOME WINE 6 oz
\$5 HIGHBALLS 10 oz
\$5 BOTTLED BEER
\$6.75 PINTS 20 oz

Ask us about our Bounce Back Rewards

The Lund Resort at Klah ah men is now under First Nations ownership and going through a lot of growth.

As printed in the Globe and Mail (June 1st, 2019)
by Alexandra Gill



I thought Lund would be bigger. It's really just a small marina – the place where boaters stop for beer and gas, or hikers ditch their cars. And since

1905, The Lund Resort at Klah ah Men, a 31-room hotel formerly known as the Historic Lund Hotel & Marina, has been the main attraction. It's gone through many ups and downs over the years, even after it was bought outright by the Tla'amin First Nation, which acquired the rights to the land through a historic treaty settlement. Management has come and gone, and a lot of staff has recently left. So, I certainly wasn't ex-

pecting much for dinner. Lo and behold, I was pleasantly blown away. We had a huge mess of spot prawns, one pound barely cooked in lime crudo; another pound was lightly sautéed in herbed beurre blanc. The wines were exquisite. The service was so gracious. The sunset views were stunning. The long-term employees, some who have been there more than 20 years, seem very excited. Now under the management of veteran hotelier Scott Wilshaw (who turned the Tofino Resort + Marina around), the food and beverage program is going through rapid change and will soon be incorporating more Indigenous components, including fish-smoking classes and beach barbecues at a glamping village at Diner Rock.

What is your favorite thing about working at the Lund Resort at Klah ah men?



Caitlyn Smith

My co-workers in the store are like family. Coming back each summer has been

like coming home. There isn't a more beautiful place to work. Nothing beats getting off work in time to enjoy the sunset on the patio to offer up a unique experience. In the next year I hope to be still out here whether in the store or different department. I enjoy interacting with hotel guests and getting to know our staff. Lots of things are happening and I can't wait to see what changes have in store for me.



Crystal Mitchell

I love the relationships that I have built over the past couple

of years with the locals and staff. They are like family. My most memorable experience happened out here was a couple of years ago. Two groups of orcas were right in front of the gas docks. They were slapping their fins and belly flopping. What an amazing site from the dock. Playing pranks on Scott is always a blast too.

FRIDAY CRAFT PALE ALE

"We go together like Fridays and happy hour."

Fish & Chips
Premium Cod In Light Crispy Craft Beer Batter, Served With Fresh Cut Fries, House-Made Tartar Sauce, Homemade Mushy Peas & Sliced Bread & Butter
\$9.99 For 1 Piece Meal - Make It A 2 Piece Meal For \$13.99

3:00PM-6:00PM
\$5 CRAFT BEER SLEEVES
\$5 HOME WINE 6 oz
\$5 HIGHBALLS 10 oz
\$5 BOTTLED BEER
\$6.75 PINTS 20 oz

Ask us about our Bounce Back Rewards

SHAREABLE SATURDAYS

Tonight's forecast: 99 percent chance of wine."

Best Nachos Served On The Sunshine Coast
\$16.99 Double Nachos
\$22.99 Triple Nachos
\$16.99 Seafood Nachos

3:00PM-6:00PM
\$5 CRAFT BEER SLEEVES
\$5 HOME WINE 6 oz
\$5 HIGHBALLS 10 oz
\$5 BOTTLED BEER
\$6.75 PINTS 20 oz

Ask us about our Bounce Back Rewards

SUNDAY FUNDAYS

"Keep calm and go to happy hour."

\$6.00 Ceasars Flatbreads Half Price
All Day - 10 oz Homemade Mac & Cheese \$4.00 Off
45 Cent Chicken Wings

3:00PM-6:00PM
\$5 CRAFT BEER SLEEVES
\$5 HOME WINE 6 oz
\$5 HIGHBALLS 10 oz
\$5 BOTTLED BEER
\$6.75 PINTS 20 oz

Ask us about our Bounce Back Rewards





If you love them, license them!

In partnership with the SPCA, members who apply to license their cats will be eligible for a voucher for a spay or neuter.

Only available till August, 2019

(Spay or neuter is available for some dogs only, pls. call to inquire).

Why license your fur baby?

1. It improves your chance of getting your pet back, if they go missing
2. Helps to control/prevent rabies
3. License fees will cover the administration costs to implement licensing and will also help to provide various services for our animals
4. **It will be Tla'amin Law soon**

What do I have to do?

Fill out license form at Gov. House

Pet information will then be submitted to the SPCA for a voucher for a free spade or neuter. Staff will make an appointment with one of the local veterinaries and let you know the date. It's as simple as that!



For more information, call
604-483-9646

Pat Luaifoa

Emergency Evacuation Planning



Ryan Thoms, qathet Manager of Emergency Services explains how fast a forest fire can spread

Step 1. Know the risks

Although the consequences of various disasters can be similar, knowing the risks in your region can help you better prepare. Across Canada, we face a number of hazards, such as floods in many provinces, earthquakes in British Columbia, blizzards in Nunavut and tornadoes in Ontario. In addition to natural disasters, there are other types of risks, such as power outages and industrial or transportation accidents.

Some of these risks may be relevant to your community. Find out which ones by visiting GetPrepared.ca. You may want to identify the most likely ones for easy reference. You may also want to find out how disasters have impacted Canadians. Learn more about disasters, including those triggered by natural hazards, technological hazards or conflict by using the Canadian Disaster Database at: <http://www.publicsafety.gc.ca/cdd>

SCOOP CLASS ACTION SETTLEMENT

Sixties Scoop Class Action concerns any registered person or person eligible to be registered or Inuit person who was adopted or made a permanent ward and was raised in the care of non-Indigenous foster or adoptive parents in Canada between January 1, 1951 and December 31, 1991, which resulted in the loss of cultural identity. Eligible class members could receive compensation between \$25 000 and \$50 000 depending on the overall number of eligible members.

TO START THE PROCESS

Eligible members have until August 30, 2019 to claim compensation.

You can get free support by calling 1 844 287-4272 or writing to sixtiesscoop@collectiva.ca

Professionals will assist you in the completion of claim forms.

Visit sixtiesscoopsettlement.info for more information

Wildfire season is coming.



Are you a homeowner in Tla'amin that is concerned about wildfire?

You might be eligible for a rebate of up to \$500 to implement FireSmart mitigation activities on your property.

Contact Marc Albert at 604-414-7839 or firesmartpr@gmail.com for more information or to book a free hazard assessment.



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



Congratulations on Your Retirement Doreen

We acknowledge and raise our hands to Doreen Galligos who is retiring after 39 years of working towards our children's education at James Thomson and the Child Development and Resource Centre.



Elsie, Betty and Doreen at the Cultural Open House on June 11th



Elders Corner

Tla'Amin Elder's Calendar

Location: Tla'Amin Health

11:00am - 1:00pm

Tla'Amin Elders Coordinator, Doreen Hopkins
Phone Number: 604-483-3009 Extension: 126

July 2nd, 2019 – NO EDP

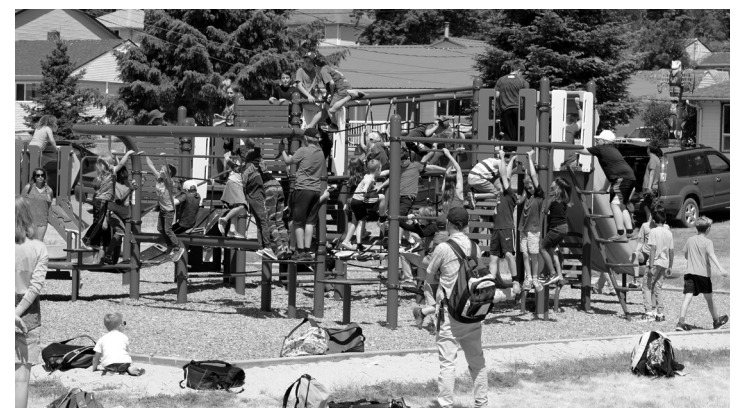
July 9th, 2019 – BBQ AT GYM with Pulling Together

July 16th, 2019 – EDP - Guest Speaker Sally Louie

June 23, 2019 – EDP

July 30th, 2019 - Bingo

**Elders 50-50 draw winner on June 21st
Congratulations Gilbert Francis \$695.00**



PROGRAMS & SERVICES

Family Support Programs for July 2019

Tuesdays Walking Group - EMISH 430 – 530
Meet at Tla'amin Health ...walk/run
around Klahanie return
Two names will be drawn for Good Food
Box!

Wednesday Grief & Loss Support Group - July 3 & 17th
530 – 730 (light dinner)
Supporting one another through difficult
times, sharing memories of loved ones.

Thursday Grandparents Support Group July 4th
(light dinner)
Self help group for Grandparents raising
grandchildren or concerns.

Friday Social Support Group & Crafts
10 – 2 pm (lunch provided)
Gathering for women to socialize, have
coffee and visit. We will be making a
prevention quilt to stop violence in our
community, come join us in making this
special empowerment quilt!

**Guest Speaker last Thursday of each
month**

Call Sally for more information at
604.483-3009 ext. 228

FOOD SAFE LEVEL ONE & WHIMIS
(Workplace Hazardous Materials
Information System)
AGES 15 and older

July 15- 1-4 WHMIS at Ahms Tow
July 16 -9-3 - Food Safe @ Health
Participant forms are available at the Health.
Please contact Leslie Louie @ 604-483-3009
EXT.103 or by email @ leslie.louie@tn-bc.ca.

Space is limited, please register soon.

“Time for our Annual Hand Cleaning Challenge”



Opportunity to see how well we wash.
Fun quizzes for all
Prizes

*Opportunity to be leaders in demonstrating the best
hand hygiene around!*

Date: July 4, 2019
Time: 10:00 am – 2:00 pm
Location: Health Facility

Improved First Nations Health Benefits Plan for dental, vision, and medical supplies & equipment Launching September 16, 2019

The First Nations Health Authority (FNHA) is set to launch a new health benefits plan that will be more convenient to use and expand benefit coverage in key areas.

On September 16, the FNHA will transition dental, vision, and medical supplies and equipment (MS&E) benefits off the federal Non-Insured Health Benefits program. [The FNHA's new partner](#), BC-based benefits provider Pacific Blue Cross, will administer these benefits as of this date.

FNHA clients and their health care providers will find the new system easier to use, with fewer requirements for pre-approvals and quicker turnarounds for adjudications and payments.

In addition, the new plan will offer improved coverage for many health services, such as teeth cleaning, dentures, eye exams and eyeglasses.

The changes to the plan are based on extensive engagement with clients, their health care providers and First Nations health leaders. The FNHA has led 51 focus groups with 98 communities represented across the province. Clients and health workers provided feedback on how the benefits plan could be improved. FNHA also asked Health Directors and care providers what needed to change. Discussions with health care providers included education about cultural safety and humility, one of the topics identified as a concern by clients and health leaders.

Host an information session

The FNHA will share more updates on plan coverage and features in the coming weeks. FNHA Health Benefits Community Relations Representatives are coordinating information sessions in the Regions and invite communities and health workers to contact them about the new plan.

Jenny Smith
Health Benefits Community Relations Representative
Vancouver Coastal Region
Jennifer.Smith@fnha.ca
604-693-6588

The FNHA provides other benefits to meet health needs not covered by provincial or third-party health insurance. These include medical transportation, mental health support, and pharmacy benefits through BC PharmaCare Plan W.

Questions about your health benefits?

Call us toll-free at 1.855.550.5454
Email: healthbenefits@fnha.ca



First Nations Health Authority
Health through wellness

MEN'S CIRCLE



A place where men can share as an equal and be heard in a compassionate manner with dignity and respect. Learn how to cope and manage stress, life skills, or need a sounding board, then this circle is for you. Pre-registration is required.

Cultural Lodge

Every other Wednesday 7:30 – 9:00 pm
To pre-register contact Frank Osawamick @ Tla'amin Health.
604-483-3009 ext. 113

The Summer of ME

BY Brenda Pielle, Youth and Family Advocate

Summer is upon us and it always makes me think of the beach. When I was growing up my family went camping in Parksville every summer and we spent hours and hours on the beach: swimming, picking oysters, clam digging, building sandcastles, collecting empty shells for crafts, and having so much fun. In the days when we were young it seemed so natural to spend the whole day outside. Today, I hear parents talking about what a struggle it is to get their children and youth to play outside. Video games and other devices keep our young people glued to their screens which means lots of time indoors and lots of time sitting still. We can worry about that for our kids, and we can also have a look at ourselves and maybe notice that we have some of the same behaviour as adults. We all need to be outside more, and to be involved in activity more.

Speaking of screens, does anyone subscribe to the television channel called "ME-TV"? I have this channel at home because I like to watch the old television shows. When summer is approaching they start advertising special programs for the summer and they have a slogan that says, "It's the summer of ME". I don't want to spend much time watching television in the summer, but I do like that slogan. What if we all chose to make 2019 "the summer of ME" by making a decision to take better care of ourselves than we have up until now. When we as adults start taking better care of ourselves and modelling healthy activities, our children and youth will be more likely to join in and get more involved in their own self-care, as well.

As human beings we are complex creatures who have many systems working for us in our bodies and brains. We can think of ourselves as having those four main parts: physical, mental, spiritual, and emotional, and we can ask ourselves, "what are we doing day to day, to take care of those parts of ourselves?" We want to make sure we are paying attention to all aspects of our whole self, and thereby bringing balance to the many systems that work together to keep us healthy and strong.

What does "living in balance" mean to you? I like to connect ideas to the letters that make up words. With the word "balance", I like to think of ideas that go along with the letters B-A-L-A-N-C-E: **B** – body and brain are important; **A**– adopt an attitude of respect; **L**-love yourself lighten your load; **A**-add more exercise, every day; **N** – need for holistic care: body, mind, spirit, emotions; **C**-caring for our thoughts and feelings; **E** – elevate esteem, energy, and enjoyment. If we want to include a more cultural perspective we might think in these terms for "balance": **B** – brushing ourselves with cedar; **A**-always remember who you are; **L**-lift out thoughts and concerns to the Creator in prayer; **A** – always know and love your family; **N**-now is the time to appreciate ourselves; **C**-cultural teachings lead to healing; **E**- eat traditional foods.

How about our children and providing for their care in all areas? The following are some ideas for our children: **physical** – nutritious food, lots of sleep, exercise, bathing, teeth brushing; **emotional** – hugs, saying "I love you", help your child understand and name a feeling, help your child do something nice for someone; **mental**: read a story, tell a story, sing a song, look at photos and name people and places, explore nature and explain nature; **spiritual** – say a prayer with your child, share traditional drumming and singing, explain a cultural teaching, spend time with an elder.

This year can be "the summer of ME" for us and our children, and it will be good for our health.



Mens Wellness Week

Joel Mahy enjoys a free haircut from Jr. Frank Luaifoa who is the proud owner of JrOginal Tattoo Spa - "a one spot wellness shop" that includes tattooing, a hair salon and an esthetician

Health Benefits/ Medical Travel

**Just a friendly reminder to all community clientele, regarding medical travel to Vancouver during the upcoming summer months. (* also, sometimes Nanaimo/Victoria)

I have been coming across many challenges in trying to secure accommodations in the Vancouver area, due to any activities, concerts, cruise ships, conferences, etc.

May we suggest either accommodations be done through family members or if at all possible, informing the doctor/specialists to possibly rescheduling to another date in the near

future? ** I know that in itself sometimes is Not an option. These are only suggestions, as I have stated, Vancouver area is extremely busy times. The outcome is that this possibly could affect accommodation requests for clients seeking medical travel to Vancouver and the surrounding areas.

I will still try my best, given the timeframes/dates, but cannot guarantee a good outcome, accommodations may not be available

In spirit /health

Margaret Rossi

Upcoming Summer



Overnight Camps



Tla'Amin Cultural Camp
Hoshtum qayim (We Are Going Camping)



When: Monday Aug. 19 – Friday Aug. 23.
All meals, transport, accommodations and daily activities provided.

Where: Outdoor Learning Centre- Wilderness Camp Haywire Bay



Who? Open to families and Individual youth* (12 and older)



What? Cultural learning activities, *plus* Outdoor camp activities like canoeing, swimming, paddle boarding, Rock climbing, biking, crafts and lots more.
Come have fun with friends at the end of the summer!
Supported by SD 47 and Tla'Amin Nation



To Register: Register today! Complete camp registration forms available from Tla'Amin Health. Contact Leslie Louie (extension 103) or Shirley Louie (extension 104) 604.483.3009.

Please Leave the Electronics at Home!
**Participating youth eligible for High School Credits*

More Camp Info? 604.414.3966

Tla'amin Nation Executive Council Minutes

May 22, 2019

Council Chambers, Governance Building

Attendance: All Executive Council
Resource: Rod Allan, Losa Luaifoa
Guests: Pat Buckna, Kim Barton-Bridges, Rose Adams, Heather Baldwin

Hegus Williams called the meeting to order at 10:04 am.

A. APPROVAL OF MINUTES:

Motion to adopt the May 8, 2019 Executive Council (EC) minutes – TABLED.

B. ADOPTION OF AGENDA: Motion to amend and adopt the agenda to include: Letter Request (TMSLP), Conflict of Interest Letter, Review Panel and TMSLP Board Terms.

Moved by Councillor J. Hackett
Seconded by Councillor T. Wilson
CARRIED

C. PRESENTATIONS:

1. Powell River Hospice Society

The Hospice Society presented to Executive Council (EC) a summary of their initiative to build a 4-bed hospice centre. The society has \$1.6 million dollars for the centre and is seeking contributions for the remaining balance needed to build the \$3 million-dollar facility.

EC discussed the request for funding and although supportive of this important initiative, it was agreed that the Nation is unable to make any contributions at this time. The Nation is currently in the preliminary planning stages of building a care facility for elders.

2. Jim Armstrong, Fire Chief, Tla'amin Nation

The Fire Chief addressed EC regarding the recent gifting of a Nation asset to another city.

D. NEW BUSINESS:

1. Administration & Finance:

i) Community Well-Being Jurisdiction Initiatives

The Chief Financial Officer (CFO) provided an overview on the new Well-Being initiative with Indigenous Services Canada (ISC) which provides \$200k block funding per year for 5-years, to qualifying communities.

Staff met to identify programs and services that the community would benefit from and submitted the ideas to Indigenous Services Canada for review. The Nation qualified for the block funding and will receive partial funding for 2019 and full funding for 2020. It was recommended that a coordinator for the programs and services be hired.

EC suggested that some of the funding be utilized for the culture and language program as the program relates to the well-being of

Mugsi wins best bannock again



our people and it was also recommended that sports be incorporated as well.

ii) Annual Rates Regulation

EC, by consensus, approved the Annual Rates Regulation (2019) as presented.

iii) Healthy Living Dividend and Klahanie Specific Claim Distribution

The CFO requested direction from EC regarding the HLD on whether or not it will be provided for 2019.

By consensus, EC agreed to combine the HLD with the Klahanie Specific Claim settlement distribution, to be issued between the end of July to August.

iv) Administrative and Finance Policy

The Chief Administrative Officer (CAO) proposed changes to the policy made by the Finance Committee.

EC, by consensus approved the proposed changes to the Administrative and Finance Policy with the note that the CAO is to:

- Clarify which fund is being referenced in 3.6 and rename it to avoid confusion
- Review 2.6 for deletion of wording

v) Review and Appeal Panel

The CAO confirmed that a member of the Economic Development Committee is able to serve on the Review and Appeal Panel, according to Tla'amin legislation.

2. Culture: Culture Open House is June 11, 2019 from 4 to 6 pm at the Government House

and will include an information table for the proposed Elders Care Facility.

3. Education: "Celebration of Success" event is May 30 at the Salish Centre. Doors open at 4 pm.

4. Environment: The Ministry of Environment has extended an invitation to anyone interested in applying to be a member of a provincial indigenous implementation committee. Those interested are required to fill out a form, submit a resume and provide a letter that explains why you want to be on the committee.

5. Fisheries & Hatchery: Tla'amin received an advisory notice from DFO of an opening at the Fraser River will be conducted.

Hatchery: It was reported that the Chinook are growing faster than expected and measure approximately 1.8 grams. Herring roe and kelp will be distributed to elders (114 bags @ 4-5 pounds per bag).

6. Lands: The Heffernan property (small box of the corner between Southview and Wilde Road – 16 hectares) has officially been designated as Treaty Settlement Land.

7. Public Works – It was noted that the Acting Public Works Manager requested that plans for the Lund boat ramps be expedited to this summer. It was further noted that plans were previously approved and budgeted for, therefore, work can commence this summer.

8. Social Development/Assistance – Committee meeting is scheduled for June 7.

9. Taxation: The deadline for property taxes is July 2, 2019 at 4:30 pm.

E. HOUSE POSTS:

1. Lands & Resources – Councillor Lori Wilson reported the following:

- August 1: Patricia Angkiriwang, UBC student, will return to Tla'amin to host a workshop as part of the next phase of her research.
- June 25-26: Provincial government land use planning meeting. The Lands Manager is confirmed to attend on behalf of the Nation.
- June 13: 4 Nations meeting. Chief Blaney is hosting the meeting in Parksville.
- BC Parks would like to do a research project to open a dam at UNWIN Lake. A presentation is scheduled for the next Natural Resources Committee (NRC) meeting.
- May 27: NRC meeting.
- The First Nations Leadership Council is seeking interested individuals in becoming a member.
- June 19-21: First Nations Forestry Conference in Kelowna.

2. Finance – Councillor John Hackett reported the following:

- May 30: Finance Committee meeting.
- The treaty loan has been forgiven and payments will be returned to the Nation monthly.

3. Community Development – Councillor L. Louie suggested that a recreation coordinator be considered.

4. Public Works – A Housing Committee meeting will be set for next week. The Fire Department will be participating in the annual BC Firefighter competition the first week of June.

5. Economic Development – Hegus Williams provided the following report:

- Changes to the weight limit for the road around Cranberry Lake have been implemented by the City resulting in a change of route for the Nation's logging trucks. Trucks will now be required to access Manson Avenue going around Cranberry Lake. The change was made with no consultation.
- FLUPSY is active.
- A summary of the terms for the Economic Development Board is requested.

F. HEGUS' REPORT:

Meetings/events attended in May:

- May 10: Fish subcommittee session. Hegus Williams raised concerns regarding the non-retention on Chinook salmon and noted that a letter be sent regarding formal consultation. An advisory notice was received for a Chinook gill net for a communal opening on the Fraser.
- May 14: Treaty Implementation Committee meeting.



Metis dancer Simon Blais teaches the jig on Indigenous Peoples Day

- A tour of a shop currently being built in the Westview area (similar to the size of the shop required for a Nation Public Works Yard) is being organized. The intent is to purchase the construction blueprints pending a review of the prints and a tour of the shop.
- Tour of BA Blacktop/Eurovia site on the Burrard Inlet.
- Building Inspector/Development Permit session review was held. Laura Roddan is confirmed to present on May 27@1:30 pm on behalf of the Nation to the qathet Regional District.
- One more quote is expected to be submitted for a flat deck Hiab truck (to be

paid mostly by the Forest Strategic Initiative funding).

- Upcoming Meetings: Forestry follow-up meeting with John Allan, Assistant Deputy Minister, in Victoria to discuss TFL 39 Block 1 and the renewal license.

ADJOURNMENT

**Moved by Councillor J. Hackett
Seconded by Councillor T. Wilson
CARRIED**

Meeting adjourned at 2:09 pm. The next EC meeting is Wednesday, June 5, 2019 at 10:00 am.

Powell River RCMP Non-Emergency (604)485-6255		In Case of Emergency Call 911
MAY 21	HWY 101	Police attended a residence to keep the peace while someone picked up their belongings.
MAY 21	RIVER RD	Police assisted in locating a missing youth.
MAY 22	WATERFRONT RD	Police responded to a report of an assault.
MAY 23	RIVER RD	Police responded to an abandoned 911 call. It was determined that a toddler in the residence had accidentally called 911 while playing with the phone.
MAY 23	KLAHANIE RD	Police responded to a false alarm.
MAY 24	HWY 101	Police responded to a report of a possible breach. Records checks indicated the person was not breaching any conditions.
MAY 25	SLIAMMON RD	Police responded to a report of a theft of a TV from the Tla'amin Education Centre.
MAY 27	HWY 101	Police responded to a harassment complaint.
MAY 29	HWY 101	Police responded to a report of a possible impaired driver.
JUN 06	HWY 101	Police responded to a traffic complaint.
JUN 07	WATERFRONT RD	Police responded to a report of a female screaming for help. The female was located and it was determined that she was not in any distress.
JUN 09	HWY 101	Police responded to a harassment complaint.
JUN 12	HOMALCO RD	Police attended a residence to keep the peace while someone picked up their belongings.
JUN 12	HARWOOD DR	Police responded to a theft complaint.
JUN 13	WATERFRONT RD	Police responded to an assault complaint.
JUN 13	KLAHANIE DR	Police responded to a harassment complaint.
JUN 13	HWY 101	Police stopped a vehicle for speeding which resulted in a driving prohibition being served.
JUN 13	BEACH RD	Police responded to a request for assistance to remove an intoxicated person from a residence.
JUN 15	RIVER RD	Police responded to a report of an aggressive dog on the loose.
JUN 17	HWY 101	Police responded to an abandoned 911 call which was determined to be false.
JUN 17	SALISH DR	Police responded to a report of a suspicious person.

Indigenous Peoples Day



Happy 9th anniversary
Brandi & Craig Marriott
June 16, 2019

love your family

Happy Birthdays

Brandi Marriot on July 4, 2019

Son in law Craig Marriott
on July 12, 2019

love your family



Mother Bear Feeds Salmon to Her Cubs

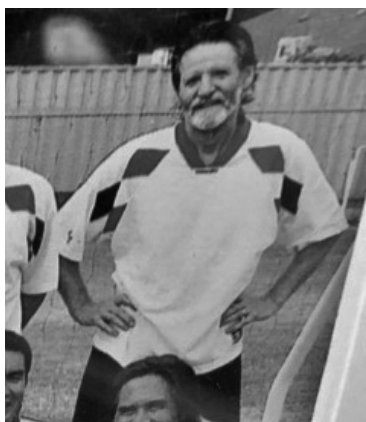


On June 28 the Wildwood Public House hosted Ivan and his carving team in an honouring and blessing ceremony. The installation faces Powell River and is meant to recognize that the Pub is on Tla'amin land and has a long history involving the relationship between Sliammon and Powell River. The carving and ceremony are offered as an act of reconciliation."

Fathers Day BBQ at CDRC



FATHER DASS FAREWELL BBQ



Soccer Memorial BBQ for Hans Hyldig

July 20

Noon - 5:00

Waterfront Gazebo

(In front of Church)

EVERYONE WELCOME

Contact Pam Hunt (604) 413-1190
This is a drug free and alcohol event

