



NEH MOTL "Us"

September 2019

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

Ratification Vote on Klahanie Subdivision Specific Claim is September 25th



Legal Council Jennifer Griffith and Hegus provide background information at the Salish Center

By Steve Gallagher,
Neh Motl Editor

For the very first time in our self-governing nation history, Tla'amin will be heading to the polls for an upcoming referendum. In just a few short weeks our votes will decide whether or not Tla'amin will accept or reject a settlement offer from Canada, in the amount of \$22,830,516. The settlement offer is a result of the *Klahanie Subdivision Specific Claim* for Canada's breach of its fiduciary obligation in 1972. The ratification vote will take place on Wednesday, September 25, 2019 from 8 am to 8 pm at Tla'amin Salish Centre. Government-issued photo identification is required to be shown at the voting station. Voters who live outside Tla'amin and the Powell River area received a mail ballot in their information package. Local Voters who cannot come to the voting station on September 25th can request a mail-in ballot from the Ratification Officer. Frances Ladret has been appointed to oversee the process.

Jennifer Griffith of Woodward & Co. has been working on the Specific Claim for years. "The compensation amount is based on factual

information and legal principles. I don't see how trying to renegotiate the amount will change those numbers. Canada accepted the amount the Tla'amin appraiser put forward.

When the numbers jumped up from fourteen to twenty-two million, Canada agreed to the 100% compounding approach. We hear now at other negotiating tables they are trying to come up with some other policy that is not quite 100%.

"If Tla'amin votes NO to the agreement from Canada, you could be in a position of not having a settlement offer, and this will not be a priority for them, because there are a lot of other negotiations going on.

The alternative is the Specific Claims Tribunal that makes rulings on information and evidence and that is what the offer on the table is based on. The Tribunal is a litigation process and Canada may decide to fight liability, and maybe they won't have to pay anything. With the Tribunal process it could take anywhere from three to five years, and you won't know what the result would be at the end of the day financially. The Tribunal process is not fully funded and the Tla'amin Nation would incur additional costs," explained Jennifer.

The settlement will be approved if:

- The majority of those voting vote "yes" **and**
- at least 25% plus one of all *eligible* voters have voted "yes"

If this threshold is not met then the result is NO.

During the months of March and August, 2019 information sessions were held in Tla'amin, Victoria and Vancouver. Future information sessions will be planned in the near future to discuss the *Klahanie Subdivision Specific Claim*, and investment strategies if the referendum vote is passed.

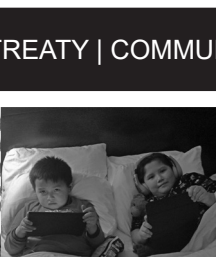
[Voter Information \(Continued on page 4\)](#)



NICE FISH!

Mattias Gallagher caught his first salmon early morning during the KLAH AH MEN Open Fishing Derby on August 10th.

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Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646



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

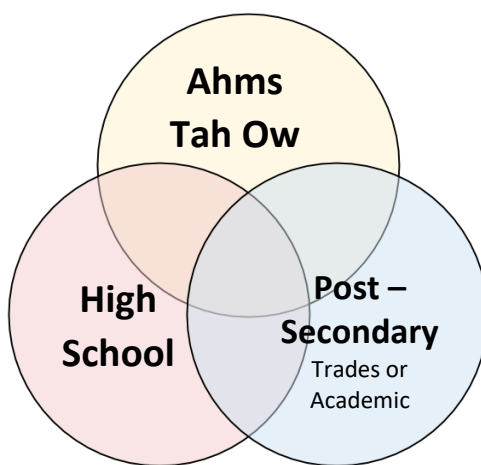
- Louise Dominick, (postsec@tn-bc.ca) 604-578-8299
- James Hanson (james.hanson@sd47.bc.ca) 604-223-3255
- Rod Perrault (rod.perrault@sd47.bc.ca) 604-414-2601
- Roseann Dupuis (roseann.dupuis@sd47.bc.ca)

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

- | | |
|--|---|
| <ul style="list-style-type: none"> • First Peoples English 12 • English 11 and 12 • Family Studies 12 • Social Studies 11 Exploration • BC First Nations Studies 12 • Law 12 • Marketing 12 | <ul style="list-style-type: none"> • 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



Tla'amin Culture Update



September 11th Culture Night Returns

Come join the Tla'amin drummers and singers for a night of cultural learning! 4:30 – 6:00 at the Tla'amin Salish Centre. Culture Nights will be every Wednesday for the remainder of the year.

September 12th Paddle Carving

The Tla'amin Nation will be hosting the 2021 Tribal Canoe Journey. Gift Making has been on-going for many month now. If you wish to come learn how to make paddles for the canoe journey, come down to the carving shed on Thursday, September 12th and learn the skill of paddle making. Carving will then resume every Thursday during the school year from 4:30 – 6:30.

Longhouse

The Tla'amin Nation is exploring the possibility of building a traditional longhouse in our territory. This is exciting news for Tla'amin, as we have not built a traditional longhouse in our territory in a very long time. This longhouse will be integral in keeping our language and culture alive and I am extremely excited to get this project underway. Please stay tuned for our future information meetings.

Tribal Journeys

A lot of people are asking the question regarding hosting of the 2021 Tribal Canoe Journey. In May 2018, the Tla'amin Nation put its name forward to be the host of the 2021 Tribal Journey during a meeting in Swinomish, Washington. The Tribes of the Pacific Northwest have been eager to paddle to Tla'amin territory when rumors began to swirl about our potential hosting, many years ago. We know this will not be an easy task, and we know we must put in many hours of work to accomplish this goal. If you would like to help with any of the planning, please come to our next planning committee meeting. Details are below:

Tribal Journey Planning Committee Meeting

1:30 pm on September 13th at the Tla'amin Government House

Tourism and Hospitality Training Program Starting this Fall

Tla'amin Resorts and accommodations and Tla'amin Nation are pleased to announce the launch of the hospitality training program being offered this fall through Powell River Education Services Society. The Program itself has been designed to capture the needs of Tla'amin Management services resorts and accommodations sector based on the visioning held last fall which included field experts, elders, dignitaries and members from the community. Directors and management discussed the large components related to tourism and hospitality businesses and their hopes of creating meaningful employment for Nation members in this industry.

One obstacle to the success for individuals in Tla'amin who want good jobs in the hospitality and tourism sector is that they currently don't have access to relevant training. This has put a damper on many our members who are actively looking for training opportunities to obtain meaningful employment. This has also created an obstacle in the Nations success in achieving their economic development goals. The program itself is unique and distinctive as there are proponents in the program encompassing Tla'amin culture, which will be critical to the success of the resort. Guests visiting the hotel from all over the globe are captivated at the thought of being offered an authentic Coast Salish experience. The Cultural training initiative is now under way, thanks in large part to the Nations cultural coordinator Drew Blaney, which will include boat tours, weaving workshops, storytelling and natural handcrafted products.

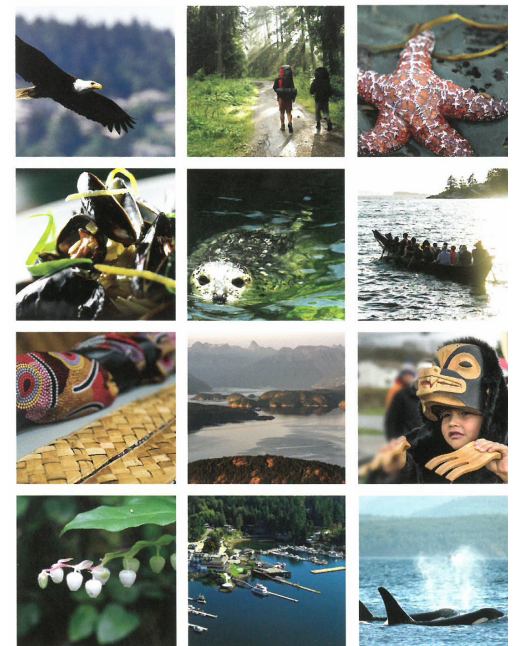
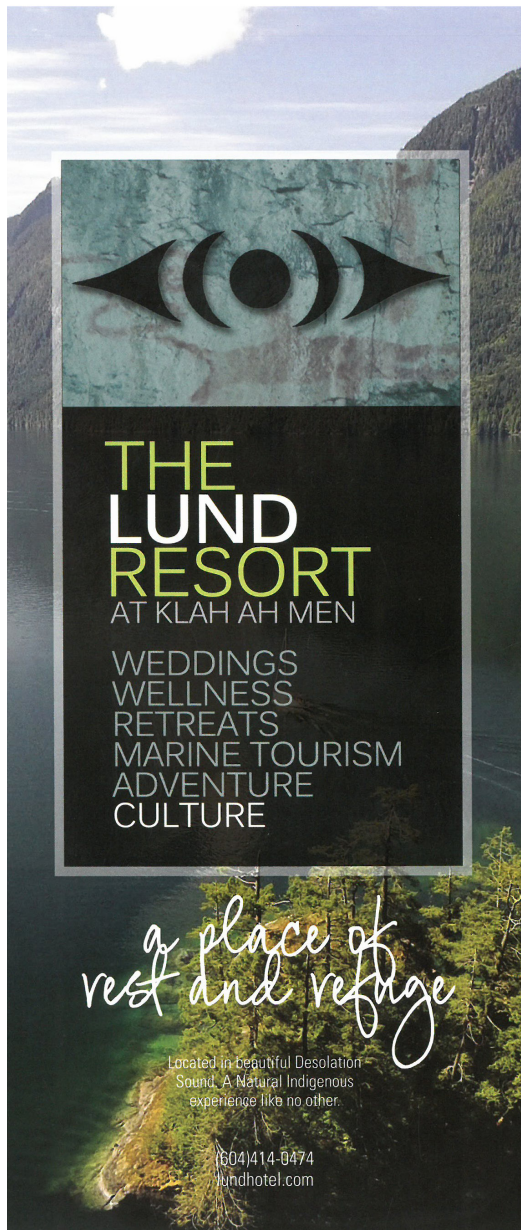
We anticipate this economic development strategy, similar to the Klahanie construction training program to be a successful in getting Nation members foot in the door. Special thanks to all the contributors in making this hospitality program possible. Mathew Wilson for taking the initiative, Community development officer Roy Francis and Hegus Clint Williams.

Those interested in registering in for Tourism training program and are EI eligible as of September can contact:

Mathew Wilson
 mathewgrwilson@gmail.com
 604 989 7161
 Or
Anthony Williams
 anthonywilliams444@gmail.com

Application forms will be made available at:

- Powell River employment services society
- Lund Resort at Klah ah men
- Tla'amin Governance House



Pause and listen.
 It is the sound of your nature at play.
 It is the lure of adventure.
 It is the center of your being,
 In a moment of pure and true discovery.
 Close enough to embrace, and far from the crowd.

We are waiting for you.



THE LUND RESORT
 AT KLAH AH MEN

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 Wine & Dine Thursday
 Friday Craft Pale Ale
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 Shareable Saturdays
 Double Nachos or Seafood Nachos \$16.99
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 Caesars \$6, Flatbreads half price

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

Join us for one of our many special events or promotions this summer!

Complimentary shuttle to and from Powell River available 2pm until late, call the hotel for details.

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THE LUND RESORT
 AT KLAH AH MEN

**KLAHANIE SUBDIVISION SPECIFIC CLAIM
SETTLEMENT AGREEMENT
RATIFICATION VOTE**



VOTER INFORMATION

Eligible Tla'amin voters will have an opportunity to vote on the Klahanie Subdivision Specific Claim Settlement Agreement on

WEDNESDAY, SEPTEMBER 25, 2019

8 am to 8 pm

Salish Centre 4885 Highway 101

A Voter Information Package has been mailed to all eligible voters on the current Tla'amin voters list for whom we have addresses. The package includes a copy of the Settlement Agreement and an Agreement Summary. This information is also posted on the Tla'amin Nation website at www.tlaaminnation.com.

VOTING BY MAIL

Voters who live outside Tla'amin and the Powell River area received a mail ballot in their information package. Local Voters who cannot come to the voting station on September 25th can request a mail-in ballot from the Ratification Officer. Mail ballots must be received at the Tla'amin Government Building no later than September 25th. If you are voting by mail, be sure to mail your completed ballot and Voter Declaration Form in time for it to be delivered by this deadline.

WHO CAN VOTE

All Tla'amin Citizens and Band Members may vote. If you received a Voter Information Package, your name is already on the list of eligible voters which is posted on the Tla'amin Nation website. If your name is not on that list and you believe you are entitled to vote, contact the Ratification Officer immediately to have your name added to the list. **All eligible voters must be on the Citizenship Register or on the Band List, and must be at least eighteen years old on September 25th, 2019.**

VOTER IDENTIFICATION:

Voters must show government-issued photo identification when voting in person on September 25th. Examples of acceptable ID are Citizenship card; Certificate of Indian Status card; BCID card; valid Driver's License.

Frances Ladret, Ratification Officer

Email frances64@twincomm.ca

Phone 604 483 4592

Text 604 223 4671

**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.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

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

Health Benefits Info Session

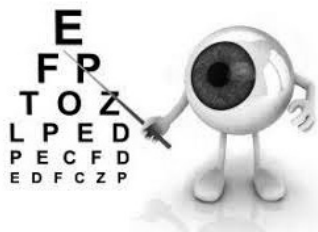
September 23, 2019 | Door Prizes!

10:00 am – 3:00 pm

Salish Centre 4885 Highway 101
*light lunch provided

Meet Community Relations Representative Jenny Smith and receive updates on the transition of Health Benefits in the following areas:

- **Vision care**
- **Dental**
- **Medical Supplies & Equipment**



Questions? Contact Jenny - jennifer.smith@fnha.ca



Elders Corner

Tla'Amin Elder's Calendar

Location: Tla'Amin Health

11:00am - 1:00pm

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

September 3rd, 2019 – NO Elders Day Program

September 10th, 2019

Guest Speaker: Andrea Harrison

September 17th, 2019 - Elders Day Program

September 24th, 2019 – Bingo

Elders are fundraising

Selling T-Shirts & Raffle Tickets

Please call Doreen Hopkins if you wish to schedule time for presentation to the Elders group.

Thank you,
Doreen Hopkins
Tla'Amin Elders Coordinator

Reclaiming our Broken Spirit

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

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. The goal is to end this cycle. If we can heal our wounded child, we can set ourselves free and also free ourselves from those who hurt or abused us. The abuser may also have been the victim of abuse.

Some believe the trauma has broken their spirits or feel a big part of themselves has remained at the scene of the trauma, causing them to no longer feel whole or complete. We can be outside of ourselves and parts of us become lost. This is where we have to call our energy, reclaim our spirit back to us.

How do we do this? First we become conscious of his or her own inner child

Dissociation is a symptom of trauma, when your mind disconnects from the event or physical reality of what is happening. This is a mind body split. This feels like 'losing time' and can include memory loss. Dissociation can be a powerful survival mechanism. We learn to dissociate feelings from painful experiences. When we begin to recognize the dissociation, usually with the help of a counselor, we can begin to deal with it.

Denial is also a powerful tool- when we ignore or fail to acknowledge a feeling or situation or acts as though it is unimportant.

Frozen emotions are emotions that you were not safe to feel as a child. Children are hard wired for survival and emotional repression is a tool that helps us survive. Frozen emotions are emotions that occurred during childhood that were unacceptable to be felt. Frozen emotions occur when a child is terribly afraid. These frozen repressed emotions can be triggered later in adulthood. Repressed emotions are obvious when you overreact or when you are tolerating unacceptable behavior from someone or self-sabotaging.

"The stress response is a survival response. It is an innate biological response to threat or perceived threat. It prepares the body to fight or flee. If we can't fight or flee, we freeze and shut down.

The basic internal protective mechanism is called "the fight-flight-freeze" response. This is not a planned, deliberately thought-out reaction, but a rapid-fire, automatic, total body response that we share with other animals. Whenever we perceive that we are in danger our bodies make a heroic and rapid response. Numerous neurotransmitters and hormones produce massive changes in every organ system. The brain sends instantaneous signals to the adrenal glands to secrete epinephrine or, as it is also called, adrenaline. At the same time the brain releases a kindred substance, norepinephrine, which affects only the brain itself. Likewise, increased amounts of steroids flood into the bloodstream, as well as opioid substances that are pain relievers. "By Dr. Sandra L Bloom. Sanctuary Model

The fight-flight-freeze" response

Fight

- Crying
- Hands in fists, desire to punch, rip
- Flexed/tight jaw, grinding teeth, snarl
- Fight in eyes, glaring, fight in voice
- Desire to stomp, kick, smash with legs, feet



- Feelings of anger/rage
- Homicidal/suicidal feelings
- Knotted stomach/nausea, burning stomach

Freeze

- Feeling stuck in some part of body
- Feeling cold/frozen, numb, pale skin
- Sense of stiffness, heaviness
- Holding breath/restricted breathing
- Sense of dread, heart pounding
- Decreased heart rate (can sometimes increase)
- Orientation to threat

Flight

- Restless legs, feet /numbness in legs
- Anxiety/shallow breathing
- Big/darting eyes
- Leg/foot movement
- Reported or observed fidgety-ness, restlessness, feeling trapped, tense
- Sense of running in life- one activity-next
- Excessive exercise

These experiences are encoded in the brain and become internalized programs that shape our behaviour. We can never delete these internalized scenarios but we can learn new behaviours. We are not stuck with who we have become or with the negative results of what has been done to us but we can develop new behaviours in interaction with others, learn what triggers them, recognize dysfunctional and harmful patterns, learn how to interrupt them and establish more functional patterns.

September 9th is International Fetal Alcohol Spectrum Disorder Awareness Day

You are invited to learn as much as you can about FASD. The following opportunities are available to everyone:

1. There will be an information booth set up in the lobby of the Governance Building and the Health Building from September 9 to September 13th. Please visit the information booth and answer a four question survey. Place your completed survey in the box on the table for a chance to win a prize: draw date: September 16, 2019.
2. There will be a short presentations on this topic at various existing group programs during the month of September.
3. Watch for information booths at various community events throughout the year.

What about informing our young people?

Each year the Youth Addiction Prevention Clinician from Vancouver Coastal Health and I visit all the grade nine classes at Brooks High School to speak with the students about FASD and other risks related to alcohol use.

Why is Fetal Alcohol Spectrum Disorder an important issue for our community?

There are children, youth, and adults in our community who may be struggling with tasks involved in daily living without knowing the reason could be a learning disability caused by FASD. We want to help our community members have the best chances in life as possible, and the best support possible.

Having a child affected by FASD could happen to anyone. As an example, there are often weeks and sometimes months before a woman knows she is pregnant. It is possible for Mom to drink alcohol during that time when the pregnancy is unknown.

Here are some quick facts about FASD:

- Drinking at any time during pregnancy could possibly affect the development of the baby
- Stopping drinking at any time during pregnancy will help the chances of having a healthier baby
- Alcohol is a toxic agent that can damage the cells in developing organs including the brain

- The brain is being developed throughout the entire pregnancy
- Damage to the brain from alcohol exposure in the womb, is permanent.
- FASD is considered an invisible disability as a person may look well and fine, and meanwhile the brain based disability is creating challenges for the person in learning, and in managing his or her own behavior and emotions

What can we as a community do to help with this issue?

It takes a whole community to address this issue. There is something we can all do to help prevent FASD.

- If you are thinking about getting pregnant, now is the time to think about taking a break from drinking.
- If you are pregnant, choose to be alcohol free during this special time
- If you have a spouse, partner, sister, aunt, daughter, granddaughter, mother, or friend, who is pregnant, you may want to join hands with her and choose to be alcohol free yourself, during her months of pregnancy and breastfeeding.
- There is no one birth control method that is 100% effective. For example women have become pregnant while using the birth control pill. 75% of pregnancies are not planned. Using two birth control methods can be helpful.
- Every individual can make a difference. If you are someone who cares about our youth, you can have a role in providing accurate information to our young people who are approaching their reproductive years. It is important that we let young people know that when a

woman is pregnant and drinks alcohol, the alcohol can cause damage to the unborn baby.

- The community can learn how to support a child, youth, or adult who has FASD, by learning as much information as possible so we as a community can give individuals affected by FASD the support and understanding they need and deserve.

What kinds of services are available for preventing FASD, or supporting individuals with FASD in our community?

Tla'Amin Health is very interested in preventing FASD in our community. We offer a best babies program where our new mothers can learn many things and support each other in doing everything they possibly can to have a healthy baby.

Tla'Amin Health has a Traditional Wellness Team who can offer counseling, emotional support, and referrals. Our Nurse Practitioner and Nursing team are also available to help community members with this topic.

One part of my job is to help families get the services they need to either find out if their child or youth has FASD, to understand more about FASD, and to help families apply for things like the Disability Child Tax Credit, the Disability Savings Plan, or to apply for other services in the community or at school.

As staff we are learning new things about FASD. I hope you will join with us in this journey towards having the best knowledge we can about this important topic for the well being of our future generations.

*Brenda Pielle
Youth and Family Advocate*



ISPARC
Indigenous Sport,
Physical Activity & Recreation Council



6 Session Youth Target Shooting Lessons

- With Darryl Craig and ISPARC (Sport & Physical Activity Vancouver Coastal Region)
- For Youth ages 10-17
- Starting Thursday September 12th, 2019 to October 18th, 2019
- Transportation will be provided.
- Permission Forms will be available at the health on September 3rd.

Please contact Leslie Louie for more information @ 604-483-3009 EXT. 103 or @ leslie.louie@tn-bc.ca

30x30 Active Challenge



We invite all Indigenous peoples across BC to join us in our 30x30 Active Challenge during the month of September!

HOW?

- Commit to doing 30 minutes of physical activity each day during the month of September (30 days)
- Get your friends and family to take up the challenge
- Read our social media posts / share your experience with us using our hashtags / win prizes throughout the month

WHY?

- Being active and trying new activities is fun!
- Being active helps maintain health and fitness over time
- Being active increases your energy and enhances mental well-being



First Nations Health Authority
Health through wellness

#FNHAWellness

#30x30ActiveChallengeFNHA

#BeActiveFNHA



**Tuesday September 10th and
Tuesday September 24th**
6:00pm-7:30pm
Tla'Amin Health Centre

Why Women Should Pay Attention To Iron

Feeling tired, lethargic, or just not at your best? You could be one of the 3.3 million women in the US who have iron-deficiency anemia. In fact, iron deficiency is the most common nutrient deficiencies in the country! Read more to learn about the signs of iron deficiency and why they are crucial for women to pay attention to.

What is iron and why is it important?

Iron is essential to our survival. Iron is the key component of hemoglobin, which allows red blood cells to transport oxygen throughout the body. It also plays a major role in cell growth and differentiation, and the development of new cells, hormones, neurotransmitters, and amino acids. Yes, iron is one precious little mineral!

Symptoms of iron deficiency:

- Fatigue
- Decreased physical performance
- Decreased mental performance
- Decreased immune function

Why is iron especially important for women?

Younger, pre-menopausal women, particularly those who exercise regularly, are at a higher risk for developing iron deficiency and eventually becoming anemic. On average, the adult male has about 1,000 mg of stored iron (enough for three years), whereas women have only about 300 mg (enough for six months). Menstruating women in particular deplete these low stores quickly because of blood loss from their monthly cycle. Women with heavy periods therefore are at a higher risk for having low iron levels. Fun fact: oral contraceptives reduce the amount of blood (and iron) loss while intrauterine devices (IUDs) tend to increase menstrual bleeding. Who would have thought your birth control might actually be affecting your iron status?

Just when you thought you were in the clear, if you're also an athlete you have an even higher risk of being iron deficient. Athletes deplete their iron stores through their sweat, destruction of red blood cells, and gastrointestinal bleeding (associated with frequent use of anti-inflammatory medications). Pregnancy and breastfeeding also increase your body's demand for iron and can lead to low levels.

What are good sources of iron?

Your body is unable to make iron; the only way your body gets iron is by consuming it through the food you eat or by taking a supplement if you need to. Dietary iron comes in two forms: heme iron and non-heme iron. Non-heme iron is less biologically available than heme-iron. In other words, it is harder for your body to digest and absorb this form of the mineral. Consuming sources of heme iron, like meat, fish and poultry, on a regular basis is an easy way for most people to maintain their iron levels.



Addiction and Mental Illness: The Most Common Concurrent Disorders (Part 2)

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.

There are three common circumstances that explain why so many people with addictions also have concurrent mental illnesses:

- Abusing drugs can cause the onset of a mental illness or worsen an existing mental condition.
- People who have a mental illness may self-medicate with drugs or alcohol to alleviate certain symptoms, and this can lead to addiction.
- Overlapping factors for both substance use disorders and other mental illnesses can leave certain individuals more vulnerable to developing concurrent disorders.

It is found that both disorders must be treated together to achieve a sustainable recovery. Once the addiction is addressed, the concurrent anxiety, depression, bipolar disorder, or trauma disorder can also be treated.

Canadian Mental Health Association states,

“What is known conclusively, however, is that people with mental illness have much higher rates of addiction than people in the general population. Similarly, individuals with an addiction have much higher rates of mental illness than people in the general population.”

Is mental illness treatable?

Yes, mental illness can be treated, in fact many people who have mental illness, and are treated recover well.

The first step is to see a doctor or other health professional for diagnosis. Once you have had a thorough assessment, a doctor or psychiatrist (a medical doctor with special training in the diagnosis and treatment of mental and emotional illnesses) can make a diagnosis based on a particular pattern of symptoms. A decision will

then be made about the best treatment for the symptom and underlying causes.

Treatment involves all the different ways a person with mental illness can get help to minimize the effects of the illness to promote recovery. It can include psychological therapy, medication and other various supports in the community. Other people with mental illness helping themselves can be a great source of support also.

- Psychological therapy -usually a doctor, either or psychologist/psychiatrist (the difference with the latter being able to prescribe medication) or other health professionals to talk about their symptoms and concerns and new ways of coping.
- Medication- some people need to take medication for a while or ongoing. Medication can help the brain restore its usual chemical balance so symptoms are reduced.
- Community supports – programs for people with recurring symptoms or psychiatric disability (conditions that influence our emotions, cognitive ability and our behaviour). These support groups often include information, training and education and rehabilitation.

The Effects of Stigma

Fear and misunderstanding lead to prejudice against people with mental illness and addictions. In the past there has been a lot of shame and stigma surrounding both.

Stigma is the negative attitudes (prejudice) and negative behaviour (discrimination) toward people with substance use and mental health problems.

People need to be mindful of the fact that everyone deserves the basic right to care. There is no shame in seeking help or services. We all need extra support in certain times of our lives.



Family Support & Wellness Program

The Family Support & Wellness worker provides referrals, 1:1 support, transportation and advocacy for families to help and promote healthy family development and strengthen family life.

Tuesdays Emish' Walking Group
4:30 – 5:30 pm
Keeping physically active helps relieve stress, keeps blood pressure down and have healthy heart.
Meet at Health. Draws for Good Food Box

Wednesdays Stronger Together Support Group
10:00 - 12:00 pm (Sally & Amy)
Supporting one another with concerns on one's addictions
Grief and Loss
5:30 - 7:30 pm (Every second Wednesday beginning September 4th)
Learning Traditional ways of coping with grief and loss as well as supporting one another. Guest speaker once a month

Thursdays Grandparents Support Group
5:30 - 7:30 pm
Supporting one another regarding concerns for our grandchildren

Fridays Quilt Project for stopping the violence against woman and girls
10:00 - 12:00 pm
Combination of crafts, social support, education and culture

For more info call Sally 604.483-3009 ext. 228



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!!!

Program Dates:
SEPT. 23rd
..... to
OCT. 18th

Work Placement:
OCT. 21st
..... to
NOV. 01st

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

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

Start the School Year Off Strong

As seasoned parents know, preparing our kids to go back to school goes beyond bringing out the backpacks and checking off a list of school supplies. The real challenge comes when we have to replace lazy afternoons in the sun with homework help and late-night bonfires with an earlier bedtime. But the new schedule doesn't have to be a battle. Whether you have toddler starting school for the first time or a teen who's entering their final year of high school, here's how to restore routines (and hopefully, some peace).

Lay the foundation for independence.. Jumping back into the school year can be hectic, but resist the temptation of doing everything yourself, and instead focus on giving your kids the tools to be self-sufficient. "Think about how your kids could function on their own if there were no adults in the house, Whether it's pouring their own cereal, making their own bed or yes – choosing their own clothes – empowering your kids to be independent will lay the foundation for the year ahead. (Think about it this way – the more they can do on their own, the less you'll have to nag!)



Mattias and Makaela are setting their alarms for another productive school year

Build on bedtime. Getting enough sleep will always be central to your child's academic success, but as they get older, it may become increasingly difficult to enforce a bedtime. However, sleep shouldn't be a negotiation, so keep it consistent by working with your child to plan out when they're going to brush their teeth, grab a glass of water, read a story, and dim the lights.

SUMMARY OF RCMP CALLS FOR SERVICE FOR JULY/AUGUST 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
JUL 23	KLAHANIE RD	Police responded to an alarm at Tla'amin Government House. It was determined to be false.
JUL 23	MISCHIEF	Police responded to a report of mischief at a residence.
JUL 24	HARWOOD DR	Police responded to a harassment complaint.
JUL 25	RIVER RD	Police responded to a report of a break and enter at a residence.
JUL 30	HWY 101	Police responded to a traffic complaint.
JUL 31	BEACH RD	Police responded to a disturbance at a residence.
JUL 31	HOMALCO RD	Police responded to a disturbance at a residence.
AUG 02	HWY 101	Police responded to an abandoned 911 call. After speaking to all parties at the residence it was determined that the call was false.
AUG 05	KLAHANIE DR	Police assisted BC Ambulance Service with a medical emergency.
AUG 07	SALISH DR	Police responded to a report of a suspicious occurrence.
AUG 08	SALISH DR	Police responded to a report of a disturbance at a residence. Upon arrival, two of the people involved had left. They were located and given a ride to their residences.
AUG 08	HWY 101	Police responded to a report of a possible impaired driver.
AUG 09	RIVER RD	Police responded to a report of a property dispute.
AUG 09	HARWOOD DR	Police responded to a report of a suspicious occurrence. Police attended, but were unable to find anything suspicious.
AUG 15	HWY 101	Police responded to a report of an assault. The victim did not want to press charges, and the file was concluded.



MEDIA RELEASE
Aug 23, 2019

New Camper Cabin Installed at Haywire Bay Regional Park

Powell River, B.C. – The qathet Regional District (qRD) has completed installation of the first camper cabin at Haywire Bay Regional Park.

Construction of Camping Cabins was approved at the April 25, 2019 Regional Board meeting based upon report recommendations to improve the function of Regional District Parks and Campgrounds. The project was completed on time and under budget.

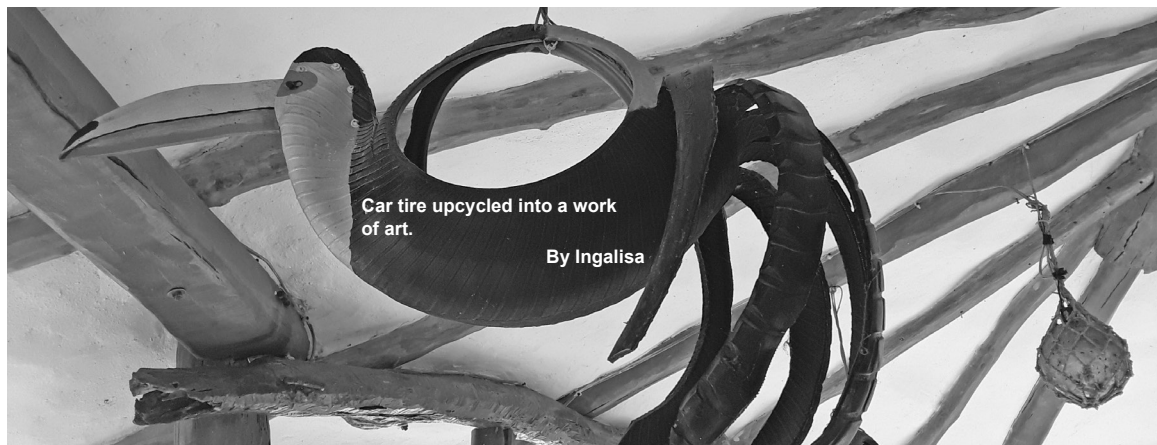
The camper cabin is located at campsite No. 44 and is available to rent at a rate of \$50.00 per night. Reservations for the cabin are required.



CONTACT:
Patrick Devereaux, Manager of Operations Services
qathet Regional District
2815 McCausland Road
Powell River, BC V8A 2L2
(604) 487-1380



September 3rd



No Such Thing as Waste

Strong in writing.
Strong in speaking.
Strong in math.
Strong in creativity.
Strong in confidence.
Strong in life.



A brilliant future

Starts with a strong foundation

Three easy ways to register your child today:

1. Message the Assumption Facebook Page
2. Email the office at assump.office@shaw.ca
3. Apply online at assumptionpr.ca



assumptionpr.ca
604-485-9894

James Thomson Elementary CALENDER

- Tuesday, Sept. 3rd Back to School! (In session 9am-10am Tuesday only. Buses will run accordingly. Regular school hours resume Wednesday. *Note: Kindergarten students will follow a "gradual entry" schedule, which has been mailed to their homes.)
- Friday, Sept. 20th Pro-D Day (No school for students)
- Families will be notified of any other activities via email after school resumes.



6388 Sutherland Avenue
 Powell River, BC V8A 4W4
 (604) 483-3191

The Aborigines of Australia have no word for trash. Neither do the Ojibwe of North America. Tagalog, a native tongue of the Philippines, had to borrow the Spanish term for garbage, because they had no such concept themselves. A quick survey of indigenous languages around the globe reveals this same fact; garbage, is a modern invention.

It used to be that we couldn't ignore our interdependence with the natural world. We had to acknowledge that we were part of the greater whole because we weren't isolated from the soil that fed us, or the water that sustained life. Consider the early Aborigines' way of life: after sharing in a meal of a bird caught earlier in the day, they would use the feathers for headbands. The entrails were dried and used for tanning hide or herbal medicines and any remaining parts were left for the dingos and other wild animals to glean. Impromptu musical concerts were held using

instruments fashioned from termite-ridden tree limbs, hollowed out desert fruit and broken pieces of shale. Following this celebration of sound, the instruments were returned to the earth to decompose and seeds from the desert fruit were replanted for future passers-bys to enjoy. There was no such thing as waste.

Only in recent times have we begun to believe that there is a magical place called 'away' to throw our trash 'to'. Over 40% of the qathet Regional District's so-called trash is compostable and could be transformed into a non-hazardous fertilizer for growing food. A further 20% is recyclable paper, metal, glass and plastics. Instead of thinking of something as 'waste', perhaps it's just something that is being put in the wrong place. And by wrong place, we mean a landfill in southern Washington – where our trash is currently transported via truck, barge and train at great expense to locals and the earth.

Some great ways to reduce our waste include:

1. Drop off compostables at the community garden's converted freezer composter, or at the Town Centre Recycling depot next to Rona (there is a green drop off bin that staff can help you access).
2. Bring your own refillable water bottle with you everywhere.
3. Get a reuseable coffee mug, and benefit from discounts at the till.
4. Remember your basket or reuseable shopping bags.
5. Buy food in bulk.
6. Reuse before you throw. The recycling bin can become your art supply bin, for instance.
7. Shop at thrift stores before buying new.
8. Learn where to recycle odd ball items like light bulbs, batteries, and used oil. A detailed list of local drop off spots is located on the last page of the Waste Wise Guide, which can be found online at LetsTalkTrash.ca.

As the vibrant world of nature is in full bloom this time of the year, we can take a moment to observe the interconnectivity of all life. The natural world survives and even thrives on its mutual interdependence, and so do we.

Let's Talk Trash is the qathet Regional District's waste reduction education program. Contact them at info@LetsTalkTrash.ca.



Let's Talk Trash.ca

WHAT IS WASTE?

ANNOUNCEMENTS

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.



Happy Birthday Mrs "G"

September 17th

Love your loving family

xoxoxo

**THE
LUND
RESORT**
AT KLAH AH MEN

WEDDINGS
WELLNESS
RETREATS
MARINE TOURISM
ADVENTURE
CULTURE



Pause and listen.

It is the sound of your nature at play.

It is the lure of adventure.

It is the center of your being,

In a moment of pure and true discovery.

Close enough to embrace, and far from the crowd

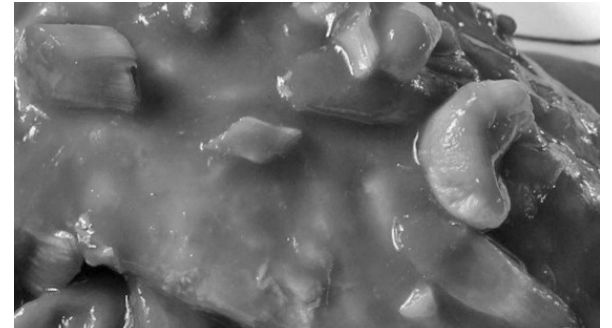
We are waiting for you.



Dippers & Saucers

Mandarin Orange Chicken with Cashews

INGREDIENTS



- 1/4 cup all-purpose flour
- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1/3 cup hoisin sauce
- 1/3 cup orange juice
- 1 (11 ounce) can mandarin oranges, drained
- 1 tablespoon chopped green onions
- 1/4 cup chopped cashews

DIRECTIONS

1. Place flour in a small bowl. Dredge chicken in the flour to lightly coat.
2. Heat olive oil and butter in a medium skillet over medium heat, and saute the chicken breasts until no longer pink and juices run clear. Set aside, and keep warm.
3. Stir hoisin sauce and orange juice into the skillet, and scrape up the browned bits. Mix in mandarin oranges, green onions, and cashews, Return chicken to the skillet. Continue cooking until all ingredients are heated through.

Serve with rice or noodles

WATCH FOR CHILDREN GOING BACK TO SCHOOL

