



NEHMOTL "Us"

August 2019

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

Jenna Rings the Bell at the World Championship Bathtub Race

By Steve Gallagher
Neh Motl Editor

"Seeing the shores lined with so many people and hearing their cheers mixed with the revving up of the other racers engines made me feel like I was a warrior entering the colosseum," recalls Jenna Mitchell.

After personally seeing rough water first hand, Jenna was honest, "I do feel fear when "the big race" approaches, because the sea has no mercy, and it's also about survival. It really isn't all just fun-and-games out there. There definitely is a physical demand to be able to pilot a racing tub but I feel that there's much more mental preparation needed. No race is the same and you really need to look within yourself to acknowledge and accept the emotions that you may have to face; fear, anxiety, sadness, excitement, anger, doubt... it all comes out.

This year in particular, Jenna prepared by practising to stay calm. "Yes I was checking the weather forecast a week out, but other than that, I tried to not even think about it (much harder than it sounds). Whatever happens, happens." explained the pilot.

In 1987, Jenna's late uncle Terry was the one who first attempted what is known as "the big race" in Nanaimo, this was when the bathtub race crossed the Strait of Georgia to Vancouver's Kitsilano Beach.

He never made it to Vancouver because of engine trouble, but he was determined and wanted to 'limp' his way to the finish line and get a small trophy that said "Finisher". Later that year, Terry tragically passed away in a car accident. Melvin Mitchell and his brothers decided that they'll enter the race and finish it for him so they completed the race in 1988.



Jenna has her sights on the finish line

The first year Jenna piloted a tub in a race was 2013. It was one of the smaller circuit races at Departure Bay in Nanaimo. As far back as she can remember, there has always been bathtub racing. She was born into a bathtub racing family and every year when summer came, it was racing season. " I didn't know anything different. It was after my first time being on the escort boat for dad one year, was when I really started to feel the excitement and thrill that motivated me to want to try it for myself," Jenna explained.

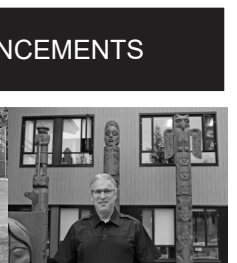
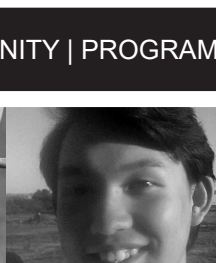
After completing a race Jenna is stiff and sore. "I was trying to shift my sitting position a couple of times during the race so my feet wouldn't fall asleep, while keeping my balance,. Shifting weight can tilt you too much and if a extreme wave catches you off guard, it will take you out."

It takes a couple of hours to remove your sea legs and start walking after the race is over, and then you begin to feel you've been sun burnt. The day after the race calls for a day off from work and a much needed sleep for the body and mind to recover from exhaustion.

Jenna explained some of the challenges a pilot must expect. "You always need to be aware of the water in front of you, whether you're traveling in a straight line or making a turn, you got to know if there's something in the water that could mess up your propeller like drift wood or rope. You also need to be on guard for any change in the waves coming at you because there are big boats making big wakes and when they clash together you need to be ready to face it, ride it or avoid it.

Bathtub Kid (Continued on page 5)

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Picky Eater



Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646



Former Band Office Demolished

Healthy Living Dividend 2019



Attention Tla'amin Nation Members/Citizens:

The Nation's original plan for the summer distribution was to combine the Healthy Living Dividend with a potential distribution from the Klahanie Specific Claim settlement. Due to the Federal Election, the settlement process of the Klahanie Specific Claim has been delayed; therefore, the HLD will proceed for August. Information about the KSC settlement will be coming soon.

The HLD application forms can be picked up at the Governance Office and are available online at www.tlaamination.com or via the Nation's Facebook page). **This years dividend is \$500.00 per person.**

The deadline to submit the HLD application for 2019 is August 23, 2019.

Application forms can be scanned and emailed to:

dividends@tn-bc.ca or, dropped off at the Governance Office at reception.

Direct Deposit: HLD deposits into bank accounts will start on Friday, August 2 and continue every Friday (August 2, 9, 16, 23, 30) with the final deposits made on August 30.

Direct deposit dates depend on when you submit your form - for example, if you submit your form by Wednesday of a given week, you will receive it on Friday. If you submit your form after Wednesday, you will receive it the following Friday.

Cheques: Cheques will be issued only one time on August 30.

Inquiries: Sheena Rossi dividends@tn-bc.ca Extension: 139

Toll free: 1 877 483 9646

PLEASE NOTE: New direct deposit forms/banking information must be submitted with your form, even if you provided it last year.

School Supplies Allowance

Tla'amin Members

Tla'amin Nation Education will be issuing a school supplies allowance to each child who is registered with the Tla'amin Nation. The child must be registered for school and in grades K-12 to be eligible. This includes children who live on and off Tla'amin Lands.



For grades K-7,

James Thomson Elementary students- please note that James Thomson School will be providing all necessary school supplies for students. So a cheque **will not** be issued for James Thompson students

For grades K-12, except James Thomson

Students who are registered in School District 47, Assumption School, Christian School, or The French School will receive **\$125.00**

(A Cheque or Direct Deposit if you provide banking information)

Members who reside off Tla'amin Land

If you reside off-Tla'amin Lands, it is your responsibility to ensure your completed form has been received by the Tla'amin Administration with your current mailing address to Louise Dominick email at postsec@tn-bc.ca or fax to 1-778-762-3713.

The deadline for applications for the school supplies allowance to be accepted up to **FINAL deadline is September 6th 2019** for the 2019-2020 academic year:

Release dates are as follows:

- August 2nd 2019
- August 9th 2019
- August 16th 2019
- August 23rd 2019
- August 30th 2019
- September 6th 2019

General Assembly



Tla'amin Salish Centre
August 22 @ 3:00 pm

- Following dinner at 5 pm - Information Session re: **Klahanie Subdivision Specific Claim** to follow right after the General Assembly.
- Some financial assistance is available for travel to this meeting for members. Questions, call Losa 778 762 3716

Klahanie Subdivision Specific Claim Information Sessions

Victoria

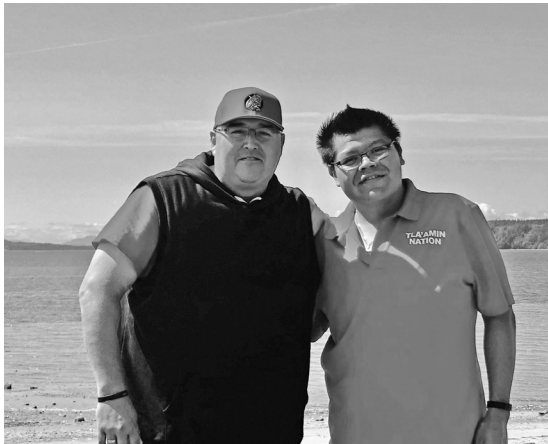
August 19th @ 5 pm
Sandman Hotel
2852 Douglas Street

Vancouver

August 20th @ 5pm
Chateau Granville,
1100 Granville Street

Ratification Vote – September 25

Not Your Typical Day at the Beach



Bryce and Brandon will be educating the public about harvesting practises

We would like to announce that the Tla'amin Nation has hired two beach monitors for the summer – Brandon Peters and Bryce McKenzie.

The beach monitors have been brought on to patrol beaches in our Territory (basically Saltery Bay to Lund) and provide education to the general public about:

- The requirement to have a license to harvest off the beaches
- Licence limits on clams, oysters, etc. – how much you are allowed to have
- Beach closures and areas where the beaches are open and clean

The Powell River region has experienced a large influx of visitors who come here to harvest seafood. Although Tla'amin Nation does not have authority on the beaches (ie.

To issue fines) we are working in cooperation with Fisheries and Oceans to provide more monitoring, coverage and education. We are concerned about overharvesting from these specific beaches (Myrtle and Okeover) and about harvesting in contaminated areas (ie. In front of Tla'amin) and are documenting how many people are on the beach on any given day – we will present our findings to Fisheries and Oceans at the end of the season.

Brandon Peters:

I'd like to take this time to introduce myself. I am Brandon Peters, and for those of you who don't know me, I am the son of Vivian and Willie Peters. During the academic year, I am a school teacher with the Vancouver School Board, but return to Tla'amin in the summer.

I am the Fisheries Monitor for the second summer in a row. I am here to help educate the public on limits (the daily allotments of shellfish), following the law (having a license) and on the dangers of PSP (paralytic shellfish poisoning). Educating the public on these issues is one of the primary goals of this position, as well as monitoring who is harvesting in Tla'amin's traditional territory.

Recently, there has been some harvesting in closed areas, which includes right here in Tishosem (the current Tla'amin Village). These areas are closed out of concern for public safety, as these beaches have been deemed unsafe to harvest on by the Department of Fisheries and Oceans.

If you see illegal harvesting going on or have any concerns, please don't hesitate to contact me at 778-868-6911 or call 1-877-952-7277 to report to Fisheries and Oceans.

Notice to the Tla'amin Community from the Tla'amin Nation



Subject: Tla'amin Citizenship Initiative

Purpose

The criteria to become a Tla'amin Citizen is under review by the Tla'amin Nation. To inform the review and potential changes to the Tla'amin Citizenship criteria, the Nation is carrying out focus groups, family meetings and distributing a survey to gather the opinions of Tla'amin people on Tla'amin ancestry and Tla'amin Citizenship.

This notice is to encourage you to have your voice heard by completing a survey and/or requesting a family meeting. Tla'amin Nation staff can assist you in completing a survey.

Background

In 2018 the Citizenship Committee was having some difficulty implementing the current Tla'amin Citizenship criteria and asked that the Tla'amin Government carry out a review of the *Citizenship and Enrolment Law*, in particular the Citizenship criteria. There are concerns among the Citizenship Committee and Legislative Assembly regarding the broad eligibility Tla'amin Citizenship criteria. This has raised questions about whether there should be reasonable limitations on qualifying for enrolment to be a Tla'amin Citizen.

Under the authority of a Tla'amin Legislative Assembly Order, the Nation's staff and Citizenship Committee have been instructed to carry out a review initiative. There will be a variety of opportunities for Citizens to shape the content and direction of potential amendments to the criteria. Activities will include: in-person dialogue sessions (on and off Tla'amin Lands); a survey (both paper and electronic); sessions with individuals and family groups; and focus groups.

We thank all of you who have already completed a survey. The electronic survey was posted on the Tla'amin Nation Facebook page in early 2019. The Nation is now making a push for face-to-face discussions and for more people to complete surveys.

The survey can be found online at: <https://www.tlaamination.com/revised-citizenship-survey/>

If you have any questions, would like to request a family meeting, or if you require assistance in completing the survey please contact Pam Wilson:

Pam Wilson
 Citizenship/Membership Clerk
 Tla'amin Nation
 1-604-483-9646 ext. 114
pam.wilson@tn-bc.ca

Note: this initiative specifically deals with Tla'amin Citizenship and is being led by the Tla'amin Nation alone. **Please do not confuse Tla'amin Citizenship with "indian band membership" or "indian status registration", which also happens to be under review by Canada.**



Arnie Courtney Hired to Tla'amin Enforcement

Arnie Courtney's grandmother was Lena Galligos. Lena married Pat Courtney who was living in Squirrel Cove. Arnie and his sons have worked in law enforcement for over forty years. Tla'amin Enforcement will be looking for people illegally poaching, gathering plants, tree cutting without permits, and dumping garbage. Arnie has a good ability to read people and recognize suspicious behavior. Arnie can be reached at 604-316-4271 to report any illegal poaching activity.

Tla'amin Hosts Pulling Together for Reconciliation and Respect

By Steve Gallagher
Neh Motl Editor

From Saltery Bay to the Copeland Islands, the 2019 Pulling Together canoe journey reached the shores of our traditional territory, for the first time since 2012. Despite the rain and strong winds, the safety crews and Coast Guard did a great job of navigating through the elements.

Campers from Secwepemc and Katzie arrived first to set up their camps on the Tla'amin waterfront in preparation to battle the waves at Saltery Bay, Palm Beach, Willingdon, Tla'amin, Lund, Copeland Islands, and then back to Tla'amin.

Pulling Together originated in 2001 to enhance the relationship between first nations people and the police, and as a result, has visited over 100 communities throughout BC. Many young people are a big part of this journey to engage in dialogue and pull together to keep the canoes moving forward. As the canoes touch the shore, there are always people greeting the paddlers in support of reconciliation and cultural diversity.

Much strength is needed to pack these 40 foot canoes out of the water and onto the beach for a stop-over. Some canoes require as much as 24 people to get these majestic vessels out of the sea.

Sharing stories along the journey is a big part of understanding our diverse cultures. Traditional songs and cultural practices that have been passed down from generations before us are also shared. A good source of the cultural ex-



Pullers rendezvous outside Harwood Island

change usually takes place around dinner time when participants gather for a meal. Drumming, singing, dancing and talent shows provided the entertainment.

Pulling Together is about recognizing the past to enhance understanding between public service agencies and aboriginal people by canoeing our traditional highways, while strengthening communities and future generations.

The message from the Pulling Together Canoe Society has been that Canada's treatment of its First Nations people has increasingly come under scrutiny by the United Nations and challenged by movements such as Idle No More.

For over a decade, Police and Government Public Service agencies have partnered with First Nations communities with a focus on the youth. Together, they have embarked on eight to ten day canoe journeys travelling hundreds of kilometers of British Columbia's waterways. The goal is simple: reconciliation by learning and understanding of each other's cultures.

Each journey brings emotional, spiritual & physical challenges, ending in a shared story filled with song, dance and laughter. For most participants the 2019 Pulling Together experience has not only been one of making new friends but also reuniting with friends made in the past.

In 2021, Tla'amin is scheduled to host Tribal Journeys that will bring thousands of visitors inclusive of guests from the United States. This will include paddlers, support crews and other visitors that will arrive in our traditional territory to experience our culture and traditions for days upon arrival.

Congratulations to all the volunteers who helped out with cooking, baking and serving to ensure that no one went hungry during the 2019 Pulling Together. Hats off to the people that opened their doors for our visitors to let them shower and share a meal after spending several nights camping in the wind and rain at the waterfront park.

Bathtub Kid (Continued from page 1)

Another challenge is to always focus on your "awake smarts", it sounds weird, but the waves can lull you into a pattern and if you're not remaining aware of where you are, the waves can easily carry you too close to shore and smash you on the big rocks.

Jenna has a couple of memorable moments in her short career. One is when she finally got to ring the bell at the finish line. Another moment she'll never forget would be from her first year in the "big race" driving out into the harbour where all the tubs are waiting for the start cannon.

The course is 58km long. It starts in Nanaimo harbour, heads out to Entrance Island and you round it counter-clockwise to head up Vancouver island towards Nanoose Harbour, which is the turn around point. From there it's back down the island, past Departure Bay, along the outside of Newcastle and Protection Island and finally back into the harbour. A chute made of buoys leads the tubs to the beach at Maffeo Sutton Park where the bell awaits.

"I want to give a huge thank you to my family for their energy, love and support every year. I'd like to thank the people of Powell River for their support, they not only have helped get us to the races year after year, but for all the memories I

have growing up as a "bathtub kid". And I want to thank those individuals who really stepped up to help me and wouldn't let me quit when I was the most discouraged," Jenna said with much appreciation. Jenna completed the race with a time of 1:41:20. Way to Go!



Oysters Double in Size at Okeover

By Steve Gallagher
Neh Motl Editor

It has been two months since I introduced FLUPSY Arrives in Okeover (Neh Motl June edition), which is short for Floating Upweller System. I am happy to report that the seedlings have since doubled in size and FLUPSY has been running smoothly for our Operations Manager Claude Patenaude and his son Russell.

Aquaculture Manager Claude Patenaude was all smiles when I asked him how the seedlings have been responding to the FLUPSY. “Well the oyster seed that are in the flupsy love it. They are protected from all predators as well as being continuously fed. They have taken to the flupsy very well. Mind you we clean the bins they are in daily to ensure there is always fresh clean water and nutrients available to them.”

“No real challenges as we were fortunate enough to get a well built unit. Learning took a little while and there’s always new things as all the bins slowly start to fill up. From now till they head to the beach is to constantly maintain cleanliness and keeping the proper sizes together.”



“Once all the bins of the flupsy will be full, we will then start placing them into pouches until October. From there they will head to the beach where we have been cleaning and preparing for them.”

On July 4th, we brought Aquaculture Advisor Fernando Salazar out to Okeover to see how our oysters are doing in the FLUPSY environment for our Pa’aje Shellfish. Castlemain has a Business Advisory Team that helped fund the FLUPSY and assist with the establishment of project.

“When we were looking for the builders of the FLUPSY we wanted to look at what they had been building in the past. This particular FLUPSY is the best so far,” said Fernando. “It is working beautifully and makes it easier to accelerate the growth of the oysters.”

“Our message to our Business Development Team is this project has potential, and the people working here have what it takes to make it a profitable business. The infrastructure is the next step to ensure those little ones reach market size. So it will need help in the following stages. There needs to more discussion with the nation to talk about next steps to make this become a proper commercial production of oysters,” concluded Fernando.



Fish Food for Thought

By Sachi



Ah summer. Lazy days at the beach, cool ice cream treats, and long summer nights. It is this time of year that we happily welcome the warm weather. But our love for hot summers comes at a cost to our global systems in an era of climate change.

A recent study has yet again provided evidence that ocean animals are going to undergo large declines under a future with climate change. Without any fishing, ocean biomass is projected to decrease by 5-17% by 2100, with an average 5% decline for every 1°C of warming. The projected decline did not change once the pressure of fishing was added which suggests that temperature is going to be the dominant driver of change in the future.

These numbers aren’t exactly startling. There have been countless studies done warning us of the impacts of climate change to our marine systems. However, scientists in this study found that larger changes will be seen at animals that occupy higher trophic levels, a process known as trophic amplification. A trophic level is the place in a food chain that an organism is positioned. So animals at higher trophic levels are organisms that are eating things at lower trophic levels.

In this case, climate change effects will start at lower trophic levels and amplify through the food web, leaving higher trophic level animals most vulnerable. These include many species that we care about locally including salmon, killer whales, and halibut.

This study has left me wondering what solutions might be put forward from this new evidence. In many cases it can seem like climate change action cannot be undertaken at the local level. I am a firm believer that little changes taken on by many people can contribute to a better future but it is discouraging when governments remain stagnant on action. However, a recent court case has emerged victorious in Europe where local people have taken their government to court to motivate climate action. This has sparked hope that more cases like this will snowball around the globe.

So although there is much evidence to suggest the deterioration of global systems due to climate change, I have renewed optimism that we can draw on many different ways to address climate change at the local and personal level, and demand action from our governments for a better future.



Tla'amin Justice Update



Justice Hosts Cross Cultural Training

By Steve Gallagher
Neh Motl Editor



Tla'amin Justice Program Receives "Recognition of Service Celebrating 17 Years" at the June 25, Indigenous Program Provincial Gathering.

I attended a three day workshop: 2019 Indigenous Justice Program Provincial Gathering in Prince George. Justice programs are "essential" to supporting the healing of Indigenous people, to address the underlying issues of criminal behavior, and to mitigate Indigenous over-representation within the criminal justice system

Out of the 17 years It has been an honor to have provided 10 years of services to Tla'amin community members and any First Nations Peoples. It was exciting to receive this award.

- Liaison/Navigating our people through the justice system: Legal Aid, Duty Council, First Appearance, Provincial Court, Probation, Victim Services, Crown, RCMP and many other agencies.
- Providing Transportation to & from court or appointments with lawyers, probation, victim services.
- Organizing Cross Culture Training & Workshops for Powell River Agencies: history of residential school & colonization, Tla'amin traditions and culture, traditional wellness practices. Objective: Non Indigenous agencies to be more culturally sensitive to our people's needs and to be respectful in code of conduct. (any agencies that work with our people on daily basis)
- Networking and Building relationships with PR/Tla'amin agencies.

- ng programs and services for our clients: Substance Abuse Management, Healthy Relationship, Alternative Measures, Referrals to residential treatment, assist with "Wellness Plan".
- Assisting clients with compensation applications: Residential School, Indian day School, Sixties Scoop
- Contact Agency for MCFD (Ministry of Children & Families): organizing Family Case Planning sessions, Family Group Case Conference, Cultural Plan for children new born to aging out of the ministry system from foster care to adopted children.
- Work with our Liaison Officer: Chris Bakker: Community Issues, building relations with community members and entities.

There is so much more I can assist our people with, if I can't help then I find someone who relates to your situation. I do not give legal advice but can refer your request to lawyer or duty council.

If you require more information re: Tla'amin Justice Program, Please call 778-762-5246 or drop by Tla'amin Governance House from Monday to Friday 8:30 – 4:30.

Verna Francis
Tla'amin Justice Coordinator
4779 Klahanie Rd
Powell River BC
778-762-5246
Cell: 604-578-8850

On June 19th representatives from various ministries and agencies in Powell River gathered at the Salish Center to listen and learn about Tla'amin Culture, residential schools and reconciliation experiences.



Cyndi Pallen and Phil Russel played a documentary about the Hɛhɛwʂɪn Project where community members gathered and shared stories and transformed an ancestral log into a canoe over the summer of 2017.

"The Hɛhɛwʂɪn project has brought forward the teaching of our Ta'ow and way of life prior to colonial contact. John Louie and Phil Russell have worked closely together to bring this opening of the doors to the non indigenous culture as an act of reconciliation," commented Cyndi. Cyndi read a message that Phil Russell prepared. "The Tla'amin people have opened the doors and have invited us to step into the indigenous world, and now it is up to us to connect to this land with the teachings of Tla'amin people. All of our ceremonies mark how our people have been impacted and brought people together in an act of reconciliation."

"Reconciliation has a number of layers. One of these layers is the people to people connections and the goal is to gain insight into the Tla'amin way of life and to learn about Tla'amin culture through ceremony. These teachings will bring understanding for all of us living here in the territory of the Coast Salish people."

Frank Osawamick is a Mens Support Worker at Tla'amin Health. "History is something we don't like to look at. How would you feel if somebody came into your house and tried to take over? I would get really mad. Who are these other people trying to take things away from you? Then they put you in one little spot in your back yard and tell you to stay there! We both have our different languages but we have to try and find away to communicate with each other. We often find out things do not go the way we want it to when we try to control things that somebody else has."

Elder Doreen Point delivered a strong message about traditional wellness practises and shared her story about history of residential schools.

Verna Francis is the Justice Coordinator for the Tla'amin Nation. "They say it will take seven generations for our people to heal. We have put this workshop on because we want to share knowledge and wisdom and educate our neighboring agencies. So you can be more culturally sensitive and understand where we came from. We can move forward together but it is going to take time. This is not about blaming each other, it's about building these long term relationships."

Summer Students Placements

The Tla'amin Nation has hired 22 students in the Student Work Experience Program this summer. They have been given the choice of where they would like to work this summer. The goal is to determine if they like that field of work as a career but to gain employable skills while learning life skills.

Missing from portfolios:

Paris Hackett, Rianna Louie, Angelina Louie, and Isaiah Sweet.

Rhianen Louie



Rhianen is going into grade 9 this fall at Brooks Secondary High School. She is working as an administrative assistant this summer and would like to gain work experience in this area to decide if she would like to choose this field as a career.

Madison Louie



Madison is going into grade 10 at Brooks Secondary High School. She will be working this summer at the Child Development and Resource Centre. Madison is unsure of her future career goals but enjoys the experience of working with children in the centre.

Torri Paul



Torri is going into grade 11 at Brooks Secondary High School. She enjoyed her experience in the work experience program last summer in the daycare and will be continuing again this year at CDRC. Torri's future she would like to be a chef or a baker.

Emily White



Emily is a Post-Secondary Student at The University of Victoria completing her Bachelor of Arts Degree. She is working in the Land and Natural Resources and Housing Department gaining filing skills, office experience and hopes it will assist her in future employment. Emily's future aspira-

tions are to be employed within an Indigenous Organization or a liaison between the Nations and the Government.

Colby Tom



Colby is going into grade 11 at Brooks Secondary High School and has been working in the Village Maintenance Department. His goals this summer is gain work experience and build on his skills. Colby would like to be a Mechanic for his career choice.

Jacob Brophy



Jacob will be going into grade 12 this fall at Brooks Secondary High School and has been working this summer in the Village Maintenance Department. He would like to gain work experience to try to get a better knowledge of where he would like to work after graduation.

Alana Washington



Alana has graduated high school and will be starting this fall at Camosun College with an Indigenous Youth Internship Program. She is working within the Information and Technology Department. Alana has chosen this department because she would like to network

and create positive relationships as well as gain the necessary skills for her future career ambitions before she moves back to Victoria after the summer. Alana's future career is to be a communications coordinator.

Alexa Washington



Alexa is going into grade 10 and attends at Victoria High. Alexa is working at The Nook in the Powell River Public Library. She is open to gaining any work experience she can and hopes to gain employment when she returns to Victoria after the summer. Her future career goal is to be a Social Worker.

Jerod Timothy



Jerod Timothy is going into grade 12 and is gaining work experience in the Lund Resort. He would like to make money and gain more work experience. His future goal is to be a firefighter or a soccer player.

Mark Silvey



Mark has graduated high school and will start his post-secondary studies with Vancouver Island University this fall. He will be working with the Lund Resort to gain experience on team work, and the ins and outs of how a resort runs. He would like to continue working through his studies until he decides what he would like to do for a career.

Kobe Galligos



Kobe is going into grade 10 this fall and attends in Victoria, BC. He has chosen to work out at the Lund Resort to gain basic work experience to use later in life as any experience is useful. Kobe's future aspirations is to be an architect or a writer. He is enjoying being home

for the summer and be employed while he is here.

Hunter Peters



Hunter is going into grade 11 at Brooks Secondary High School. He is working out at the Lund Resort and would like the work experience to open his doors for him and to leave a lot. Hunter's career goals is to be a social worker.



Anthony Louie



Anthony is going into grade 12 this fall at Brooks Secondary High School. He is working at the Lund Resort and would like to gain work experience to be a hard worker. He is unsure of his career goals however the work experience he gains will help him determine where he would like to be employed.

John Dominic



John is going into grade 10 this fall at Brooks Secondary High School. He is working at the Lund Resort as one of our Hospitality workers with focusing on cultural components and workshops for cultural tours and skipper training. John is deciding between a career in the army or if he would like to be a mechanic.



September 3rd

Dion Harry, Matthew Louie and John Dominic.



These three boys have shown their passion for our culture over the past few years and will be in training for workshops with Drew Blaney. The workshops focus on Cultural Sensitivity, Skipper Training as well as guiding cultural tours on the charter boat of the places names and significant land marks within our traditional territories. These young men will be providing these teachings at the Lund Resort in their positions as the Cultural Guides.

Matthew Louie



Matthew is going into grade 10 this fall at Brooks Secondary High School. He is working at the Lund Resort as one of our Hospitality workers focused on cultural components and workshops for cultural tours and skipper training. Matthew want to work this summer to gain employable and life skills.

Matthew would like to be a commercial fisherman when he is older.

Dion Harry



Dion is going into grade 10 French Immersion Program with Brooks Secondary High School. He is working at the Lund Resort as one of our hospitality workers focused on cultural components, workshops for cultural tours and skipper training. His future career goal is to be a Tla'amin firefighter.



Ahms Tah Ow School

A new program for *non-graduated* individuals, aged 16 to 75 who are looking to complete their secondary/high school diploma (BC Dogwood or Adult Dogwood Diploma).

Ahms Tah Ow is a partnership between School District 47 and Tla'amin Nation. The goal of the program is to offer a flexible environment that enables working individuals the opportunity to reach their educational goals without the restraints of a classroom environment or schedule.

Students are able to take a full range of high school courses to achieve their dogwood as well as a select range of post-secondary courses. Ahms Tah Ow School offers students a direct connection to both complete high school and prepare for or begin post-secondary studies, including dual credit trades programs. Curriculum costs for high school courses are free. Curriculum is delivered in a self-paced format using paper-based curriculum. Students also have access to one-on-one support for curriculum as well as for career planning.

Where: Ahms Tah Ow School

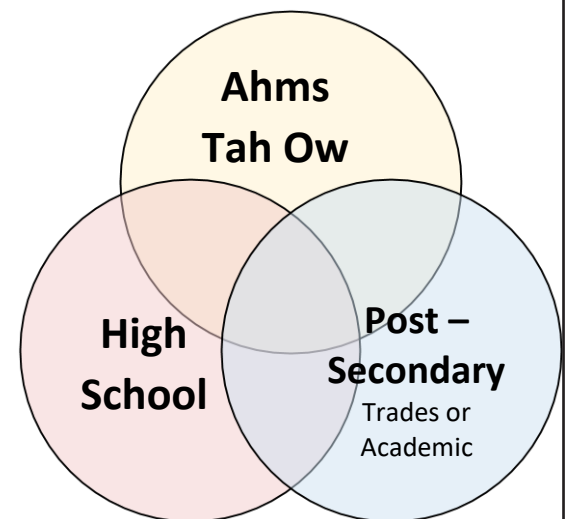
When: Mondays to Thursdays 3:30 to 6:30 September until June

Contact: to register, contact either

- Louise Dominick, (postsec@tn-bc.ca) 604-578-8299
- James Hanson (james.hanson@sd47.bc.ca) 604-223-3255
- Rod Perrault (rod.perrault@sd47.bc.ca) 604-414-2601
- Roseann Dupuis (roseann.dupuis@sd47.bc.ca)

Courses offered: a complete range of secondary courses are offered including...

- First Peoples English 12
- English 11 and 12
- Family Studies 12
- Social Studies 11 Exploration
- BC First Nations Studies 12
- Law 12
- Marketing 12
- Psychology 12 (only if doing regular dogwood)
- Foundations of Math 11
- Workplace Math 11 and 12
- Planning 12
- Work Experience 12A and 12B



Tla'amin Nation
SLIAMMON FIRST NATION



New NATOA Trust Training Intake, October 7, 2019 - Register Now!

Aboriginal Trustee Training Program

Trustee training is the first step in a three phase program that will allow you to learn how Trusts operate and manage all aspects of Trusts through NATOA.

You not only have the opportunity to make a significant positive impact on your community; the foundational training serves to enhance fundamental skill development making you an attractive candidate for a varying number of employment positions.

The training program is designed to empower Trust Officers to make informed decisions on behalf of your Community for now and the seven generations yet unborn.

PHASE 1 | Oct. 7, 2019

Course Outline

The program consists of eight modules, followed by a comprehensive case study that will incorporate key points and skills learned throughout the program:

- 1 Trust Overview
- 2 Typical Trust Frameworks
- 3 Duties and Powers of Trustees
- 4 Trust Investment
- 5 Trust Expenses
- 6 Trustee Meetings
- 7 Accounts of Trustees
- 8 Trust Reporting
- * Comprehensive Case Study

Learning Objectives

- Identify the key elements, parties and purposes of Aboriginal Trusts
- Understand different types of Trusts and Trust agreements; identify common frameworks for Trusts
- Identify the duties of a Trustee and the role a Trustee plays
- Better understand important investment concepts; how to select an investment advisor
- Identify what reasonable Trust expenses; strategies for controlling them
- Understand the importance of meetings and the process for recording meeting minutes
- Understand important skills related to accounting used for Trusts and the purpose of account statements
- Identify and understand key trust records, as well as the purpose and importance of reporting

For details or to register:

Email: Kristi.Thiele@tn-bc.ca

Tla'amin Citizenship Initiative

The criteria to become a Tla'amin Citizen is under review by the Tla'amin Nation. To inform the review and potential changes to the Tla'amin Citizenship criteria, the Nation is carrying out focus groups, family meetings and distributing a survey to gather the opinions of Tla'amin people on Tla'amin ancestry and Tla'amin Citizenship.



The survey can be found online at: <https://www.tlaaminnation.com/revised-citizenship-survey/>

If you have any questions, would like to request a family meeting, or if you require assistance in completing the survey please contact Pam Wilson:

Pam Wilson
Citizenship/Membership Clerk
Tla'amin Nation
1-604-483-9646 ext. 114
pam.wilson@tn-bc.ca

Qamεs ?əms tala Settlement Trust

“Our money is put away safely”



The Trustees are looking to employ a Tla'amin Citizen for administrative tasks. The applicant must be flexible in their schedule, as meetings are scheduled evenings, weekends, and occasional afternoons.

Job Description:

- Posting Meeting Minutes within 24 hours of Trustee meetings
- Organizing monthly meetings (location and/or conference calls)
- Circulating Agendas at least 48 hours prior to meetings
- Responsible for invoice signatures, letter signing, delivering cheques
- Communicate with agents, vendors, financial advisors, investment managers, beneficiaries, Tla'amin citizens, on behalf of the Trustees in accordance with their direction
- Creating notices to community and ensuring prompt delivery
- Filing, and record retentions
- Work with the Treasurer and the other Trustees to fulfill their duties and responsibilities under the Trust Deed
- Maintain confidentiality on all Trust matters, including Economic Development applications
- Processing highly confidential information
- Other administrative tasks as assigned

Position is expected to be 2-4 hours a week. Successful applicant will work directly with the Secretary and/or the Treasurer to ensure all records are maintained.

Having your own vehicle to run errands is preferred. You will be expected to sign a confidentiality agreement.

Please email your resume and cover letter to: Kristi.Thiele@tn-bc.ca

The position will close on August 30, 2019 at 4:30pm

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



PRISMA 2019

Hehewš'in, (Going Forward) has been working towards bridging understanding and respectful relations between our First Nations people and non-native community. Cyndi Pallen (c'hene', John Louie (yaxwum), Phil Russell (k'wunanem) through Hehewš'in (Going Forward) have been supporting community at every level as an act of reconciliation. The bases of work have always been to incorporate teaching of our TAOW and following protocol along with building safety through the lens of First Nations people. Hehewš'in (translation "the way forward") a project symbolically turns 5,000 years of local knowledge into a bridge for reconciliation. This embodies Canadians need to learn more about our First Nations brothers and sisters, recognize the injustice of the past, and do what we can to learn true respect, honour and celebrate the culture and our people who lived and thrived on this coast for thousands of years.

Hehewš'in is just one important part of the much bigger picture needed to educate all Canadians about reconciliation. The Hehewš'in

initiative works to celebrate First experiences and strive to continue the teaching of our ancestors.

Our goal is to provide an opportunity for survivors and families to fully understand the nature, causes and the extent of harms caused by the residential school system including the context, factors, motives and perspectives that led to many of the unresolved trauma and grief our people have experienced in the past and some families have continuous intergenerational challenges in today's society.

There is a need to overcome distrust and hostility, make things compatible, and become agreeable. For this to happen, from the First Nation perspective many things need to be considered. Reconciliation is an ongoing "individual and collective" process and require commitment from all those affected.

Webster's Dictionary of Law defines reconcile as:

- To restore to harmony
- To bring resolution
- Re-establish a harmonious relationship

We will be hosting future initiatives and we will keep you posted. Please contact any of us should you have any questions. Cyndi Pallen (c'hene', John Louie (yaxwum), Phil Russell (k'wunanem)

As part will schedule a gathering as a continuation of "Calling Home the Spirit Ceremony which was held September, 2, 2018". Please keep this in mind for late August or September,

We invite survivors and their family join in upcoming gatherings and healing circle and or ceremonies.

Our goal is to create a safe space in which survivors, their families and communities can come together and support one another to heal from past harm they suffered. By being together they can help build on a new life free from many of the memories they may still carry... and may have lingered on for years.



For ages 7-14
***Space is limited**

Tuesdays, Wednesdays, Thursdays

August 6th-29th

Time: 10am-2pm

Meeting place at the CDRC

Registrations at the front desk at Health

***Shirley or Dana will contact you the week before the program start date to confirm your registration**

Elders Corner

August 6th, 2019 - NO Elders' Day Program

August 13th, 2019

Dillon Johnson Citizenship (10:00-1:00)

August 20th, 2019 - Blueberry Picking – bring a bucket (11:00)

August 27th, 2019 - BINGO (11:00-1:00)

FUND RAISER

Tla'Amin ELDERS are selling Blue T-shirts - \$25.00 per shirt

Men's sizes: S, M, L and XL

Women's sizes: S, M, L and XL

Doreen Hopkins
 Elders' Program Coordinator
 Tla'Amin Health 604-483-3009 Ext:126
doreen.hopkins@tn-bc.ca



E-cigarettes: What you need to know to stay healthy

WHAT ARE E-CIGARETTES?

E-cigarettes are battery-operated devices that electronically heat a solution to produce a vapour that is inhaled. Like regular cigarettes, it is best to avoid using them.

There are many different types such as:

- Cigalikes
- Vape pens (vapes)
- Advanced tank systems
- Pod Vapes

WHAT'S IN THEM?

Solution: also called “e-liquid,” “e-juice” or “vape juice,” the solution is made up of propylene glycol or glycerine, water, flavourings and may contain nicotine. Flavourings are generally safe for eating but the risks associated with breathing them into your lungs are unknown.

Vapour: Once the solution is heated, a vapour or aerosol is created and this may contain:

- **Particles:** many studies have found particles in e-cigarettes at levels comparable to that of tobacco smoke.
- **Metals:** lead, chromium, nickel, copper, aluminum, and mercury, which can negatively affect your health (see below).
- **Tobacco-specific nitrosamines (TSNAs):** these cancer-causing compounds are considered the most dangerous of all the chemicals found in e-cigarettes.
- **Carbonyls:** including formaldehyde, acetaldehyde, and acrolein, which are potential human carcinogens (i.e., cause cancer).

WHAT'S THE DANGER OF USING E-CIGARETTES?

Breathing in the vapour particles, even from second hand vapour, may increase the risk of heart disease, lung cancer and asthma attacks and interfere with lung function. Exposure to metals can have a variety of adverse health effects including brain damage and cancer. Some studies indicate that use of e-cigarettes may increase the potential of smoking conventional cigarettes.

The flavours are attractive to youth, and may put them at a risk of becoming addicted to nicotine products. Many products are unregulated and there's no way to know what you are actually breathing into your lungs. Research has shown that many products which claim to have “no nicotine,” actually do contain nicotine!

Returning to the Circle

A Workshop for Child and Family Workers

with Anita Charleson-Touchie, MEd.

This presentation takes an honest look at the Indigenous experience of colonization and cultural oppression, and explores the connection to trauma. I will help participants understand the historical shift of society's social structures from the circle to the pyramid, which has ruptured our way of life.

I will also lead participants through an experiential exercise that reflects the various waves of cultural oppression, as well as the trauma that each wave continues to have on many Indigenous individuals, families, communities. I will also help participants to explore ways to break the legacy of cultural oppression, heal various ruptures and return to the sacred circle.

pursued my Graduate studies from the University of Victoria and completed my Masters of Education, Counselling Psychology in 2015. I have been in the helping field assisting individuals, families, and communities for 20 years during which time I have trained & worked with well respected elders in methods of Indigenous healing.

I have interned with Jane Middleton-Moz, I am a Somatic Experiencing® Practitioner, and practice from a trauma-informed perspective. I am currently a Family Trauma Therapist at Kackaamin Family Development Centre. I value and utilize a combination of clinical and cultural approaches in helping individuals, families, and communities heal trauma.

Areas of interest include trauma & addiction, Indigenous wellness & healing, cultural oppression, connectedness and cultural resiliency, parenting from an indigenous perspective, etc. I am a member in good standing with the Canadian Counselling and Psychotherapy Association.



About the Facilitator Anita Charleson-Touchie:

My cultural name is Speaks with a Sea Serpent's Tongue/Crystals coming out of the Mouth. I am Nuuchahnulth from Yuuthluuithaht First Nation. My husband is Tyson Touchie and we have 6 children and 2 grandchildren. In 1999, I graduated from Vancouver Island University with a Diploma in Quuasa Counselling and in 2001 with a Bachelor of Arts Degree in Psychology. I

Please register with Rose Adams or Amy Vaughan. This training is open to Tla'amin employees and Tla'amin community members working with children and families.

August 23, 2019

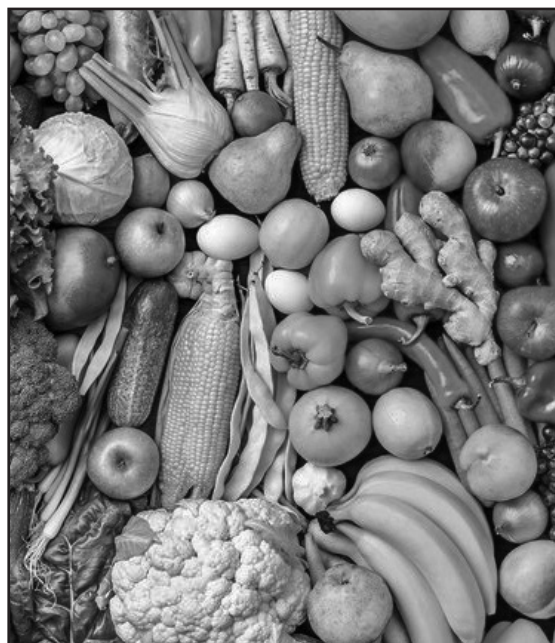
9am-4pm

Nutrition Breaks

August 24, 2019

9am-11am

No break



Eat the Rainbow

That means fruits and vegetables from all the colors of the rainbow, which helps ensure you get all the nutrients and fiber you need. Avoid refined carbs like doughnuts and white bread in favor of whole-grain rice, breads, and cereals. A bit of meat, dairy, and fat can also help. But not too much, and look for “good” (monounsaturated, polyunsaturated) fats from seeds, nuts, fish, and vegetable oils.

Stopping The Violence Counselling



The Stopping the Violence program works within the feminist belief that women have a right to relationships which are free from violence. The STV program offers free individual counselling and support to women who have experienced violence and abuse. Often women who are victims of abuse learn that it's not safe to voice their needs and feelings, instead, in an effort to protect themselves, they learned to focus on the needs of others. The goal of the Stopping the Violence Counselling Program is to empower women to evolve from the position of victim to victor and thus enable them to develop to their fullest potential.

The program provides non-judgmental service to women 19 years old and over, and to teenage girls living an adult lifestyle. Referrals can be made by other community agencies or individuals by telephone, personal contact, fax, or by letter. Although it is preferable for the woman to call and make her own appointment.

Cyndi Pallen is the Stopping the Violence Counselor. Cyndi started at the agency full-time on January 8th, 2018. Cyndi came to us with excellent education and credentials and a great deal of experience in areas of victim services, probation, mental health, and in specific areas of Child and Youth Care, working with community agencies, both here in Powell River and out of the community as well. Cyndi is a strong member of the Tla'amin Community and as such brings a wealth of understanding and commitment to support all community members in Powell River.

*Cyndi Pallen, MSW, RSW
Powell River & Transition House Society
604-485-6965
stvcounsellor@telus.net*

Addiction and Mental Illness: The Most Common Concurrent Disorders (Part 1)

*Nina Peers, C.C.A.C
Addiction Counsellor, Tuxahmiy Support
Tla'amin Health*

Anxiety, depression, bipolar disorder, and trauma disorders—these are the most common mental health disorders that accompany addiction.

When someone has a “co-occurring” or “concurrent” disorder, it means that they have both an addiction and a mental health disorder at the same time. In many cases, a person will suffer from a psychiatric disorder and try to self-medicate by abusing substances.

Anxiety Disorders

Anxiety is the most common mental illness in North America. Anxiety is more than temporary worrying or fear. People with anxiety disorders often try to self-medicate with drugs or alcohol, but the disorder only worsens over time if left untreated. The anxiety can interfere with daily life, such as work, family, school and relationships. There are several types of anxiety disorders, such as panic disorder, social anxiety disorder, and generalized anxiety disorder.

Depression

Depression is also a very common disorder, classified as a mood disorder. It can cause severe symptoms that affect a person's thinking and ability to participate in daily activities such as working, socializing, eating, and sleeping. It also has a big impact on thinking and making decisions. Again, many people with depression try to relieve the symptoms of sadness or hopelessness by self-medicating, only to have the symptoms worsen over time.

Bipolar Disorder

Bipolar disorder is another mood disorder that produces a shift in mood, energy, activity levels, and the capability to perform day-to-day activities. When someone is suffering from bi-polar disorder, they can experience periods of extremely “up,” elevated and energized behavior and then sink “down” to a very depressed or hopeless behavior. During depressive episodes, many people use drugs to feel more ‘up’ and during ‘down’ periods, use drugs to feel more energized. It is estimated that over half the people with bi-polar disorder also have a lifetime history of substance use disorders.

Trauma and Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) results when an individual has experienced a shocking, scary, or dangerous event such as an accident, a natural disaster, violence, or war. Someone with PTSD can be diagnosed with either ongoing (chronic) or short-term (acute) PTSD. It is very common for people with PTSD to try and self-medicate with alcohol to counter the effects of stress hormones that are released by the flight-or-fight response that kicks in when sufferers re-experience a trauma. Individuals suffering from PTSD often experience recurring and disturbing memories and dreams, which they may try to suppress using alcohol

BLADERUNNERS

2019

BladeRunners

Boost your Employment Skills this Fall!

BladeRunners is a youth employment program that brings inspiration and motivation to young job seekers and their search for employment. In this program you will learn about life skills, career planning, job opportunities, and how to job search successfully.

Other Benefits:

- Industry Certificates
- Work Placement
- Financial Support
- Lunch & Snacks Provided
- Lots of Free Training!!!

Talk to us today if you are:

- 15-30 years old
- Unemployed or Underemployed (less than 20hrs/week)
- Not eligible for EI

Spaces are limited—call or email to sign up today!

604-485-7958

sara@careerlinkbc.com

Workshops will be held Mon-Fri from 9am to 3:30pm with lunch provided

Program Dates:

SEPT. 23rd

..... to

OCT. 18th

Work Placement:

OCT. 21st

..... to

NOV. 01st

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

Reclaiming our Broken Spirit

BY Nina Peers, C.C.A.C
Addiction Counsellor/Tuxahmiy Support

No matter how big or small, almost all of us experienced some kind of trauma as children. Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Trauma can take many forms: emotional, sexual or physical abuse, neglect, abandonment (especially for small children) witnessing violence, natural disasters, extremely painful and frightening medical procedures, rape or assault, domestic violence, burglary, automobile accidents, catastrophic injuries and illnesses, loss of a loved one and severe bereavement (even of a pet), combat war, torture, kidnapping and intergenerational (cultural) trauma

When the event is traumatic the impact is depression, anxiety, helplessness, hopelessness, isolation, alienation, intense fear, rage, chronic pessimism, loss of hope, loss of faith, loss of trust, increased suspicion, self-blame and shame, and vulnerability to subsequent trauma.

In each of us, there is a young, suffering child. We all have had times of difficulty as children and many of us have experienced trauma. In each of us is a young suffering child and to protect ourselves from future suffering, we try to forget the pain.

Often when we feel pain from a deep place within, it's the inner wounded child who's calling and when we try to forget the pain, this results in more pain. Inner child work reconnects us with a wounded element of ourselves, the child within. When we connect with this fragmented part of ourselves, we discover the root of many of our fears, insecurities and sabotaging life patterns.

Research has shown that the body holds both emotional and physical pain and even if we try to ignore that pain and move ahead with our lives, chances are that it will always be there, rearing its ugly head at the most unlikely times.

Trauma comes from the word wound. Wounds leave scars and physical scars usually heal faster. However, all wounds need care and not all care has to be professional.

We adopt specific behavior characteristics and behaviour scripts to cope in the dysfunctional environment. Children that suffer trauma will become emotionally impaired.

Destructive behaviours can take many forms from self-sabotage- not feeling worthy to self-defeating, self-destructive symptoms. These so called grown-ups or adults are being constantly

influenced or controlled by this unconscious inner child. For many, it is not an adult self-directing their lives but rather an emotionally wounded inner child inhabiting an adult body.

If you feel worthless (which is untrue) it is a result of negative core beliefs. These core beliefs are created in childhood. When you have emotions inside yourself that were not dealt with in childhood, these emotions don't go away. These repressed emotions are not dealt with and manifest itself in other ways, for example lots of ailments, relationship problems and emotional issues are rooted in emotions that were repressed when we were children.

Trauma and Brain Development

Research has shown that children are particularly vulnerable to trauma because of their rapidly developing brain. During traumatic experiences, a child's brain is in heightened state of stress and fear-related hormones are activated. Although, stress is a normal part of life, when a child is exposed to chronic trauma, like abuse or neglect, the child's brain remains in this heightened pattern. Remaining in this heightened state can change the emotional, behavioral and cognitive functioning of the child in order to maintain and promote survival. Over time, these traumatic experiences can have a significant impact on a child's future behavior, emotional development, mental and physical health." -Early Childhood Mental Health

Difficulties associated with severe childhood abuse include increased risks of psychiatric disorders such as depression, as well as high levels of impulsivity, being aggressive, anxiety, more frequent substance abuse, and suicide.



Our wounded child may represent several generations. Our mother and father may have suffered throughout their life and this may have prevented our parents from looking after the wounded child in themselves. When we embrace the wounded child in us, we are embracing all the wounded children of our past generations.

Freedom for Parents!

7 after-school activities your child can easily walk or school bus to from Assumption Catholic School, in the 2019-2020 year

1. **The Academy of Music** (school bus)
2. **Laszlo Tamasik Dance Academy** (school bus)
3. **Powell River Gymnastics & Cheer** (one-block walk)
4. **Canadian Martial Arts Academy** (one-block walk)
5. **Powell River Tennis Centre** (one-block walk)
6. **Boxing Club** (15-minute walk)
7. **Powell River Brazilian Jiu Jitsu** (half-block walk)

Plus an excellent on-site after-school care program to 5:30pm daily



New Partnership!

Powell River Academy of Music & Assumption Catholic School

- | | |
|--|---|
| 1. Bus to the Academy every day after school. | 6. Performances and special visitors |
| 2. Half-off Academy choirs | 7. Morning Musical Theatre , lunch Hip Hop |
| 3. Choir : K to Grade 3 | 8. End-of-year Musical Theatre production with Laszlo Tamasik |
| 4. Handbells : Grades 4 and 5 | |
| 5. Violins : Grades 6 to 9 | |

Just two more reasons to choose Assumption

assumptionpr.ca

Complex Developmental Behaviour Conditions

As the Youth, and Family Advocate my job is to assist families who have children or youth with special needs.

There are special needs that children or youth might be experiencing that complicate learning and behaviour. These are now being grouped together under a particular name: "Complex Developmental Behaviour Conditions" (CDBC's). Some of these conditions might include Fetal Alcohol Spectrum Disorder, Attention Deficit Disorder, Autism Spectrum Disorder, Oppositional Defiance Disorder, Anxiety Disorder, and so on.

There is a process a family can go through to find out if their child has some kind of developmental delay, or a Complex Developmental Behaviour Condition. It is my job to help families go through this process and try to get in place all the support and services the family or their child might need.

This process might start with a request to have your child or youth seen by the school psychologist. It might start with a wish from you, or a recommendation from your doctor, the school, or the daycare for your child to see a pediatrician. Sometimes a pediatrician might make a referral for further testing to be done at Sunny Hill Health Centre for Children. If a child or youth receives a diagnosis, there are other services and supports that can be applied for. All of these steps along the way have paperwork attached to them and this is an area where I can offer some support.

It is also my job to help the family try to make sure other adults in the child's life understand the special needs of the child. Other adults could be teachers at the child's school, or family members.

Children, youth, or adults who are living with a Complex Developmental Behaviour Condition are often having a lot of struggles with life. The disability is in the brain and therefore is not seen on the outside. These conditions are often referred to as "invisible disabilities" and, as such, they are often misunderstood. Because the brain is affected, there can be great challenges with memory and learning.

There can also be challenges with those parts of the brain that help us follow instructions, remember rules, learn from consequences, start up an activity, stop an activity or action, or regulate our physical self (keep our body still and calm). It is easy to become frustrated or angry when interacting with a person whose brain works differently than others. Patience and understanding are very important so that we as a community can keep up the good work of making sure everyone feels valued, included, and cared for.

As we approach the start of another school year, please keep in mind that if you are being called to the school for a meeting to discuss an Individual Education Plan (IEP), or to discuss your child's learning, and you want some support in that meeting, I am happy to attend with you. If the school is recommending that your child or youth have some more testing or assessments, and if you need some assistance in making arrangements for this, I am here to help you out with this.

Sincerely,
Brenda Pielle
Youth and Family Advocate

Overdose prevention site opens in Powell River as drug crisis grows

It's the 1st site opened by Vancouver Coastal Health outside of Vancouver

The Canadian Press · Posted: Jul 05, 2019

A new overdose prevention site in Powell River opened its doors for the first time on Thursday. (Twitter/ Vancouver Coastal Health)

The small city of Powell River has been one of the hardest hit by British Columbia's overdose crisis, prompting Vancouver Coastal Health to open its first overdose prevention site outside of Vancouver in the Sunshine Coast community on Thursday.

Dr. Geoff McKee, a medical health officer with the authority, says the contaminated drug supply has been devastating for the city.

Coastal Health says there were 39 overdose deaths last year for the North Shore-Coast Garibaldi area, which includes Powell River, and there were 76 emergency calls for overdoses during the same period in the city.

Shannon Ollson, with the Powell River Community Action Team, says the site

THE OPIOID CRISIS

is badly needed because there are overdoses in the laundromat, at the park and in the washrooms of convenience stores.

The new pilot site was supposed to open last month, but an authority spokeswoman says a break-in at the site delayed the launch while they installed fortified locks and a security system.

Coastal Health is providing clinical support and supplies, while the Powell River Community Action Team will manage the site and the City of Powell River is leasing the property for free for one year.



Canada

BRITISH COLUMBIA

This program is funded by the Government of Canada and the Province of British Columbia.

Hospitality and Tourism Training

Get paid to learn valuable skills for employment

- Hotel Management
- Front desk
- Tourism management
- Restaurant Service
- Eco-tourism
- Cultural tourism
- Tourism certificates:
 - Boating License
 - Serving it Right
 - First Aid
 - World Host

* Are you on EI, or have you had a claim in the last 5 years, or have you earned more than \$2,000 in insurable earnings and paid EI on your earnings in at least 5 of the last 10 years?

Do you need skills training and on-the-job work experience?



Join us for coffee and snacks

August 12th, 1-3pm (coffee/snacks provided)

Tla'amin Governance House—Community Room

Contact Mathew Wilson (604) 989 7161

Tribal Canoe Journey to Lummi



By Drew Blaney
Culture Coordinator

The Tla'amin Nation was represented well on the 2019 Tribal Canoe Journey to Lummi, Washington. The Ohtaqken canoe representing the Tla'amin youth travelled down the Salish Sea between July 15th and 24th stopping in different communities along the way. The stops along the way included K'omoks, Qualicum, Nanoose, Snuneymuxw, Shell Beach, Cowichan & Tsawout. Each night, every one of these nations fed us well, gave us a place to rest, allowed us to share our songs and dances with them and sent us off the following day. This year, Tla'amin had one of the largest youth groups attend Tribal Journey than we have ever seen before. Shirley Louie and Leslie Ann Louie, Tla'amin's youth workers did an amazing job pulling in youth for this journey. This is what the journey is all about, giving our youth a sense of identity and pride. I am so proud of all the youth that participated in this journey, and I hope each and every one of you took something from it. The 2020 Tribal Canoe Journey will be hosted by the Snuneymuxw First Nation in Nanaimo. With Tla'amin hosting the following year, I am really looking forward to seeing more of the community come out and join us, as we will paddle down to send our invitation.

Also, I would like raise my hands to Susan and Daryl Erickson who live next to the Little Qualicum River. One stormy day after leaving Qualicum Bay, we quickly ran in to some rough weather. It was unsafe to come along side our support boat without being flipped over so we decided



to go ashore. There, we were welcomed into Susan and Daryl's home where they provided warm coffee for the crew. When they realized where we had come from, they pulled out their collection of baskets that were collected on Savary Island around 1920. They knew these baskets meant a lot to our Tla'amin people, so they sent us home with one of the baskets and promised the rest would eventually return home as well. I just wanted to say thank you to Susan and Daryl for their big hearts and say Che Cheh Hah Thetch!

Also, I would like to say thank you to our sponsors who made the Pulling Together Canoe Journey a success. Cheryl and Wayne Borgfjord, Casey Richards from the Widdle Wood Lot, BC Timber Sales, Interfor, Brookfield Power, Powell River Safeway, Powell River RCMP, Chopping Block & Barry Kosturos. If there are people I am missing, I apologize and will post all sponsors online. I also want to say thank you to all of our volunteers who made this event a success, the planning team, Chris Bakker, Shirley Louie, Leslie Ann Louie and Heather Thrasher. Thank you all so very much!

A quick note, Cultural Programs will start up at the beginning of September. Emote!



The 3C initiative is when the local governments (City of Powell River, qathet Regional District, and Tla'amin) meet to discuss common areas of interest. Naloxone Kits were provided with a lesson on how to properly deal with an overdose.



English 067-Provincial Adult Basic Education (ABE) Program

August 7, 2019-October 30, 2019

Vancouver Island University, Powell River campus

Course Description

This 13-week course is equivalent to English 12, focusing on the study of novels, short stories, poetry, drama, essay and writing and research. A prerequisite for many technical and university courses.

Pre-requisites

- Minimum C+ in ENGL047
- OR assessment
- OR permission of instructor

Course Schedule

Month	Day(s)	Time
August	Weds & Thurs	9 - 4pm
September	Weds	5 - 9pm
October	Weds	5 - 9pm

Fees (subject to change)

Student & Activity Fees	\$29.08
Student Union Fees	\$37.41
Total	\$66.49

Additional Expenses (approx. \$25 - \$45)

A list for required textbooks and/or novels will be available at a later date.

Admission Requirements

- Minimum 17 years of age and out of school a minimum of one year
- OR High school graduation
- OR enrolled in a VIU academic or trades/vocational program

Notes on Admission

An assessment may be required for placement purposes if prerequisites were completed more than 5 years prior to admission.

Assessment Information

ABE assessments differ from program assessments. They can be seen as assessments for success as they are designed to assess your skills and help you succeed. There is no fee for the English assessment.

Study materials are available at the Powell River campus or can be downloaded from www.pr.viu.ca/ABE. Please note that the maximum time allowed for an assessment session is two hours. To book an assessment please call 604.485.2878.

Online Option

English 067 - Provincial is also fully available online.

For more information please contact:
An advisor at Vancouver Island University at 604.485.2878 or visit www.pr.viu.ca/ABE

The information contained in this guide is accurate at the time of printing. Vancouver Island University reserves the right to make changes as necessary, including cancellation and adjustment of courses and changes in fee structure. May 27, 2019

Vancouver Island University, Powell River Campus
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pr.viu.ca

A Strategy for Picky Eaters

Take Control of the Pantry

While getting kids to make healthy food choices can be tough, just remember – YOU PURCHASE THE GROCERIES. Sure, they will enjoy a cupcake at a birthday party or some candy at a movie theater every once in a



while – but if a child eats the majority of their food at home (which most kids do), the parents must not forget who's stocking the shelves.

Are they eating too many Oreos? Toss them. Are they drinking more Cokes than you allow? Pour them out. Are they overindulging on all the sugary snacks and starch-rich junk food in your home? Remove them from your pantry and refrigerator. If all you have on hand is healthy alternatives – then healthy is what they'll eat.

If you've stocked your fridge and pantry with foods you want your kids to consume, but they are still leaving most of their dinner on their plate – that's a clue to close the pantry (and fridge) at least an hour or two before mealtime.

Don't Make Food a Reward

How many times have you heard, "If you eat your vegetables, you'll get dessert?" Food, even the sweet treats, are something to be enjoyed as a family, not to be used as a bargaining chip for good behavior or finishing your meal.

When dessert is held up as the "good stuff to get to after you choke down your broccoli" – that's what kids will crave! Furthermore, this doesn't teach a child healthy eating habits. After all, we want our children to enjoy healthy foods, not simply choke them down only to receive something sweet at the end.

Offer Some Choice

If you only filled the pantry with food you'd like your children to eat, then it's perfectly acceptable to offer some choice over food throughout the day.

- For example, at breakfast, you can say, "Would you like blueberries or an apple with your bagel?"
- At lunchtime, you can say, "Would you like carrots or cucumbers with your sandwich?"
- For snack, you can say, "Would you like a cheese stick or rice cakes?"
- At dinner, you can say, "Would you like milk or water to drink?"

When a child is given some control over what they eat – even if only for a part of a meal – you are helping to fill their power buckets and diffuse potential mealtime battles. By giving them some power to choose, your kids will be more agreeable in situations when they don't have a choice.



Let's Talk Trash.ca

WHAT IS WASTE?

Kids and Food Waste

Wasted food costs the average Canadian household \$1100 per year. While adults are certainly guilty of neglecting leftovers till they grow a moldy beard, kids are also culprits when it comes to good food going to waste. Picky eaters, temperamental appetites, and neglected lunches are ways that babies, toddlers and children contribute to edible food getting tossed.

With about 60% of food waste being avoidable, there's a lot we can do to improve our wasteful habits while potentially even saving cooking time. Here are some tips from the Canadian Love Food Hate Waste campaign:

- Rather than making special meals, serve kids what you are eating. Puree for babies. Serve yourself smaller portions, knowing you will likely be nibbling on what the kids don't finish.
- Serve smaller portions at first, and offer more when they've cleaned their plate.
- Save untouched food. Add to their school lunches, put leftover milk in your morning coffee, or half eaten veggies into a soup.
- Limiting snacking before mealtimes means kids are more likely to eat all that's served.
- Place a mat below a high chair or booster seat, so food that falls can be salvaged.
- Don't tolerate food fights.
- Check in with kids



about uneaten food in their lunchbox. Why was it untouched? It may help you pack a lunch that's still healthy, but also fits personal preferences and appetites.

- Involve children in making meals and even growing food. They're more likely to eat what they had a part in making.
- Pack school snacks in resealable containers, so uneaten treats stay fresh. Snacks wrapped in single use packaging, not only pollute, but also can lead to food waste.
- Invest in some beeswax and pine resin infused cotton wraps. These are an eco-friendly alternative to cling wrap. They are breathable, anti-viral, anti-fungal, anti-bacterial, reuseable and extend the life of food. You can make your own at home using old cotton sheets, an iron and some beeswax, too.

Contrary to popular belief, food buried in the landfill does not break down into nutrients

for the soil. Instead, it converts into the damaging greenhouse gas, methane – at least 20 times more dangerous than carbon dioxide. So, when food does end up off our plate, send it to a composter, not the trash can. If you don't have a backyard composter, use the free community composting program available at the Town Center Recycling Depot. Collect plate scrapings, fruit, veggies, grains, meat, bones, seafood, dairy products, and paper napkins in a sealable container (ie: used ice cream bucket) and drop-off 6 days a week. Pre-freeze smellier items.

By valuing food in your household, as the children in your life grow they will have healthier habits around food waste.

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

ALL ABOARD THE LUND RESORT AT KLAH AH MEN

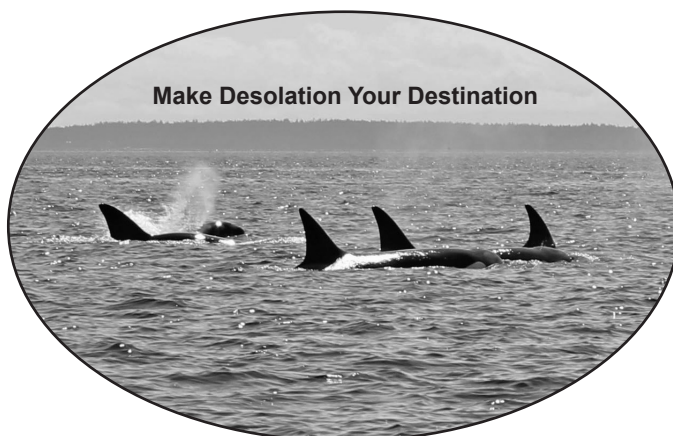
The Spirit of Lund calls from Lund Resort to celebrate summer solstice out on the restyled patio or inside of the former pub, now called Back Eatery. Newly refurbished with fun touches like the “Meal Wheel” - guests are encouraged to give it a spin to see whether a meal is free, or the lucky spinner gets a complimentary beverage or dessert – to the Indigenous artwork adorning the new bar and surrounding walls, this is where the good times roll. Topped off with the view overlooking the exquisite beauty of Desolation Sound and you’ve got the perfect backdrop to enjoy the casual vibe.

Management and staff are excited to welcome guests, especially locals and neighbours from Lund and Powell River. Hospitality is the name of the game, with the team delivering on the promise of good food, good eats and good service in a superb setting. General Manager, Scott Wilshaw shares “the response to the new direction as a full-service, Indigenous owned and operated resort has been positive from the get go, with The Tla’amin Nation art displays and cultural elements bringing delight to guests and visitors alike. This combined with our stellar customer service and new offerings is proving to be a winner.”

Sticking with themes of fresh and new, the Resort continues to build a strong following from the local community with the Back Eatery Loyalty Rewards card. Offering 7 days of drink and food specials and their signature, everyday Happiness Hour promotion, it’s easy to collect-to-earn a dinner for two or a cooking class for two compliments of the Resort. And if you’re a resident, or are visiting Savary Island, another

new program invites folks to pre-book lunch or dinner, then the resort will pick up and return guests in the Lund Resort boat, to and from the Island.

Speaking of boats and water, imagine having fresh caught crab for lunch or dinner. And how about catching it yourself while aboard one of Lund Resort’s Klah ah men 2-hour cruises? This thrilling experience can be yours as the crew takes you out to drop a crab trap, then explore the area by boat over a favourite tippie and snacks, only to return to pull up your catch for an outdoor cook-up back at the



Resort. Or, take the sunset cruise with on-board commentary describing the islands and wild life viewing as the sun sets over the mountain range of Vancouver Island. A wildly enjoyable experience for everyone who loves the sea!

Also new this year is off-site catering for home or office parties. Chef Litton and his team provide the essentials for more than just an event, it’s a culinary creative production and they can do it within your catering budget. More than happy to discuss your ideas, food allergies and more, the team will create a meal for you and your guests from the Stock Pile Catering Menu, and best of all? They do the kitchen clean up too! It is as easy as calling the Resort to book your date



Join us on Saphira for a sunset cruise

and discuss the menu. In these busy days of work and play, this is a fabulous way to celebrate a special event – birthdays to anniversaries or ‘just because!’

Be sure to make the most of the enticing experiences being offered at the Resort, whether it’s enjoying a Lund Resort. The Lund Resort at Klah ah Men and its team of 78 staff are focused on guest services and some of the team members are working on making the existing grocery store more customer friendly.

We have given the store a coat of paint, reset the aisles to make it easier for customers to find groceries, and placed 400 new items in the store to give customers better selections. The food deli has a new menu offering dishes that can be served fresh daily or ordered to go. While the existing store is getting a quick face lift work is underway to renovate a new store which will give us an additional 2000 square feet of space to offer more grocery and liquor items. It is expected to have the new store ready by January 2020. We are extremely proud of our Nation members who are running the new store project and if you would like to come to the hotel and see the changes we invite you to come and meet us in person.

We would like to offer all Nation members a 20% discount of all food and deli dishes. If you would like to receive your loyalty card please contact the hotels front desk.(604)-414-0474.

We would like to formally welcome Wendy Galligos as our Front Office Manager, Wendy has an impressive hospitality background and we are very lucky to have Wendy on our management team. Welcome Wendy.

In the coming weeks we will be recruiting carpenters and general labours for the next capital job at the resort. If you are interested joining the team please drop off your resume at the hotels front desk. Have a great summer on behalf of the whole Lund Resort at Klah ah men team.



BACK EATERY

Tla'amin Nation

2019 Roosevelt Elk Allocation



Tla'amin Nation (T.N.) 2019 Elk harvest allocation is a total of eight (8) elk, the hunting areas are:

- Powell River/Haslam (3 bulls only),
- Daniels River (2 bulls only, 1 either sex) and
- Theodosia (2 bulls only).
- T.N. will retain one (1 elk) for ceremonial purposes, so the official draw will be for a total of (7) elk for T.N. hunters.

HUNTING SEASON IS OCTOBER 10TH - NOVEMBER 20TH, 2019.

Entries for the draw will be accepted from August 2nd, 2019 to September 12th, 2019 - 12:00PM (noon).

The draw will be conducted immediately following the closing @ noon.

Please note that a compulsory inspection must be completed for each elk harvested. However hunters that are willing to volunteer to hunt for the community elk can enter their name into a separate draw if they choose to do so.

Elk allocation will be awarded out by a lottery style draw that will be conducted at the front reception area of the T.N. Governance House located @ 4779 Klahanie road so that anyone who wishes to witness the draw may do so.

The requirements to enter the draw are as follows;

1. Must be a Tla'amin Citizen or have a 554 status card
2. You **MUST** be able to legally carry a fire arm which means that you must possess a valid Firearms Acquisition Certificate (F.A.C.) card or a minimum of a valid Possession Only License (P.O.L.)
3. Last year's draw winners that harvested an elk successfully will not be entered into this year's draw as agreed upon last year.

How to enter:

To enter you must provide a photo copy of your valid F.A.C or P.O.L card to the front desk of the Governance House located @ 4779 Klahanie drive, we will do the photo copying for you onsite. The photo copies of each eligible license received will be entered into the bin where the 7 lucky winners will be selected, the community elk harvester will be selected in a separate draw of those who choose to volunteer. If you have any further questions;

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



Remembering Tom Molloy

By Roy Francis

This article is written as a memorial for the late Mr. Tom Molloy. Tom passed away on July 2, 2019 from pancreatic cancer. Tom served as Chief Negotiator for the government of Canada in the closing phase of the Tla'amin Final Agreement. He was a key figure in the successful completion of our agreement; and contributed greatly to our ability to develop as a Nation.

Negotiations were often difficult; and there were times when communications were strained. Tom had an ability to acknowledge disagreement on issues that were very important to us; and yet maintain healthy dignity in a difficult process. I believe our agreement was successful because of the respectful working relationship we were able to develop. Respect grew to become friendship.

I did not expect to become friends; especially given the differences from where we began. But I'm happy to remember Tom as a friend and a decent human being. The experiences that we have shared have shaped all of our lives in a very good way. Thank you for your time with us Tom. We will remember you with positive thoughts.

In the 2012 June edition of the Neh Motl leading up to the vote on our Final Agreement, Tom delivered this message to our nation. "During my visits to your community, I have been very pleased to note that so many people are so actively engaged in learning about, and understanding the treaty. A treaty will bring the tools for Tla'amin members to take control of their future, to build a healthy, prosperous and strong community, and to contribute to a stronger Canada."

*Sincerely
Tom Molloy
Chief Federal Negotiator*



Tla'amin Nation Executive Council Minutes

June 5th, 2019

Council Chambers, Governance Building

Attendance: All Executive Council

Resource: Rod Allan, Losa Luaifoa

Guests: Jason Lennox, Chris Roddan, Roy Francis, Maynard Harry and Troy Marshall

Hegus Williams called the meeting to order at 9:05 am.

A. APPROVAL OF MINUTES:

Motion to adopt the May 22, 2019 Executive Council (EC) minutes.

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

B. ADOPTION OF AGENDA: Motion to amend and adopt the agenda to include: Review and Appeal Panel, under D.1 and Elders Private Housing, under D.12.

*Moved by Councillor L. Wilson
Seconded by Councillor T. Wilson
CARRIED*

C. PRESENTATIONS:

1. Catalyst Paper

Jason Lennox, Health and Safety Manager, and Krista Kuddy, General Manager, presented Catalyst's Emergency Response Plan to Executive Council (EC). The presentation included an explanation of the various levels of protections in place for different emergencies which included information about the tiers and duties of the safety teams.

EC noted that it would be beneficial to provide an update of the security plan to workers at the log dump site.

2. Tla'amin Management Services LP (TMSLP)

Chris Roddan, TMSLP CAO, Roy Francis, Operating Board Chair, Maynard Harry, Holdings Board Chair, Troy Marshall, TMSLP Partner, presented the Tla'amin Land Development proposed business plan.

EC resolved that a meeting of the Finance Committee, TMSLP staff and Legislature, be organized as soon as possible to dispel concerns raised.

D. NEW BUSINESS:

1. Administration & Finance:

Review and Appeal Panel – The Chief Administrative Officer (CAO) advised that the RA Panel is seeking an individual to fill a vacant position on the panel. One application was received and forwarded to EC for a recommendation.



EC, by consensus, support the appointment of Joel Harry to the Review and Appeal Panel and recommend to the Legislative Assembly that Joel Harry be offered the position.

2. Citizenship & Membership:

Membership Request – Tabled.

Hegus Williams noted that there is a need to incorporate different classes of membership, for example, "honorary" and "regular" membership. The group discussed a retreat to complete work on the Citizenship Law and it was noted that those involved with the creation of law could potentially continue that work.

Action: CAO to inquire about the legal team's availability to meet regarding citizenship. Proposed date: July 18.

3. Economic Development Committee: The CAO advised EC that two terms have expired on the Economic Development Committee. EC is requested to make a recommendation for consideration at the next Legislative Assembly session.

Motion to recommend to the Legislative Assembly that the two expired terms (Marina Gallagher and Craig Galligos) be posted for advertisement.

*Moved by Councillor L. Wilson
Seconded by Councillor T. Wilson
CARRIED*

4. Elders & Youth: Klahanie Specific Claim Settlement Distribution – the Chief Financial Officer (CFO) provided an update from the legal team on a distribution, specific to minors. The legal opinion received is that it is not in the best interest of the Nation to provide partial payment of the distribution to parents of minors.

Healthy Living Dividend: Due to a delay in the finalization of the Klahanie Specific Claim Settlement Agreement, the Healthy Living Dividend will be processed for 2019 at \$500 per member.

*Moved by Councillor L. Wilson
Seconded by Councillor T. Wilson
CARRIED*

5. Lands: EC discussed the installation of a suspension bridge over the Sliammon Creek through the Sunshine Coast trail and is in support of a suspension bridge.

It was reported that 4 new Nation vehicles were purchased - 2 for Housing and 2 for the Lands department.

6. Public Works: It was noted that funding for the proposed Public Works Yard is available. Some features of the facility will include: wash-room, shower, washer and dryer, heated floors and it will be two-levels.

7. Taxation: Taxation notices have been distributed.

8. Restricted Fee Simple Lands: The CAO advised that once taxation is in effect, members can be taxed the same as outside the community. It was recommended that a session be organized to discuss options for members and to also discuss the option to remove the classification of "Restricted Fee Simple Lands". This means the Nation would no longer be an insulated area; however, the alternative is the homes in the Nation will receive the proper assessment of value on their homes. This item is to be added to the next community meeting agenda.

Action: Add Restricted Fee Simple Lands and the Cemetery to the next open house/community meeting agenda.

E. HOUSE POSTS:

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

- An invite has been extended to EC to re-view proposed amendments to the Environment Act.
- A Conservation Officer made comments that the province owns Sliammon Lake and others have said Tla'amin owns Sliammon Lake.
- Tanner Road easement request. Private property adjacent to the Nation's TSL has requested approval for an access road. Hegus Williams advised that the Nation has already declined the request.
- June 4 –shortlisted candidates for the Enforcement Officer position.
- Met with Eagle Walz and staff to discuss a trail building project for 10 weeks.
- June 11 – Conference call with DFO regarding Chinook.
- Sachi Ouchi, UBC student, is scheduled to visit the Nation in July and will present to EC on her project and studies.
- June 7 – meeting in North Vancouver. DFO is to introduce a grant funding application for Indigenous Fish Habitat.

2. Finance – Councillor John Hackett reported the following:

- June 10 – TMSLP/Finance Committee mtg. and Legislature
- FFA is near completion.
- May 30 – Finance Committee meeting was cancelled.

3. Community Development – Councillor L. Louie reported that he is unable to attend the



FNHC meeting on June 18-19. SPOF meeting is June 14.

4. Public Works – Councillor T. Wilson advised that the Fire Department is attending the annual BC Fire Fighting competition this week.

5. Economic Development – Hegus Williams advised that the first phase of dismantling the old band office has commenced.

F. HEGUS' REPORT:

Meetings/events attended in May:

- Elk allotment is 8 for 2019 which has increased by 1 this year. Advertisement for the fall draw will begin in July.
- The draft MOU with BA Blacktop has been reviewed and an update will be provided.
- Attended the Celebration of Success.
- Plutonic Power contributed \$2000 to the Tla'amin graduation ceremony
- Laura Brown DFO meeting re: Chinook retention proposed for June 11.

- Requested meeting with Capital Works contact Pardeep Sidhu to discuss sewage system and housing development.
- Proposed 4 Nation meeting in Parksville on June 13 with Klahoose, Comox, Homalco and TN).

G. OTHER BUSINESS:

1. Legislative Assembly – June 19, 2019

Motion to call the Legislative Assembly for June 19, 2019.

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

ADJOURNMENT

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



Pentiction Trails Wildfire Mitigation Fuel Treatment Project Completed

MEDIA RELEASE
July 29, 2019

Powell River, BC – The qathet Regional District's Regional Emergency Preparedness Service is pleased to announce that the operational fuel treatment project to mitigate wildfire concerns in 34 hectares of the Pentiction Trails within the City of Powell River is now completed.

The fuel treatment project, which began in January, has been an additional initiative stemming from the Regional Community Wildfire Protection Plan developed in 2015 in collaboration with the qathet Regional District (qRD), Tla'amin Nation, and the City of Powell River.

The goal of this project was to reduce forest fuel loads identified by forestry and fire professionals. The project has resulted in the creation of a shaded fuel break; an appropriate wildfire mitigation strategy for our west coast

forest type. This treatment will result in increased public safety, protection of residential and critical infrastructure and demonstrating FireSmart principles in a forested setting.

With the work now completed the public can now access this part of the Pentiction Trails once again. The qRD appreciates everyone's patience throughout the trails closure during the fire mitigation work.

CONTACT:

Ryan Thoms, Manager of Emergency Services
qathet Regional District
#202 - 4675 Marine Avenue
Powell River, BC V8A 2L2
(604) 485-2260



Tla'amin Nation Executive Council Minutes

June 19th, 2019

Council Chambers, Governance Building

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

Hegus Williams called the meeting to order at 10:57 am.

A. APPROVAL OF MINUTES:

Motion to adopt the May 8 Executive Council minutes.

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

Motion to adopt the June 5th, 2019 Executive Council minutes.

Moved by Councillor T. Wilson
Seconded by Councillor L. Wilson
CARRIED

B. ADOPTION OF AGENDA: Motion to amend and adopt the agenda to include: Calling for a Legislative Assembly session for July 3, 2019.

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

C. NEW BUSINESS:

1. Administration & Finance:

EC Resolution 10/2019 re: Calling of Legislative Assembly. Proposed agenda items are as follows:

1. Alofi! Consulting presentation
2. Tax Law (proposed minor revision)
3. Draft Settlement Agreement (Klahanie Specific Claim)

Motion to approve EC Resolution #10/2019 to Call the Legislative Assembly on July 3, 2019.

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

2. Citizenship & Membership: Committee meeting is Monday, June 24, 2019.

3. Community: Work has commenced at the loop in the trail which connects to the entrance. Frank Wilson is the Supervisor and hired summer students will make up part of the crew.

Beach Monitors – Staff are in the process of offering the position to two applicants.

Enforcement Officer – Staff are in the process of hiring an applicant.

4. Culture: Indigenous Peoples' Day is Friday, June 21.



Action: Public Works to coordinate cleaning of the park equipment with the Fire Hall crew.

5. Education: The group discussed the graduation ceremony and recommended that a summary be requested from the 2018 Grad Committee since the fundraising model for that year was successful.

EC requested a summary of the student intake for post-secondary for September, 2019. and it was noted that policy must be followed and that EC has been clear with policy for intake.

6. Emergency Services: EC briefly discussed the position of Fire Chief and recommended that the position be posted for transparency.

7. Fisheries: Beach surveys are being completed by hired staff in Okeover, Texada and Myrtle Point.

8. Lands:

i) **TNO-EC 04/2019 re: Right of Way** – Lots 44 and 48.

Motion to approve EC Order 04/2019 to approve a Right of Way through Lots 44 and 48.

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

ii) **TNO-EC 05/2019 re: Approval of Transfer of Lot 22.**

Motion to approve EC Order 05/2019 to approve the transfer of Lot 22 to Cedar Galligos.

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

9. Public Works: It was noted that the work at the Salish Centre to clear the lot for additional parking is coming along great.

D. HOUSE POSTS:

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

- The new Chair of the Joint Fisheries Committee is Lori Wilson.
- Natural Resources Committee meeting is Monday, June 24.
- Paul Preston, Resource Manager, Department of Fisheries and Oceans retires July 5.

2. Finance - Councillor J. Hackett reported the following:

- The Treaty Benefit for elders will be released June 20.
- Second week of audit review.
- Action: Confirm a Finance Committee meeting prior to July 26 (Audit presentation).

3. Community Services – Councillor L. Louie advised that the Community Services Committee plans to meet in August. Councillor Louie thanked the group for the Treaty Benefit.

4. Public Works – Councillor T. Wilson reported the following:

- A Housing Committee meeting will be set when the Director of Community Services returns from holiday leave.

- An Evacuation Planning meeting was held on June 18 at the Salish Centre and was well attended.

E. HEGUS' REPORT:

Meetings/events attended in May/June:

- VIU meeting re: Guardian Watchmen program. Information was shared on the existing program rather than the development of a program.
- John Allan, Assistant Deputy Minister meeting to discuss the plan for coastal forestry revitalization and referral for renewal of TSL Block 1. The Nation does not want it to be an automatic renewal.
- June 10 - TMSLP session to answer questions
- June 11 - Language and Culture Night. Approximately 30 people attended and Alofi! representatives were in attendance to talk to people and share ideas regarding the proposed elders care facility.
- Department of Fisheries and Ocean conference call regarding the Chinook.




Upcoming meetings/events:

- June 17-22 - PRISMA on the beach.
- July 5 – Western Forest Products meeting.
- July 24 – Modern Treaty session.
- July 26 – Legislative Assembly to review the 2018/2019 Audited Financial Statement.
- Proposed in discussions with the Culture Coordinator that the Nation look into clearing land at Gibson's Beach in preparation for the 2020 canoe journey.

F. ADJOURNMENT


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

Meeting adjourned at 12:09 pm. The next EC meeting is Wednesday, July 3, 2019 at 10:00 am.



SUMMARY OF RCMP CALLS FOR SERVICE FOR MAY/JUNE 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
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.



G F O R C E



Happy 9th Birthday
Handsome Mattias
August 8th



Happy 11th Anniversary
"Mrs. G."
August 16th



Happy 19th Birthday
Jacob
August 28th

Campbell River Soccer Tournament

We all had the best weekend ever with our 3 squads of Sliammon Jr. Braves. The U7s whom were coached by Clayton Jeremy Hackett the U10s whom were coached by Barry (thanks for taking on roll of coach) and U14s coached by Dave Moon. It is such a joy to see our youth be so dedicated and play so hard and represent Sliammon! We also have youth from sister nations join our squads and also wear Sliammon Jr Brave blue. Your talent and sportsmanship does not go unnoticed. All 3 squads made memories and new friends and team mates this weekend. Hands up to all the players, parents, coaches and tournament organizers Andy Puglas Sr. and team for the fun filled weekend. Our U10 squad came out Consolation Winners (3rd Place) Congratulations to all of you, so very very proud of you all

Loretta Hanson



Support Local Businesses,
We are here to serve you!



Additional Sponsors
Tla'amin Lake Contracting
Complete Construction

KLAH AH MEN OPEN FISHING DERBY

August 10th, 2019

\$50/BOAT ENTRY FEE - Registration forms available from Tla'amin Governance House, Tla'amin Hatchery, Lund Resort and Powell River Outdoors.

FIRST LIGHT TO 5PM - Fish must be at the weigh-in station in front of the Lund Resort by 5pm at the latest to be eligible for prizes.

PRIZES

- \$500 - Largest Salmon
- \$250 - Largest Bottom Fish
- Many random door prizes

BACK EATERY SPECIALS - Breakfast2go \$10, Lunch2go \$15, Dinner Fishermans Feast \$20, Live Music and Festivities following the weigh-in!



U-7



U-10



U-14