



# NEH MOTL "Us"

October 2019

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

## Breakfast Program Returns to Tla'amin

By Steve Gallagher  
Neh Motl Editor

On the morning of "Every Child Matters" (Sept. 30th) the Tla'amin Breakfast Program opened its doors. Volunteers arrived at 7:30 to serve a hot breakfast, and pack a nutritious lunch to keep our students appetites satisfied throughout the day. Cold cereal is also available.

For the rest of the school year, from Monday to Friday, all Tla'amin students now have the option to drop in for breakfast in the morning. Thanks to our volunteers, our children have a place to socialize, pack a lunch, and stay out of the rain before heading off to school. Every day has a different breakfast menu providing health and wellness benefits for all to enjoy.

For example for the month of October breakfast includes, eggo waffles and fruit, Bagel with ham cheese, french toast, yogurt with frozen berries and granola, and pancakes on Fridays to end the week.

Brandi Marriott is the Community Wellness Coordinator for our nation and oversees the breakfast program.

"I am very excited the children have an opportunity to stop by for a nutritious breakfast with the option for lunch." We selected a menu that has a variety of choices including nut and dairy free products to help with allergies and dietary restrictions. The breakfast program is always welcoming new volunteers."



Volunteers Sally and Pat Luaifofo get the students off to a nutritious start in the morning before school

The breakfast program is geared towards students from Kindergarten to Grade 12 and serves from 7:30 am until their bus departs. If a child missed the bus, parents are reminded to ensure their child gets to school on time, as the breakfast program does not provide rides to school.

"The breakfast program has been brought

back to the nation because we wanted all Tla'amin students to start their school day with food and nutrition. In addition, students reconnect in a community atmosphere that provides support and encouragement for their school year experience as they head down the road to success," explained Brandi.



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





## Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC  
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646

## Klahanie Subdivision Specific Claim

### Voting Results

- Names on Voters List - 856
- Voters entitled to cast a vote - 856
- Total ballots cast - 422
- (includes Rejected ballots)
- Ballots marked Yes - 406
- Ballots marked No - 5
- Ballots rejected - 11
- Ballots spoiled and not counted - 0

### Upcoming Information Sessions:

- Victoria - November 15th, TBA
- Vancouver - November 16th, TBA
- Tla'amin - November 19th, TBA

## Invitation to Tla'amin Members

You are invited



## Lands Department Update

- VICTORIA** Sandman Hotel  
2852 Douglas Street  
Victoria, BC  
Thursday October 24, 2019  
Doors Open 4:30 Presentation 5:00 Dinner 6:00
- VANCOUVER** Chateau Granville  
1100 Granville Street  
Friday October 25, 2019  
Doors Open 4:30 Presentation 5:00 Dinner 6:00
- TLA'AMIN** 4779 Klahanie Road - Governance House  
Powell River  
Tuesday, October 29<sup>th</sup>  
Doors open 4:30 Presentation 5:00 Dinner 6:00

### AGENDA

- Up-date on Lands Department – Denise Smith  
Lands Manager
- Land Laws
- Life Estate document
- Process on applying for new lot
- Process on land and home ownership
- Trails up-date
- Up-date from Lands & Resources

For more information contact Denise or Serena at the Governance House toll free 877- 483-9646 ext. 121 or 120

## Announcements from the Qamεs ʔams tala Settlement Trust



### “Our money is put away safely”

The Economic Development Fund of the Trust is a specific investment fund included within the

Qamεs ʔams tala Settlement Trust Deed for the Nation. The purpose of this specific fund is to assist Tla'amin Citizens with starting a new business or growing and enhancing an existing business.

**The next intake to accept business applications will begin September 29th to October 11th, 2019.**

The latest Handbook and Business Applications to the Economic Development Fund are available on the Tla'amin Nation website. Direct any questions about the applications process to [Kristi.thiele@tn-bc.ca](mailto:Kristi.thiele@tn-bc.ca) and we will respond.

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The Trustees for the Qamεs ʔams tala Settlement Trust  
Ann Paul Chair, Kristi Thiele Treasurer, Alisha Point, Alex Hugenschmidt, Beth Harry Youth

# 2018-2019 Annual Report

## Financial Statements

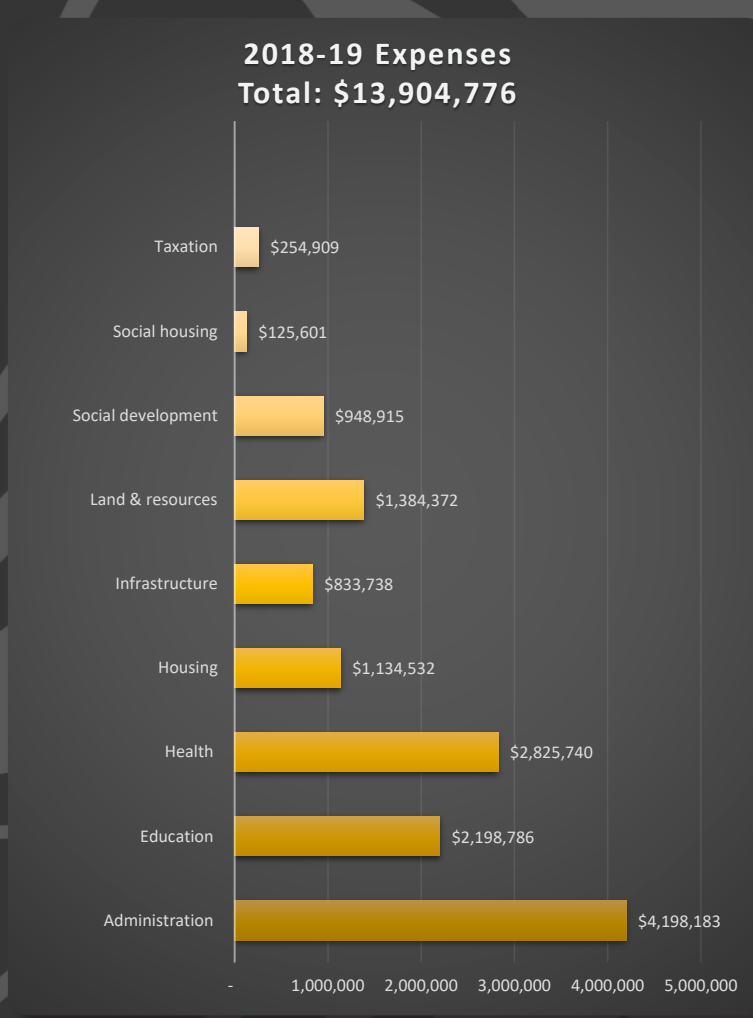


Full Report available on our website

### REVENUES FOR 2018-19



### EXPENSES FOR 2018-19



Where does the money come from to sustain our nation? Federal transfers continue to be the highest portion of funding followed by revenue that we are now generating on our own through our business enterprises. It was a really big year for our logging operations, but transfers from Canada are more than double that, so we continue to rely heavily on that transfer, which is part of our treaty settlement as well.

Transfers from BC continue to grow year after year, which comes in from various agreements we have with the province, such as gaming. We also received some additional funding from INAC to do some long overdue work to strengthen our governance and administration. What you don't see is our cash position every year. From this year going into the next year we have four million in cash and cash equivalents which largely due to the money coming in late, which is usually typical for INAC and federal funding sources. At the end of the year they usually reach the end of their budget cycle and finally comes to us. Through treaty, we spend that money and plan for it over the course of the coming year.



**Davis McKenzie**  
Chair of the Finance Committee

This is where the money goes out. The administration is where the majority of the money goes such as salaries for the employees, and all the funds run our government.

Health is our next largest expenditure which provide all the services provided and other things like non-insured health benefits program, nursed and other health staff that are available to provide services.

Our education budget reflects that we are funding more students than ever. For the young people, if you don't have a plan yet, come and talk our education workers at the Governance House because if you have a good plan, there is a good chance you will not be turned away.

Since 2016, our lands and resources department has a lot more responsibilities to look after our own land base. This is everything from enforcement to care and maintenance of our village sites, and monitoring of our treaty settlement lands. This is a budget item that will continue to grow in years ahead. More detailed information can be found on our website. These statements have been signed off by our legislators.

# Weaving for our Future Generations

Tla'amin Culture Update  
By Drew Blaney

We want to raise our hands to Tracy Williams from the Squamish Nation for travelling to Tla'amin to share her skill of cedar and wool weaving with a dedicated group of Tla'amin weavers. Tracy travelled to Tla'amin on Friday September 20<sup>th</sup> and the weaving began shortly after her arrival. The workshop was attended by Maureen Adams, Rose Adams, Gail Blaney, Sosan Blaney, Karen Dominick, Brandi Marriot, Crystal Mitchell, Karina Peters, Tyler Peters, Denise Smith & Betty Wilson.

The goal for this workshop was to train our local school workers and cultural resource people so that this skill can then be transferred to Tla'amin community members during future workshops. With the level of skill on display during this workshop, I have no doubt in my mind that these weavers will now be able to teach these skills on their own. We will look at hosting another weaving workshop in the spring time, where participants will learn step-by-step on how to harvest and prepare the cedar, to weaving their own pieces. Registration for this workshop will go out in the New Year, so stay tuned for details.



## Vest & Button Blanket Weaving with Joan Williams

The Cultural Department will be hosting a workshop on the weekend of October 25<sup>th</sup>-27<sup>th</sup> to create cultural vests & button blankets. Please call my office at (604)-483-9646 ext. 123 or email [drew.blaney@tn-bc.ca](mailto:drew.blaney@tn-bc.ca) to add your name to the list.

## Culture Nights

Please note that the times for Culture Nights will be changing throughout the month. We are trying to find a day and time that works best for everyone. Changes of date and time will be posted on the Tla'amin Facebook page.

## Carving & Crafting Nights

Thursdays will be dedicated to carving and crafting. The carving shed located beside Ahms Tah Ow will be open for carving, and the Elders Lodge will be open for sewing, weaving and other crafts. If you have any projects that you are working on bring them down and enjoy the company of others.

## Language Classes to Begin Soon!

The Tla'amin Nation is in the interview process for the language coordinator position. Once the candidate is selected, regular language classes will resume. Thank you for your patience.

## Tribal Journey 2021

The information meeting originally scheduled for September 13<sup>th</sup> will take place on Friday October 4<sup>th</sup> at 1:30 at the Tla'amin Government House. Regular meeting times will also be moved to the last Friday of every month. If you are interested in being a part of the planning committee please call (604)-483-9646 ext. 123 or email [drew.blaney@tn-bc.ca](mailto:drew.blaney@tn-bc.ca)



Maureen Adams masters her weaving skills



## Join us for CARE OF TLA'AMIN CEDAR BASKETRY WORKSHOP

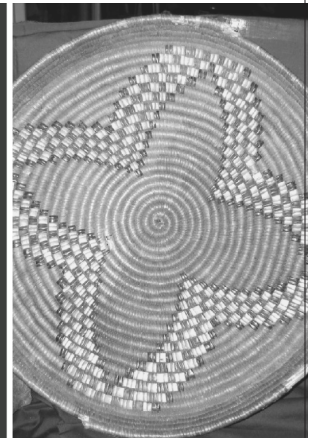
Cedar root weaving is an important part of Tla'amin culture. In this workshop participants will learn techniques for cleaning and maintaining cedar root basketry using examples in the museum collection.

Four workshop dates available. Workshop is free of charge, only 10 spots available per date.

Led by:  
Nikita Johnston & Sosan Blaney

POWELL RIVER MUSEUM  
4790 MARINE AVE  
604-485-2222  
SATURDAYS 1PM TO 4PM

FOR TLA'AMIN NATION MEMBERS      OPEN TO THE PUBLIC  
OCT 12, 2019      NOV 2, 2019  
OCT 19, 2019  
OCT 26, 2019



With funding by



Supported by



# Oysters Receive a Much Needed Headstart in Okeover Inlet

## From Seedlings to Oysters

By Steve Gallagher  
Neh Mottl Editor

Earlier in May of this year, the newly acquired FLUPSY arrived in Okeover. Hegus Williams, Roy Francis, Grace Adams of TMS, and myself had a close look at this oyster mechanical nursery. Upon arrival, Aquaculture Managers Claude and his son Russell were getting familiar with the new Floating Upweller System (FLUPSY) recently acquired by Pa'aje Shellfish.

It has been four months since the tiny seedlings were placed in their new home. Claude and Russell have been continually ensuring the oysters receive the natural nutrients and oxygen. Their growth and development is quicker than the average oyster without the help of the FLUPSY.

The survival rate of the seedlings has been significantly improved as predators cannot invade the space of the upweller system, providing a safe and protected environment.

According to Claude, there are close to 900 floating pouches in the water right now. The FLUPSY has significantly contributed to get the oysters from the seedling stage into the floating pouches where they will receive the natural nutrients required to mature. In mid October, the oysters will relocate to the beaches. There are approximately 1500 oysters in each pouch depending on the size which vary from 1.5 to 2 inches. "Once we start marketing the oysters, we could be in a position to purchase another FLUPSY to really increase our production," explained Claude.

Predator netting has been installed to protect the pouches from the crabs that aren't too happy about not being able to feast on the young oysters. Mussels have been found everywhere around the



Aquaculture Manager Claude (right) explains how the floating pouches (background) protect the oysters from predators

FLUPSY which cause the oysters to stick together.

"We could lose up to 100,000 oysters from either the handling process or falling through the small netting," said Russell. "It's really not bad compared to other operations that lose close to 50%." Dead oysters are recognized as they are either floating to the surface or have simply opened up. The FLUPSY has been performing great with no major problems. A bubbler is used to filtrate the containers inside the FLUPSY to reduce the mortality rate by filtrating the oysters with the natural nutrients provided by Okeover Inlet. It's like being on steroids I was told.

Our oyster plant has access to natural fresh water and electricity to keep the operation moving. Tla'amin employees have received training on how to construct pouches, install predator netting, while getting their hands on the beaches and the oysters. "We could use some young people that are interested in these types of jobs to get trained and involved in the oyster industry," said Claude.



Seedlings in May



Seedlings three months later

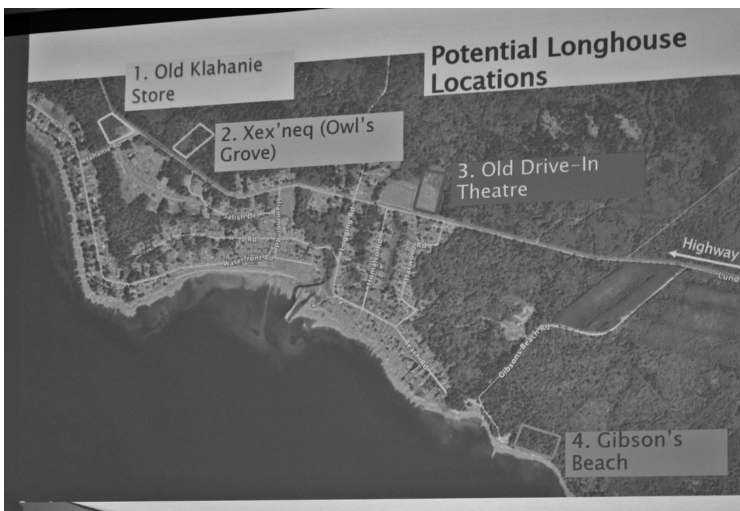
# Proposed Longhouse

At the General Assembly held at the Salish Center last August there was brief update on the proposed longhouse that identified four site locations to call potentially call home. Dillon Johnson stated that there are opportunities for grant money for cultural facilities. Cultural and social gatherings would be the main purpose for the proposed longhouse. The four potential site locations for a longhouse are the old Klahanie Store site, Xex'Neq (Owls Grove), the old drive-in site, and Gibson Beach.

26 ppl voted for Old drive in site

1 person voted for owls grove

1 person voted for Gibson's beach



## Old Klahanie Store

This area is zoned for economic development, so it would need to go through a bit of a zoning process. There are contamination issues with tanks so a good portion of that site would have to be paved and capped. It is close to the Government House which is good for accessing services, but there is also some clearing that would obviously have to happen.

## Xex'Neq (Owl's Grove)

It is also in close proximity to the Governance House which water and sewer capability. There was however, a discussion of continuing our next burial ground in that area as well. It is however zoned for community use.

## Old Drive-In Site

There is potential for after school cultural use. It is the most turn key ready because it's flat and access to services. Archaeological issues are not a big concern as there has been so much earlier development already. It is zoned for community use and this site might be doable to accommodate Tribal Journeys.

## Gibson's Beach

We don't control the use of the area yet but it's also in the Agricultural Land Reserve which could be a challenge. It's beautiful with beach access, but archaeological and servicing issues would raise the costs.

For information contact Drew Blaney (604)-483-9646 ext. 123 or email [drew.blaney@tn-bc.ca](mailto:drew.blaney@tn-bc.ca)



# James Thomson Has a New Principal

Introducing Lisa Gunn



I began my teaching career in England where I spent a year teaching Geography at Gr. 7 – 10 school just outside London. I returned to Powell River and taught at Brooks for the next 10 years. I loved teaching

all of the humanities courses, such as Geography 12, History 12, Comparative Civilizations 12, and all of the Social Studies classes – Grade 8-11.

In recent years, I worked as a part-time Teacher Librarian in the Brooks' Library where I was able to help a variety of students with their research and homework. I then worked as Vice-principal of Brooks for 3 years, and was able to meet and get to know our whole student body. The students are the best part of the work! James Thomson is the first school that I will fill the Principal role and I'm thrilled to be at the school.

Parents have a lot of options when it comes to communicating with teachers. In my experience, parents who check in with their child's teacher via email on a regular basis, will form a good relationship with that teacher and will see improved communication about their child's progress. Many teachers will email out a weekly update to all parents, which is a fantastic way to stay on top of the class activities. At times,

a phone call or additional parent-teacher meeting is a better way to communicate serious concerns. As Principal, I see my role as facilitating communication between parents and the school. I will also send out a Parent Week at a Glance once a week to give parents an overview of all of the weekly activities.

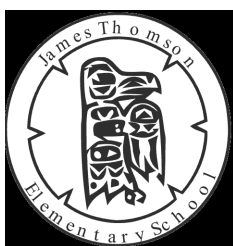
Stay active and present in your child's education. We welcome all parent volunteers at the school and encourage parents to participate in all of our school events and field trips. Communicating with teachers and reading the email updates that they send out is another great way to see what work needs to be complete and gives parents an overview of the classroom activities. Reading at home is also a huge help to students who are learning to read and write – I encourage all parents to read with their children whenever possible.

I'm excited to meet and get to know all of our school community members – parents, grandparents and students. I would be very happy to meet with any parents or grandparents at any time. I am excited to be working alongside so many Tla'amin community members and getting to know many children from the Nation. My hope is to become more familiar with the Tla'amin language.

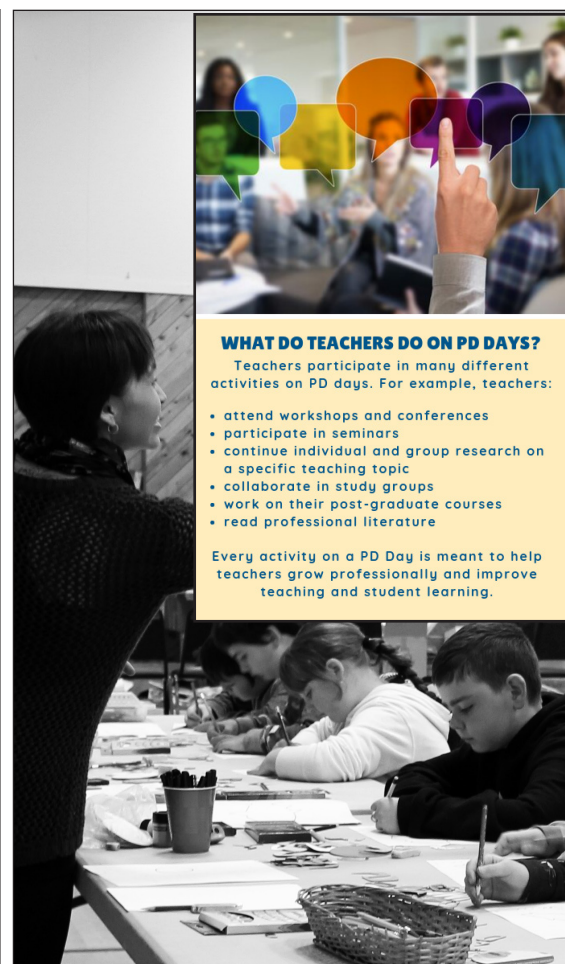
I came across a Raven carving in one of our records cupboards that is stunning. It was carved by Alvin Wilson and we plan to have the work re-mounted and framed. It would make a great story. I love the work – it was carved in 1987 and given to the school.

## James Thomson Elementary CALENDER

- Tues, Oct 8th PAC Meeting 3pm in the library (all are welcome!)
- Monday, Oct 14th Thanksgiving (No school)
- Friday, Oct 25th Pro-D (No school)
- Wed, Oct 30th Parent-Teacher Interviews (6-8pm only)
- Thur, Oct 31st Halloween!
- Fri, Nov. 1st Parent-Teacher Interviews (all day – no school for students)



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



### WHAT DO TEACHERS DO ON PD DAYS?

Teachers participate in many different activities on PD days. For example, teachers:

- attend workshops and conferences
- participate in seminars
- continue individual and group research on a specific teaching topic
- collaborate in study groups
- work on their post-graduate courses
- read professional literature

Every activity on a PD Day is meant to help teachers grow professionally and improve teaching and student learning.

## URGENT NOTICE RE: SIXTIES SCOOP SETTLEMENT

“IF YOU MISSED THE DEADLINE, YOU MAY STILL BE ABLE TO SUBMIT A CLAIM BEFORE NOVEMBER 28, 2019”.

Late claims will be accepted until ninety (90) days after the Individual Payment Application Deadline where there has been undue hardship or exceptional circumstances.

Complete and submit this form explaining the undue hardship or exceptional circumstances which resulted in you missing the deadline along with your Individual Payment Application before November 28, 2019. The court-appointed Reconsideration Officer will decide whether your claim can be accepted and you will be advised of his decision.

### UNDER NO CIRCUMSTANCES CAN ANY CLAIMS BE ACCEPTED AFTER NOVEMBER 28, 2019.

#### IF YOU HAVE SUBMITTED AN APPLICATION BEFORE THE DEADLINE

Rest assured that we are doing our best to confirm reception of your claim in a timely manner and your continued patience is greatly appreciated.

It is important to note that the processing of claims can take considerable time given that the review process involves consultation with provincial and territorial child welfare authorities.

We will contact you if we require more information.

Once your application has been processed we will advise you of our decision.

If you require more information, please call numbers listed below

COLLECTIVA Toll free: 1-844-287-4270 Email: [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca)

Verna Francis @ 778 762 5246 direct work line and Cell #: 604 578 8850 and I will assist in filling out “Late Claim Forms” - Claim Forms Will Be Available at Front Desk @ Governance Building.

### CRITERIA FOR SIXTIES SCOOP SETTLEMENT APPLICATION FORMS

• If you have been fostered or adopted into Non Indigenous home only.

• The settlement includes people who: (a) are registered Indians (as defined in the Indian Act) and Inuit as well as people eligible to be registered Indians; and (b) were removed from their homes in Canada between January 1, 1951 and December 31, 1991 and placed in the care of non-Indigenous foster or adoptive parents. This includes registered Indians (as defined in the Indian Act) and Inuit as well as people eligible to be registered Indians who were removed (permanent ward/foster or adopted) from their homes in Canada during this time and placed in the care of non-Indigenous foster or adoptive parents.

• Deceased: If you have a loved one or know of someone who passed away after February 20, 2009 to 2019, you can apply on their behalf, providing you are Executor of Estate and can support the claim with Death Certificate.

Regarding the Individual Payment Application for deceased class members, you must provide as a requirement of the Sixties Scoop Settlement Agreement:

1. A copy of the death certificate in order to confirm that the class member was alive on February 20, 2009 ; and

2. A copy of the last will, testament or other relevant estate documents.

Keep in mind that we estimate that all accepted claimants of the Sixties Scoop Settlement will receive their payment around Spring 2020.

If you have any other questions or concerns, please do not hesitate to contact us.

Cordially,

COLLECTIVA

Toll free: 1-844-287-4270

Email: [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca) or

Contact Verna Hat'lahnan Francis @ 778 762 5246

I will leave copies of “Late Forms” and application forms at Governance House with receptionist

## Indian Day School Settlement - Update

It is a class action brought to Supreme Court for the people who attended Indian Day Schools. These schools were usually situated on reserves or in First Nation or Inuit communities. They were funded, controlled and managed by the Government of Canada. They were NOT residential schools. No students lived at Day Schools. Schools that were funded, operated and managed by a province or by a private organization are NOT covered by this class action.

The purpose of the Day School class action is to get compensation for students who were abused at the Indian Day Schools.

Who will qualify for compensation?

- **Community members who have gone to Indian Day School from 1909 to 1961 – Tla'amin Indian Day School's: Ahms Tow and the school adjacent to Ahms tow, the old dance hall was also used for Day School.**
- **Deceased between 2007 -2019 – Family members can apply on behalf of loved one who passed away between the dates mentioned, providing you have proof of being the Executor of Estate and have copy of Death Certificate.**

Students who were abused at an Indian Day School may qualify for compensation. The amount depends on the kind of abuse suffered.

The lowest amount of compensation (Level 1) is \$10,000 if you suffered abuse like mocking or humiliation because of your Aboriginal identity or culture, threats of violence, sexual comments or some kinds of physical abuse. It does not matter how long you were at the school. People who spent many years at the school will get the same amount as people who spent only one year who suffered the same kind of abuse.

There are five levels of compensation which may be available depending on the type of abuse suffered. Each one will require you to provide some kind of evidence in writing, by video or pictures.

### Where can I get more information?

You can call or email the lawyers who negotiated the proposed settlement.

Email: [dayschools@gowlingwlg.com](mailto:dayschools@gowlingwlg.com)

Phone: 1-844-539-3815

Fax: 1-613-563-9869

Or call Verna Francis @ Governance House 778 762 5246

Application/Registration Forms will be available at the front desk @ Governance House (Band Office) 778 762 0912

Note: Latest Update > November 18, 2019 – New “Claim Forms” will be available to fill out. Applications completed since class action started 2009 – 2019 are referred to as “registration forms”.

# Jolene Appointed to Assumption School Chair

By Pietta Wolley



This September, Jolene Sutcliffe became the first Tla'amin member to chair Assumption Catholic School's Parish Education Council - the school board. Her son Alex is in Grade 2, and her daughter Cora is in Assumption's pre-school. Jolene works for the Nation in finance and accounting.

**1. You went to Assumption as a child. What was your experience there like?** I attended Assumption school for my grade 7 year and I had such a wonderful experience. The atmosphere was very warm and welcoming and I didn't want leave at the end of the year.

**2. This September, you became the first Tla'amin chair of the PEC in Assumption School's 58-year history. How does that make you feel?** I'm excited to take on this new position and to be able to have a Tla'amin voice on the PEC board.

**3. Why did you take on the position? What do you hope to achieve? I took on this new position to help the school where possible and to also be visible for our Tla'amin students. Although, this position is out of my comfort zone, it is too important to me not to get involved. I also believe it's for our Nation to be represented within the school and this is the best place for that to happen.**

**4. Your son Alex goes to Grade 2 at Assumption, and your daughter Cora will start Kindergarten there next year. Why did you choose the school for them?** Assumption School has always been my school of choice. I knew they had a wonderful academic record and smaller class sizes. I felt that my children would be best suited there as I had such a wonderful experience. All of their cousins and Alexander's best friend attend the school as well.

**6. What would you tell other Tla'amin parents who like Assumption's academic and arts programs, but are uneasy about sending their children to Catholic school?** I would tell other parents interested in Assumption to go to the school, meet with the principal and ask their questions. I believe it's better to be there to get a feeling of the school and they may be pleasantly surprised.

**7. What does reconciliation look like, with this school? What gives you hope?** Assumption has been so incredible with reaching out and wanting to learn and include the Nation and our traditions in their school. From a traditional brushing at the school, to pro d days dedicated to learning about residential schools. Assumption is in the process of having our language offered at the school. It's been amazing how open the school is to include our culture not just for our students but for all students at the school. It's such a great opportunity to spread the knowledge.

**8. Which other Tla'amin members inspire you, in their roles outside of the Nation?** I'm very blessed to have so many strong Indigenous people not only from my nation but from other nations that I look to for inspiration. Too many to name. But they are incredible leaders in their communities who constantly strive to do the best they can for their communities.

**9. What do you hope for all Tla'amin children who are at school this year? I hope that all Tla'amin students have a wonderful year. That they learn, grow and build strong foundations for themselves to carry them onto high school, university and beyond. Keep reaching for your dreams and to most importantly never give up. Also travel as much as you can!**

**10. You're chairing the Assumption PEC, and Jackie Timothy was elected to the Powell River Board of Education last year. How will Tla'amin leadership change education?** My hope is for more involvement from our members with regards to our education system. We have to create an opportunity for our community to voice their ideas and concerns to help our children succeed in their education.

**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](mailto:assump.office@shaw.ca)
3. Apply online at [assumptionpr.ca](http://assumptionpr.ca)

**ATS ASSUMPTION**  
Catholic School



**assumptionpr.ca**  
**604-485-9894**

Tla'amin Nation		LOUISE DOMINICK SCHEDULE		The Lund Resort at Klaho Ahmen	
MORNING				AFTERNOON	
M	Brooks Secondary School 8:30am - 12:30pm			Ahms Tah Ow School tutoring with James Hanson (SD47 teacher) 2:30pm - 6:30pm	
T	Brooks Secondary School 8:30am - 12:30pm			Ahms Tah Ow School tutoring with Roseanne Dupuis (SD47 teacher) 2:30pm - 6:30pm	
W	Brooks Secondary School 8:30am - 12:30pm			Ahms Tah Ow School tutoring with James Hanson (SD47 teacher) 2:30pm - 6:30pm	
T	Brooks Secondary School 8:30am - 12:30pm			Ahms Tah Ow School tutoring with Roseanne Dupuis (SD47 teacher) 2:30pm - 6:30pm	
F	Tla'amin Government House - Post-Secondary Office 8:30am - 4:30pm				

## CHRISTMAS PARTIES

**BOOK YOUR CHRISTMAS PARTY NOW AND SAVE \$34 PER PERSON** (Regular \$39)

Includes three courses dinner from our seasonal menu, party favours, resident DJ to help you and your guests dance the night away.

Valid on parties Sunday to Thursday only. Valid on booking made until October 31, 2019.

# 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**

**Your Status Card Number is your Pacific Blue Cross Benefits Membership Number**

**FNHA launches new Health Benefits Plan for Dental, Vision and Medical Supplies & Equipment**

The First Nations Health Authority (FNHA) has launched a new health benefits plan for clients that is convenient to use and expands benefit coverage in key areas

The FNHA has transitioned dental, vision, and medical supplies and equipment (MS&E) benefits off the federal Non-Insured Health Benefits (NIHB) program. The FNHA's new partner, BC-based benefits provider [Pacific Blue Cross](#), is now administering these benefits.

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

There is no reduction to existing coverage, and coverage has expanded for many preventive health services and special needs.

**Accessing Your Benefits (Your Pacific Blue Cross Membership)**

- Your status number is your PBC benefits membership number
- You can print your own PBC Member ID card or continue to use your status card
- There is a large network of health care providers registered with PBC. Many of these providers can offer direct billing. That means fewer out-of-pocket payments for eligible benefits
- Your pre-approvals follow you if you change health care providers

**Your Member Profile**

FNHA clients may go online at [www.pac.bluecross.ca](http://www.pac.bluecross.ca) or download the PBC mobile app. Using your status number, you can create a Member Profile for convenient self-service. For example, you may:

- Look up detailed coverage information
- Get reimbursed via direct deposit in as little as 48 hours
- Check your balance for your benefit
- Search for vision care providers who are registered with PBC for direct payment

You may also continue to contact Health Benefits for information at 1.855.550.5454.



## Elders Corner

### Tla'Amin Elder's Calendar

Location: Tla'Amin Health  
 11:00am - 1:00pm

**October 1<sup>st</sup>** Guest: Kimberley Gage  
 Fitness Workshop

**October 8<sup>th</sup>** Kimberley Gage  
 Fitness Workshop

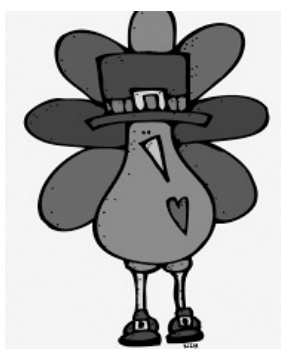
**October 15<sup>th</sup>** Citizenship review  
 Dillon Johnson Time:  
 10:00 a.m. to 12:00  
 (Extra time needed – Important topic)

**October 22<sup>nd</sup>** Andrea Harrison  
 Rehabilitation

**October 29<sup>th</sup>, 2019** – Bingo

- Elders are once again selling 50/50 draw will be December at Elders Christmas Luncheon.
- Also, selling blue T-Shirts - \$25.00 each.
- Elders, please call to register for the Fitness Workshop as class size is limited to 15 people- come stretch your muscles. Gentle movements. Kimberley Gage will work with the elders for 3 months, twice a month, sessions will be 30 minutes.

Doreen Hopkins  
 Tla'Amin Elders Coordinator  
 604-483-3009 ext. 126  
[doreenhopkins@tn-bc.ca](mailto:doreenhopkins@tn-bc.ca)



# Cancer Screening Can Save Your Life

Do you know when you should get screened for colorectal (also known as colon/intestine/gut) cancer? If you're a woman cervical or breast cancer? Screening or detecting cancers can sometimes be uncomfortable and/or messy but it can lead to a path of wellness.

Breast cancer is the most commonly diagnosed cancer amongst First Nations women. There are two other cancers; cervical and colorectal that don't get the same media attention but are more common place in first nations people of BC than non first nations. First Nations Health Authority (2017). Cancer and First Nations Peoples in BC a community resource. Retrieved from <https://www.fnha.ca/WellnessSite/WellnessDocuments/Cancer-and-First-Nations-Peoples-in-BC.PDF>

between 50-74 can make an appointment to be screened for breast cancer at 1-800—663-9203

### Colorectal Cancer

Colorectal cancer is unfortunately more common amongst first nations people than non first nations. Often times there are no symptoms in the early stages of the cancer so this is why screening can be life saving.

#### Screening Guidelines

If you are between the ages of 50 to 74, with no [symptoms](#), you should get screened for colon cancer at least every two years.

The test is called a FIT test and its very simple. It is a very small sample of your stool ( poop) that is collected and checked. This is all ordered by your family doctor or nurse practionner.



You should still screen regularly for cervical cancer if:

1. You've been through menopause;
2. You've had only one sexual partner or have been with the same partner for a while;
3. You've had the human papillomavirus ([HPV](#)) vaccine
4. You're in a same-sex relationship; or,
5. You're a transgender individual with a cervix.

Its important for everyone to take care of themselves physically, emotionally, spiritually and mentally. The "Should's" in our life pile up till we have too many. We all know that eating well and being active will decrease our chances of developing certain diseases. However what else can we do?

In my opinion we can ask and receive help. When, or if you're able, help one another out. You can sweep your friends place when you're having tea, bring over an extra piece of baked good if you're baking, say hello to that neighbour, take a walk with a friend around the block, call a family member instead of texting! The point is connecting. It will nourish and feed our souls. So, go get screened if you haven't already and go visit with family/friends.

If you have any questions about screening/testing please call the Chronic Disease Nurse at the Health building at 604-483-3009 ext 109. I can help guide you through this process and or help arrange screenings.

Colorectal cancer screenings can detect cancer in its earliest stages. And when found early, there is a **90% chance** that colorectal cancer can be cured.

### Breast cancer

Detecting cancer before symptoms appear is called screening, and in the breasts, we call the test a mammogram. Stories of breasts being flattened are all true and yes, it can be uncomfortable. There's no sugar coating it however it can be life saving.

#### Screening Guidelines

1) Women between the ages of 40-74 with a family history of breast cancer are recommended to have a mammogram every year.

2) women between the ages of 40-49 without a family history of breast cancer are recommended to talk to their heal care provider about the benefits and limitations of mammography

3) Women between the ages of 50-74 without a family history of breast cancer are recommended to have a mammogram every two years

4) Encourage your community members to talk to their healthcare providers about breast cancer screening. Community members

If you have these symptoms which can include blood in your stool, abdominal pain, change in bowel habits, or weight loss, talk to your doctor about a referral for diagnostic testing to determine the cause of these symptoms.

### Cervical Cancer

Cervical cancer is another cancer that often has no symptoms in the early stages. When the cells of your cervix become abnormal and we're able to collect those abnormal cells, it is easier to treat with better outcomes. The screening test is called a PAP test and there are some myths around when and who should get one.

#### Screening guidelines

Women between the ages of 25 to 69 should be screened for cervical cancer every three years. Cervical cancer screening (Pap test) can stop at age 69 if your results have always been normal. Ask your health care provider if you should still be tested.

## CDRC Parent/Tot Drop-In Is BACK!

Join us on Thursdays from  
**9:30-11:00am**

Socialize, play, circle, and kids snack provided! Come learn how you can win a \$25 gift card!

For parents and tots ages 1-3





## Diabetic Foot Care Matters

Feet, our foundation, our base. The things at the end of the body that hold us up and allow us to walk/run/stand. They are often over looked because they're hidden in our footwear and as we get older, sometimes it becomes difficult to care for them. With age, our physical ability to see or reach our toes can become challenging.

Diabetics, or others with circulatory problems, in particular need to take care of their feet. Why? Well, they often have poor blood circulation to their feet, and this causes damage to the nerves. With little feeling to their feet sometimes people aren't aware a wound is starting. A small red pressure spot, which started from new shoes (or old shoes!!) can quickly become a sore that is wet and has pus coming out of it. It also makes healing from simple cuts very difficult. A cut on a person with no circulation problems might heal in a week, whereas someone with circulation problems might take months.

The Canadian Diabetes foundation recommends that all diabetics wash and dry their feet everyday and moisturize just your heels and soles but NOT between your TOES!

Some signs for everyone to watch out for are; thickened nails (fungal infection in our toenail), discolored nails, cuts, cracks, white spots (could be a wound under a calloused area.), pink/red areas (possible infection or pressure from ill fitting footwear), black spots (blood blister), blisters, bruises and/or swelling to feet /lower legs.

If you discover any of the above and aren't sure what to do, please contact the Chronic Disease Nurse, Mika, or the Home care nurse at Tla'amin Health. We would perform an assessment to ensure there's no need for medical interventions. We promise we don't bite!

### Foot Care Specialist available at Tla'amin Health!

If you're unable to reach your feet and/or need help looking after your feet, please contact our foot care specialist.

Her name is Pat Van Sheik, a certified foot care specialist (not a foot care nurse). She has 6 years of experience, certification in basic and advanced (diabetic) foot care and available at the Health twice a month. To make an appointment please call her at 604-223-2259.

She is specifically trained to assess feet and lower legs, trim toenails (thick or not), callous/corn removal and also fingernails! If you're struggling to trim your thickened or not toenail, have a callous that is painful come and see Pat. She will help make walking less painful and assess your feet.

The criteria to see the foot care specialist is that you have Tla'amin status or a spouse of a Tla'amin member and a chronic condition. If you're unsure if you can see her please give her a call. She will let you know whether or not her services can be of any help.



## 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

Walking is a very good stress reliever!  
Meet at Health. Draws for Good Food Box

**Wednesdays Grief and Loss, every 2nd week**  
5:30- 7:30 pm (light dinner)

Guest speaker Fr. Prashanth Kumar  
October 2nd

Supporting others through our loss, learn coping skills and self care

**Stronger Together**  
10:00 - 12:00

Mutual support group for men and woman impacted from drugs & alcohol abuse.  
Coping with self-care

**Thursdays Grandparents Support Group**  
October 10 & 24th

5:30 - 7:30 pm  
Concerned about your grandchildren?  
This group will listen and give you guidance and information

**Fridays Social Support and Crafts for Women**  
10:00 - 2:00 pm (Potluck)  
Combination of crafts, social support, education and culture (language)

For more info call Sally 604.483-3009 ext. 228

## IMMUNIZATIONS?

CALL THE PUBLIC HEALTH NURSE AT  
604-483-3009 TO FIND OUT



For best protection against disease, it's advised that children get vaccinated on time starting at 2 months of age and that they follow the recommended schedule as closely as possible.

Adults are also eligible for certain vaccines, such as pneumococcal, tetanus and shingles, call today!





## Happy Halloween

- 17th- Halloween Movie night at CDRC from 5-7pm
- 24th- Pumpkin carving night at CDRC from 5-7pm
- 29th-Orca bus at CDRC from 10-11:30am
- 31st- Halloween Party at Ahms Tahow from 4-7pm  
Fireworks at 8pm at waterfront (Glow Sticks for kids)

## Candy exchange at CDRC November 1st from 8:15-noon

(this event is for children to come in and exchange their Halloween candy for gifts/passes) The value of the gift or pass will be determined by the amount of candy handed in. (we will have 3 different sized containers)

## Halloween Party/Safety Tips

October 31, 2019

Time: 4:00 to 7:00

Location: Ahms Toaw

- Trick or Treats
- Face Painting
- Hot chocolate/Hotdogs
- Halloween accessories

Any questions contact:  
Shirley Louie at Tla'amin Health  
(604)483-3009 Ext:104  
Or Dana Gustafson at C.D.R.C  
(604)483-3009 Ext:141

## October is ADHD Awareness Month

### What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. It can affect people from all walks of life. ADHD can be present in children, youth, adults, males, females, people from all racial backgrounds or religious backgrounds, or level of income or education.

ADHD is a way of describing a different way that the brain works. An underdevelopment of some circuits of the brain is the way I have heard one doctor describe ADHD. Sometimes it is missed and children can struggle in school throughout their early years and into their teenage years. As adults individuals can struggle with maintaining a job. ADHD affects the part of the brain that is called the prefrontal cortex. This part of the brain is responsible for "executive functions". Executive functions help us plan ahead, evaluate the past, start and finish a task, have an active working memory, manage our time, understand sequences, and maintain focus. This is also the part of the brain that helps us control our emotions and monitor and stop our actions. You may have heard the word, "self-regulation" which is talking about how we control our feelings and control our bodies. Children and youth with ADHD often have difficulty with self-regulation.

### What are the risks for children and youth when ADHD is missed?

Children and youth can have difficulty at school, difficulty at home, and difficulty with friends. When this part of the brain is affected, children and youth can have difficulty making and keeping friends. At school we might see children having a hard time starting work, staying focussed on work, completing work, or remembering to do the work. We can be tempted to say the person is lazy, unmotivated, or not trying hard enough. When we use these negative judgements about our young people, they can start to feel down on themselves, and not have a positive self esteem. Sometimes children and youth with ADHD participate in risky behaviours because they do not always understand the safety concerns that go along with taking those risks.

### What can parents do to find out if their child or youth has ADHD?

To start this process, it is best to talk with your family doctor. If you do not have a family doctor, come to see our Nurse Practitioner, who is located here in our Tla'Amin Health Centre. Usually there are checklists or questionnaires that are given to the family: one for a parent to complete, one for the teacher to complete, and one for the child or youth to complete if old enough. The questionnaire is a way to think about the behaviour that the child or youth is showing to us. Once this information is gathered, the child or youth will probably be referred to a pediatrician or child psychologist. My job at our health centre is to help families with this process. Please call me if you would like more information and if you would like support with getting this started.

### What is the benefit of getting a diagnosis?

A diagnosis will lead to a treatment plan, and an open door to learning more about all the ways to help someone with ADHD. I believe the most important positive thing about getting a diagnosis is that it is the start of helping the child or youth to better understand how his or her brain works. It is a good way to help all the adults in a young person's life (parents, teachers, friends, family members, coaches, employers) to better understand that this person needs extra help and patience for learning. It is the best way to get support in place at school so that the child or youth can have success and experience happy times in life.

Brenda Pielle  
Youth, and Family Advocate

Fall Fitness Sessions - OCTOBER



“  
**DON'T  
WISH  
FOR IT.  
WORK  
FOR IT.**  
”

**Circuit training with Jane Pence**  
**Mondays 5 - 6 pm at the GYM**  
**October 7, 21, 28**

Call 604-483-3009 for more info  
or visit the Tla'amin Health  
facebook page

## Youth Night

Start Wednesday October 2, 2019  
Wednesday Nights  
4:30 to 6:00 pm  
Meet @ Tla'amin Health  
Snacks and refreshments provided  
Activity Schedule will be provided for  
registered participants  
Register with Shirley Louie at Tla'amin  
Health

(604)483-3009 Ext: 104

Or

Chris Bakker at Tla'amin Nation  
(604)483-9646 Ext:140



## Diabetes 101

RE-FRESH YOUR  
KNOWLEDGE ABOUT  
DIABETES & HOW TO  
MANAGE IT

WITH LIANE, THE  
DIETITIAN & MIKA, THE  
CHRONIC DISEASE  
NURSE

Come to one of the  
Wednesday sessions at  
Health!  
October 23 or 30th  
5:30-7:30  
Light meal provided

Please register by  
Friday, October 18th  
with reception either in  
person or by calling  
604-483-3009

**Healthy Heart  
Program is now  
available for  
Tla'amin patients  
that have had a  
cardiac  
episode.**

If you are interested in attending a 10 week program to learn about nutrition and wellness combined with exercise with a personal trainer contact Mika at Tla'amin Health.

Get a three month pass to the Recreation Complex to increase your fitness program that is designed for your physical level.

WELLNESS SESSIONS

FALL

TLA'AMIN HEALTH  
CELEBRATING  
WELLNESS

**OCTOBER 2019**

CALL 604-483-3009 to  
SIGN UP

**MONDAY NOON @ HEALTH**

WELLNESS SESSION- BREATH  
(GENTLE/STRETCHING/RELAXATION YOGA)

**MONDAY 5PM @ GYM**

WELLNESS SESSION - FITNESS  
(CIRCUIT TRAINING)

**TUESDAY 4:30PM @ HEALTH**

WELLNESS SESSION- NATURE (WALK)

For more info check out Tla'amin Health  
Facebook page or call 604-483-3009

# Tla'amin Nation Executive Council Minutes

July 3, 2019

Council Chambers, Governance Building

**Attendance:** Hegus Clint Williams, Larry Louie, Lori Wilson, Tyrone Wilson

**Resource:** Rod Allan, Losa Luaifoa, Alex Sutcliffe

**Guests:** Dillon Johnson, Leslie Louie, Betty Wilson

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

## A. APPROVAL OF MINUTES:

Motion to adopt the June 19 Executive Council minutes.

*Moved by Councillor T. Wilson*

*Seconded by Councillor L. Wilson*

**CARRIED**

**B. ADOPTION OF AGENDA:** Motion to adopt the amended agenda to include: "Community Concern re: Thefts in Community", under Justice and Enforcement.

*Moved by Councillor T. Wilson*

*Seconded by Councillor L. Louie*

**CARRIED**

## C. PRESENTATIONS:

### 1. Data and Gaps Closing Project

Dillon Johnson, Temixw Planning, provided an overview on the above noted project.

The following points were highlighted:

- The Nation will be engaging in planning and assessment work in order to access 'gap closing' funding identified in the Finance Fiscal Agreement. A planning session with staff is scheduled for July 19.

- The outcome of the project is an Action Plan to address the identified gaps.

- Through this process, data will be collected and used to obtain funding to begin addressing those identified gaps.

Action: CAO/Executive Assistant, to distribute agenda and memo to staff regarding July 19.

### 2. Youth Update and Request for Funding

Tla'amin Youth Worker, in attendance to inquire about funding for programs and services for youth and also space for a youth centre. It was noted that storage space is also needed for equipment and supplies.

EC offered use of the modular trailer currently being used to store Village Maintenance equipment/supplies. It was also recommended that costs for programs/services be identified as regular budget line items. The goal date for transition of the space from Village Maintenance to a youth centre is September.



Ambrose McKinnon Family Collection 2013.32.26. Sliammon First Nations soccer team 1924-1925

EC resolved that a washroom be added to the modular trailer.

Action: Coordinate a walkthrough of the modular trailer and plan for the transition, including the addition of a washroom.

### 3. Betty Wilson, First Voices Language Coordinator

Betty Wilson presented a video to EC which was made by funding from a National Indian Brotherhood grant. Betty is seeking EC's consent to release the video.

Betty noted that better equipment is needed for filming and advised that she will be seeking funding for this equipment. Hegus Williams advised that funding is available for language preservation and for the projects Betty is involved with.

EC discussed the use of a drone for filming and Alex Sutcliffe explained the certification required to fly into certain areas.

By consensus, EC consented to the distribution of the video.

Action: Betty Wilson to present a proposed budget to EC at an August EC meeting.

## D. NEW BUSINESS:

### 1. Administration & Finance:

i) **EC Resolution #11/2019 – Appointment of Ratification Officer for the Klahanie Specific Claim Ratification Vote – Frances Ladret.**

*Moved by Councillor L. Wilson*

*Moved by Councillor T. Wilson*

**CARRIED**

**Heathy Living Dividend** - EC reviewed the draft HLD form. EC re-iterated approval of a per capita distribution of \$500 for August, 2019.

EC, by consensus, approved the form as presented.

**2. Citizenship & Membership:** Citizenship Committee is scheduled for July 9 at 4:30 pm.

**3. Elders:** EC reviewed received correspondence from members who did not meet the criteria for the Elders Treaty Benefit.

EC resolved that the eligibility criteria was selected through a fair process and was followed, at the direction of the elders and unanimous approvals from EC and Legislature.

The meeting was temporarily adjourned at 12:50 pm.

The meeting was called back to order at 2:05 pm.

**4. Environment:** Hegus Williams advised that Dana Lepofsky, Archaeologist, Professor Co-Editor, SFU, has expressed interested in conducting archaeological studies on Lasqueti Island and is seeking the Nation's approval. (Lasqueti Island is within the Nation's traditional territory).

EC, by consensus, supports the archaeological study on Lasqueti Island.

Action: Staff to draft a letter of support for the project.

**5. Forestry:** Western Forestry Products meeting is scheduled for July 5 to discuss the renewal of TSL Lot and to discuss the Nation's concerns with potential sites.

**6. Housing:** Home Ownership request was reviewed and approved.

**7. Justice & Enforcement:** EC discussed con-

cerns with recent thefts in the community.

Action: CAO to inform Cst. Bakker of the concerns raised.

**8. Lands:** Hegus Williams provided an update on a recent meeting with the Director of Lands and the Manager of Thichum, regarding a Nation boat crew (multipurpose tour boat) which is a Lands Department budgeted item. The Lands department budget allocated 200k for the purchase of a boat additional funds were offered by Thichum to be used for improvements on the boat, including the engine.

EC, by consensus, have no objections to Thichum providing financial support to assist with crew boat improvements.

**E. HOUSE POSTS:**

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

- Natural Resources Committee meeting. PR Conversation Officer will be in attendance.
- DFO presentation on Fisheries Act amendments, including FN Traditional Ecological knowledge.

**2. Community services** – Councillor L. Louie reported that Community Services Post Committee meeting will be set for August.

**3. Public Works** – Councillor T. Wilson reported that a Housing Committee meeting has been set for July 10.

**4. Economic Development** – Hegus Williams reported the following:

- TMSLP – meetings with Holdings Board and Economic Development Committee. Ratcliffe and Co. are conducting a review directed by the Legislature.

**F. HEGUS' REPORT:**

- Meetings/events attended in June:
  - June 14 - PRISMA On the Beach. The Hehewshin song performance was amazing.
  - June 21 – Indigenous Day. Event hosted at the Governance office and waterfront and was well attended by school district students.
  - June 21 – Lund Indigenous Day event
  - BC Rural Centre webinar – Participated with Mayor Dave Formosa and Roy Francis.
- 20 ha of the Gibson's Beach land has been set aside for a potential longhouse, RV Park and/or campsite development. It would be idea to pursue a heavy equipment operator course for land clearing and service planning.
- Meeting with a delegation interested in opening a winery.

**G. ADJOURNMENT**

*Moved by Councillor L. Wilson*

*Seconded by Councillor L. Louie*

**CARRIED**

Meeting adjourned at 2:40 pm. The next EC meeting is Wednesday, July 17, 2019 at 10:00 am.



# Important Notice

## Are you interested in getting involved with the Comprehensive Nation Plan?

The Nation is looking for expressions of interest from Tla'amin people who are interested in sitting on the Implementation Community Working Group (CWG) in order to advise through the planning process of the Comprehensive Nation Plan (CNP) initiative. The CNP will be a document collaboratively developed to assist the Tla'amin Nation in embracing change and planning for a better future. It will address key planning areas, all of which are interrelated and interdependent, including culture, governance, land and resources, health, infrastructure development, social issues and the economy. It will also help to enable the establishment of the Tla'amin community's vision and help to implement practical actions to achieve the vision.

Please forward your name, contact information and a brief reason why you are interested to Implementation CWG Chairperson Roy Francis at [roy.francis@tn-bc.ca](mailto:roy.francis@tn-bc.ca) or, drop your information off to the attention of Roy at Tla'amin Governance House - 4779 Klahanie Road.

Note that meetings take place during regular working hours, so work flexibility is required. A per-meeting honorarium will be included.

**Deadline is October 31<sup>st</sup> @ 4:00 pm**

No experience is needed. You are welcome to participate.

**EMOTE !**



**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**

<b>AUG 23</b>	RIVER RD	Police responded to a report of a noisy party.
<b>AUG 23</b>	HWY 101	Police responded to a report of an erratic driver.
<b>AUG 24</b>	HWY 101	Police responded to a report of an erratic driver.
<b>AUG 25</b>	HARWOOD DR	Police responded to a report of an erratic driver.
<b>AUG 26</b>	RIVER RD	Police responded to a report of a possible breach. Police investigated and found that no breach had occurred.
<b>AUG 28</b>	HWY 101	Police responded to a report of loud music playing at a residence.
<b>AUG 30</b>	KLAHANIE DR	Police responded to a report of a disturbance at a residence.
<b>SEP 17</b>	HWY 101	Police responded to a report of a historical assault. This matter is still being investigated by Police.
<b>SEP 18</b>	KLAHANIE RD	Police responded to a false alarm.
<b>SEP 18</b>	RIVER RD	Police responded to a report of an assault. This matter is still under investigation and charges have been forwarded to Crown Counsel.
<b>SEP 19</b>	BEACH RD	Police received a report of possible missing people. After extensive patrols were made to locate them, police received word that they had returned home and everything was fine.
<b>SEP 20</b>	SALISH DR	Police received a report of a suspicious vehicle.

# Tla'amin Nation Executive Council Minutes

July 17, 2019

Council Chambers, Governance Building

**Attendance:** Hegus Clint Williams, Larry Louie, Lori Wilson, Tyrone Wilson, John Hackett Jr.

**Resource:** Rod Allan, Losa Luaifoa,

**Guests:** Kerry Mehaffey

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

**A. APPROVAL OF MINUTES:**

Motion to adopt the July 3 Executive Council minutes.

*Moved by Councillor T. Wilson*

*Seconded by Councillor L. Wilson*

**CARRIED**

**B. ADOPTION OF AGENDA: Motion to adopt the agenda.**

*Moved by Councillor L. Wilson*

*Seconded by Councillor J. Hackett*

**CARRIED**

**C. PRESENTATIONS:**

**1. Repatriation of Stone Artifact**

Kerry Mehaffey attended Executive Council (EC) to return a stone artifact to the Nation that was removed from the shoreline at the Seawalk. The item was brushed with cedar upon acceptance.

**D. NEW BUSINESS:**

**1. Administration & Finance:**

**i) TN-ECO #9/2019 – Mortgage Guarantee**

Motion to approve TN-ECO #9/2019 re: Mortgage Guarantee for a member.

*Moved by Councillor J. Hackett*

*Moved by Councillor T. Wilson*

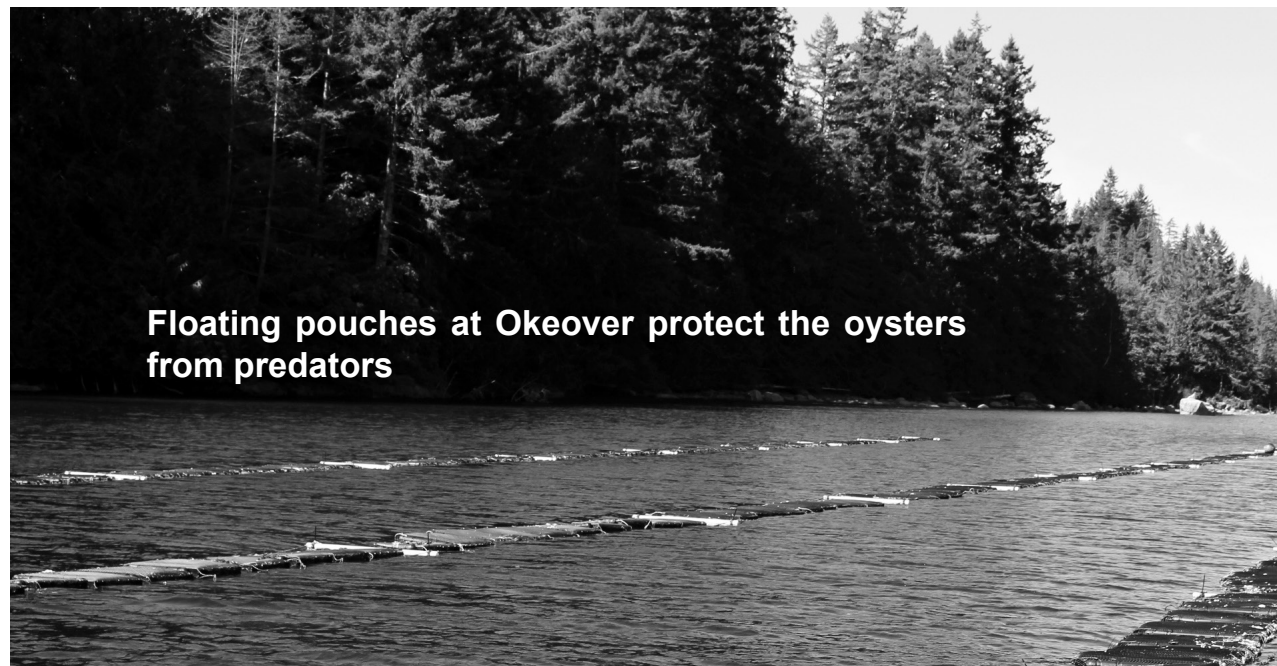
**CARRIED**

**ii) Mortgage Guarantee**

EC reviewed and endorsed the "Commercial Assignment of Credit Union Shares/Deposits" for a member, in the amount of \$110,000.

**2. Citizenship & Membership:** The Citizenship & Membership Committee met on July 10 to discuss proposed amendments to the Citizenship Law.

Action: EC requested a progress report be submitted to the Legislature by the Committee.



**Floating pouches at Okeover protect the oysters from predators**

**3. Community Services:** EC reviewed the Integrated Comprehensive Nation Plan (formerly Comprehensive Community Plan) and the Capital Asset Management Plan.

EC, by consensus, endorsed the two above-noted contracts totaling approximately \$240k.

**4. Education:** EC requested a copy of the meeting notes for the Education Management Team.

**5. Elders & Youth:** Out of 24 summer student positions available, 17 spaces were filled. The remaining positions are unfilled due to students not meeting the threshold criteria in the categories of attendance and grades.

Hegus Williams expressed the importance of finding ways to encourage and ensure our youth to attend school and pass their courses. It was agreed that community input is needed to help identify constructive solutions to increase attendance and improve grades. Some suggestions were to withhold benefits such as the HLD and to encourage are withholding benefits such as the HLD and facilitating parent teacher conferences with education staff and the student.

**6. Fisheries & Hatchery** – The Department of Fisheries and Oceans requested permission to add the Tla'amin logo to their vehicles.

EC, by consensus supports the use of the Tla'amin Nation logo for DFO vehicles.

**7. Housing:**

**i) Home Ownership Request**

EC reviewed a homeownership request for Lot 185. Based on information provided and an update by staff, EC provided recommendations.

TN-EC 07/2019 – Approval of Home Ownership for Louise Josephine Peters, 5006 River Road, (Lot 33).

*Moved by Councillor L. Wilson*

*Seconded by Councillor T. Wilson*

**CARRIED**

**ii) TN-EC 08/2019 – Approval of Home Ownership.**

**Motion to approve TN-EC 08-2019 for Home Ownership (Lot 30) for a member.**

*Moved by Councillor L. Wilson*

*Seconded by Councillor L. Louie*

**CARRIED**

**iii) TN-EC 10/2019 – Approval for Joint Home Ownership a member(s).**

Motion to approve TN-EC 09-2019 for Home Ownership (Lot 175) for a member(s).

*Moved by Councillor T. Wilson*

*Seconded by Councillor L. Wilson*

**CARRIED**

**8. Taxation** – A Taxation meeting held was July 5 and there were no issues raised. EC requested a summary from Taxation showing the amount of taxes billed and paid and how the year went in general.

**E. HOUSE POSTS:**



# Fun Facts About Bears

- Adult males measure between 60-90 cm at shoulder height and weigh anywhere from 80-300 kilograms.
- Bears have eyesight and hearing as good as or better than that of humans. The myth about bears having poor eyesight is due in part to the bears habit of standing and apparently looking around as if to get a better look at people. What is more likely the case is that the bear is standing to get a better smell of you.
- Adult black bears have few predators in the wild: grizzly bears and wolves are about the only animals that will attempt to kill a full grown black bear.
- Young black bears may be preyed upon by adult male black bears, grizzly bears, wolves, coyotes, and cougars.
- Black bears can live to be over thirty years of age in the wild but more commonly live to be about fifteen to twenty years of age.
- Black bears are extremely fast and can run equally as well uphill or down.
- Bears are normally solitary animals apart from when sows are with their young and tend to only congregate when there is an abundance of food.
- While bears have a "home range" they do not have a territory that they defend as their own. Bears will tolerate other bears in their presence when there is an abundance of food such as a run of salmon.
- Bears are omnivorous animals with vegetation making up about 80% of their diet and the remainder coming from things like small rodents, fish, insects, carrion (dead animals) and sometimes young deer, elk or moose.
- Bears have an extremely good sense of smell and can smell food from over a kilometer away.



- Because bears need such great stores of fat to make it through the winter they are voracious eaters and can consume over 20,000 calories a day. This phase of intense eating is called hyperphagia.
- Bears go into a deep sleep or denning period, usually from November through to April.
- Some black bears, usually males, may not hibernate if the weather is good and food is still abundant.
- Bears lose approximately 30% of their weight over the winter.
- Bears mate in late June and embryos do not implant until the fall and only if the female has sufficient stores of fat to support the young through the nursing period in the den.
- Black bears are born in the den and are from 250g to 500g in weight, eyes closed and relatively helpless.
- Cubs are between 2-5 kilograms in size when they leave the den in late April.
- Female bears tend to their young for almost two years and can give birth to as many as five young but twins are more the norm.
- Bears have a sense of smell far greater than that of dogs and it is this sense of smell that helps them locate food at great distances.



## Chinook Return Looks Promising

A couple hundred fish returned early this year



## SPIRIT OF KLAH AH MEN



The Lund Resort was showcasing a new fall package called the "spirit of klah ah men" to some press shooting a video of the resort. The package shares some Tla'amin cultural aspects with guests looking for an authentic experience. They also participated in cedar weaving and a boat ride to the pictographs adjacent to the Copeland islands.

**Ferry & Stay Package**

The Gateway to beautiful Desolation Sound.  
A Natural Indigenous experience.

**VALID STAY DATES**  
7 days /week from  
September 10 to December 21, 2019

Fall Into Lund Getaway with FERRY & STAY PACKAGE  
\$155 per night, double occupancy

Rain or shine, the quaint seaside village of Lund is the perfect place to celebrate the spirit of Klah ah men... a place of rest and refuge showcasing dramatic colours of Autumn against the hues of the Pacific Ocean.

What's included: one - \$25 BC Ferry Gift Card  
PLUS One \$20 BACK EATERY Credit per room,  
per stay valid towards Lunch or Dinner and  
complimentary self-parking

Subject to availability. Certain terms and conditions apply.  
Quote Promo Code: Fall

# Tla'amin Compost Drop-Off Program: Launches October 8<sup>th</sup>



Ingalisa

Tai

Abby

## Let's Talk Trash.ca

### WHAT IS WASTE?

The new Tla'amin community composting drop off program arrives October 8<sup>th</sup> at the Tla'amin Recycling Depot! It will offer a better alternative than the garbage for those without backyard composters or those with concerns about rodents and bears.

Food scraps and yard waste make up a large portion of our garbage – a shocking 40%, in fact. Sending compostable materials to the landfill is harmful to the planet because nothing breaks down there. Space is at a premium in landfills, so materials are compacted, leaving no oxygen

buried in this environment release methane gas – at least 25 times more harmful a greenhouse gas than carbon dioxide. Beyond this environmental cost, there is the transportation of our waste to landfill, which for the qathet regional district is in Washington state 770km one way. That's right, our garbage travels by truck, barge, and finally train across the border before its entombment. So it pays to think before we throw.

What is accepted in this program? Almost anything you would eat or grow. The list of accepted materials is broad and includes some

surprising items like meat, bones, fish, soft shellfish, dairy products, food-soiled paper & cardboard, paper coffee filters, and wooden utensils, skewers and toothpicks. Yard and garden waste is also welcomed in small amounts, though invasive species are not. These, you can save for the occasional regional district round up or take to Augusta Recyclers where you pay a minimal fee for disposal. Refer to the full list of what goes in and what stays out that will be mailed out as a guide for residents.

When collecting food scraps, avoid the temptation of buying compostable plastic bags. Compostable plastics are not permitted in the program because they don't break down at the compost facility and can lead to plastic contamination. Instead, grab a sealable container from your recycling bin or ask staff at the depot to put one aside for you. Line it with newspaper or paper towels to absorb the juicy goods that are a part of composting. This will make the drop off to your backyard composter or the depot quick and neat.

Be sure to drop off your compost during the depot's hours of operation only. Dropping off outside of these hours, will attract critters of all shapes and sizes, and create a hazard for depot staff. Staff will be available to assist you with drop offs and questions you might have about what goes in and what stays out. The Let's Talk Trash team will also be present at the depot on launch day, October 8<sup>th</sup>, and they welcome any questions you might have.

The *Let's Talk Trash* is the qathet Regional District's waste reduction education program. Contact them at [info@LetsTalkTrash.ca](mailto:info@LetsTalkTrash.ca).

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

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

### WHAT STAYS OUT? ❌

- Pet waste, plastic, metal, etc.
- NO Compostable or Biodegradable Plastic Products
- NO Waxed Cardboard
- NO Produce Stickers
- NO Plastic, Styrofoam or Coated To-Go Wear (e.g. Coffee Cups)
- NO Glass, Metal, Wire or Rubber
- NO Pet Waste, Cat Litter or Seashells
- NO Diapers, Baby Wipes or Dryer Lint
- NO Wood Ash
- NO Invasive Species (e.g. Ivy, Japanese Knotweed, Broom, Blackberry, etc.)

### 3 EASY STEPS TO ORGANICS RECOVERY:

- 1** Choose a collection container of your choice. Remember glass & metal retain less odour than plastic does.
- 2** Freeze or keep in a sealable container to cut down on odours & fruit flies.
- 3** Deliver your collection to the 'self-haul depot'.

**Consider reuse!** Try to find a food scraps container in your recycling or inquire at the recycling depot for containers.

**Line your container** with paper towels, scrap paper, newspaper, unwaxed cardboard or Bag-To-Earth bags to keep it cleaner.

**SELF-HAUL DEPOT LOCATIONS:**  
 → Tla'amin Recycling Depot (Near Salish Centre 4885 Hwy 101) - **FREE** drop off during hours of operation (Tues-Sat 9am-5pm).  
 → Loads over 50L/20lbs must be taken directly to Sunshine Disposal Wed & Sat 10am-4pm ONLY at 4484 Franklin Ave. (604.485.0167). NOTE: Max. load 2 yards!



**Need Help? Call us!** Powell River Waste Management Education Program  
**Let's Talk Trash: 604.485.0020**  
 or email us at [info@letstalktrash.ca](mailto:info@letstalktrash.ca)



# ANNOUNCEMENTS



## *Congratulations on your wedding Stacia and Dave*

Best wishes on your wonderful journey as you build your new life together  
September 1st



## **Welcome Baby King!**

Mario and Tana would like to introduce the arrival of their baby boy Kingston Brandon Paul on Sept 1st, 2019, at 5:14 pm. Weighing in at 8lbs.12 oz.

## **What to do with Thanksgiving Turkey Leftovers**

### **TURKEY POT PIE**

#### **INGREDIENTS**

- 1 sheet frozen puff pastry, thawed
- 1 large egg, lightly beaten
- 4 oz. reduced-fat cream cheese, at room temperature
- 1 lemon
- 3/4 c. low-fat sour cream
- 1 tbsp. Dijon mustard
- 1 tbsp. fresh thyme leaves
- Kosher salt and pepper
- 2 1/2 c. shredded leftover turkey or rotisserie chicken
- 3 oz. Gruyere cheese, coarsely grated
- 3 oz. leftover sliced ham or thick sliced deli ham, torn into 1/2- inch pieces (about 1/2 cup)
- 1/2 cup of leftover mixed vegetables
- 2 scallions, finely chopped
- 1/2 c. fresh flat-leaf parsley, chopped



#### **DIRECTIONS**

1. Heat oven to 425°F and line a large baking sheet with parchment. Unfold the pastry and cut into a 9 to 10-inch round. (Reserve pastry trimmings for another use.) Transfer to the prepared pan. Brush with the egg and bake until puffed and golden, 18 to 22 minutes.
2. Meanwhile, squeeze 2 tablespoon juice and grate 2 teaspoon zest from the lemon. In a 9- to 10-inch skillet, heat the cream cheese, lemon juice and 2 tablespoon water over low heat until melted and smooth. Stir in the sour cream, mustard, thyme, lemon zest, 1/2 teaspoon salt and 1/4 teaspoon pepper. Fold in the turkey, gruyere, ham, mixed vegetables, scallions and parsley and cook until heated through, about 3 minutes.
3. Top with puff pastry.

**WE-DELIVER.ca**

**483-FAST (3278)**

**To and from your business, home  
or workplace**

## **Happy Birthday Amy!**

*I wish a happy birthday to  
my wife Amy!*

*Best wishes October 4th!*

*Love ya! Dave*



It's my honour to announce the 2019 B.C. Aboriginal Provincial Soccer. Championships in the U19 level with the Island Strong Soccer team. James and David-Jerod Timothy and Russell Pielle were on that team competing.

They represented Tla'amin, We Wai Kai, Klahoose and B.C. and are going to Halifax July 12-19,2020 for the North American Indigenous Games in the U19 Boys Soccer Division after winning Gold.

Vienna Timothy also will be representing Tla'amin, Musqueam and B.C. in Halifax for the Coastal U19 Girls team who won their division. Congrats to all players representing B.C. and their nations in Halifax N.A.I.G. 2020!

*Dave Moon*

*Coach, Manager of Sliammon Junior Braves F.C.*