



# NEHMOTL "US"

December 2019

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

## Louie Leads Bantam Kings to Gold in Coquitlam

*By Jamie Burt, Head Coach*

Brayden Louie and the Powell River Kings Bantam Rep hockey team took part in the Coquitlam Bantam A Gold Classic from November 8 -11. Over the course of three days the team played a total of 6 games in the 10 team tournament. After a thrilling shoot-out win in the semi finals versus Oceanside the Kings defeated a tough Sooke team in the Finals 4-1 to claim the gold medal.

Louie is co-captain of the Kings and according to head coach Jamie Burt he was one of, if not the, best player in the tournament. "Brayden has really developed into a well rounded, powerful player this year", stated Burt. "He has always had a terrific shot but his skating has improved tremendously. The addition of body contact at the Bantam level has given Brayden another element to his game that makes him a very effective player". Throughout the tournament Louie played very physical and a couple of his body-checks really turned the momentum in the Kings favour.

The Bantam Kings have shown tremendous improvement over the first two and half months of the season. After starting the year winless in their first 9 games they are now undefeated in their last 7. Louie has been a huge part of that turn around. Burt stated, "Brayden has really stepped up his overall game this year and is showing he can compete at a high level. He has helped lead our team and has given some of our newer players confidence through his play. Brayden plays at both ends of the rink. He is our top offensive player and our best defensive forward as well. I'm excited for the second half of the year and I hope Brayden seeks out additional opportunities where he can show of his passion and talent for the game."

The future looks good for the Bantam Kings and for Brayden Louie. (Pictured below #18)



Brayden (behind the goalie) and the PR Kings celebrate gold



## Xmas Dividend

Dividends will be released every Friday during the month of December, and the last deposit will be Friday December 20th.

Please complete the dividend form available at Tla'amin Governance House or on the website, [www.tlaamination.com](http://www.tlaamination.com) and return them to the Government House, or they can be emailed to [dividends@tn-bc.ca](mailto:dividends@tn-bc.ca), or by fax to (778) 762-5245.

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# Fish Traps and Petroforms: A Convergence of Science, Technology and Oral Traditions

By Alex Sutcliffe

“Tla’amin is not just like any other neighbourhood. We belong to a community that is thousands of years old!” *Words spoken by Maynard Harry.*

We know from the oral record that Tla’amin people have been here since time immemorial. When it comes to the scientific dating, some of the oldest remains in the territory uncovered so far, date back to over 7,600 years ago, as discovered from the Tla’amin-SFU project from a midden at Grace Harbor. The Lang Bay site could also be as much as 9,000 years old. Tla’amin people have been here longer than all of recorded history! Before the rise and fall of the roman empire, long before the birth of Christ, even before the Egyptian dynasties and pyramid building civilizations, Tla’amin people were living here on this land.

In Heiltsuk territory a recent archaeological excavation in 2017 uncovered tools and charcoal fragments from a site that dated back to 14,000 years ago! The Heiltsuk also maintain they were placed on their lands by the creator, long before the great flood took place. The midden site discovered at Grace Harbor corresponds to a time in history when the sea levels began to level out. 14,000 years ago, global sea levels were about 100 meters lower than today, although in this region it is believed sea levels fluctuated due to isostatic rebound (land rising after the lifting of the weight of huge ice sheets when the glaciers melted). It’s quite possible for Tla’amin people to be older than 14,000 years, with much of the evidence being either underwater or potentially at higher elevations depending on sea level models.

Advanced human civilizations (those building megalithic monuments - large structures made out of stone) was thought to begin with the Sumerians in ancient Mesopotamia around 6,500 years ago, but recent archaeological findings, such as the dating of Gobekli Tepe in Turkey (~12,000 years old) and the Bosnian Pyramid (~30,000 years old!) are pushing back the dates further and further into the past. We are only now beginning to piece together the truth of our origins. The flood stories found all around the world seem to recall various global cataclysms that affected the earth at one time or another. This may have wiped out a technologically advanced society, and who would be more equipped to survive in the aftermath of such an event, than first nations people and those that had a connection to the earth, that knew how to live off the land.



Alex Sutcliffe, Jordan Enns, Betty Wilson and Alana Washington, with fish traps and petroforms visible in the background. Photo by Phil Russell.

Tla’amin people knew how to live in this part of the world. Everything that was needed was provided by the Earth. The stories, teachings, history, language and culture that defines Tla’amin people, has been passed down from one generation to the next across thousands of years of time. The relationship with the natural world was at the heart of Tla’amin culture. Changes would be slow over the millennia. Over time Tla’amin society would have grown becoming increasingly organized and complex. The evidence can be seen in the stone fish traps that remain to this day, all along the coastline, but highly concentrated between Townsite and Grief Point.

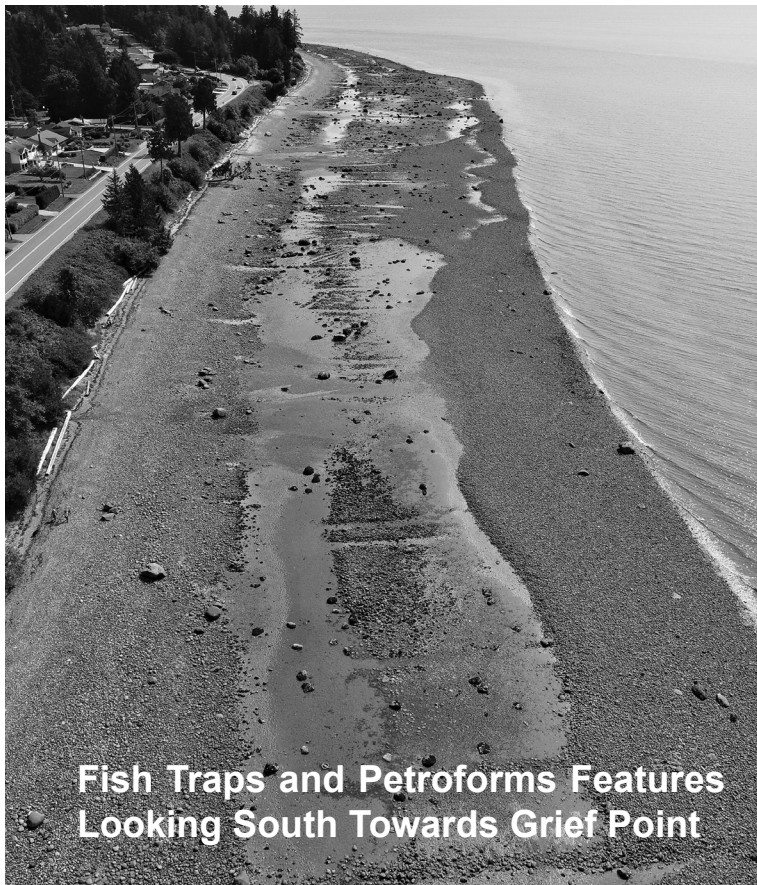
When archaeologists find structures on the beach that are not natural formations, they are termed features. When there are many features close together, they form a complex. The entire coastline from Townsite down to Grief Point contains back to back complexes indicating that there was a significant population density of people living in this region. The sheer scale also indicates that the people were also part of a highly organized society. It is impossible to know just how many people were living here before, early census figures were recorded after the first waves of epidemics and are not representative of earlier populations, but the Tla’amin oral record has maintained that there were thousands, and thousands, of people living here pre-contact.

As the fish traps would have sustained large numbers of people in their prime, they point to a time period long before contact, hundreds of years ago. Much of the information about how the fish traps were used has been lost but there are

still elders in the community that have memories of witnessing their grandparents using some of these structures.

Freddie Louie recounted a story with his grandmother at Blubber Bay, “We used to go to saʔyayin and pick seaweed, but on the rock bluff when we were nearly finished she’d start beating up on the mussel and barnacle, when the tide was coming back in, she used to set her net right around it and perch, rock cod and all that come and feed on it. She had it all, didn’t have to go look anywhere else. I used to think she was crazy, lots of ducks too and birds would come around when the tide came in, then they were gone, but they used to catch their fish like that easy... They squished up ʔomaʔu (barnacles) and saʔma (mussels) before the tide was coming in, then the crabs would come in and when the tide went out the crabs would be trapped there. They also did it for ʔagi (flounder/halibut). It was kind of a delicate thing to get, in the sandy places they’d beat up on the mussels, they’d take the rocks away from there, block it off, make it sandy, then the flounder would come in too”.

It’s very likely the remnants of these large-scale aqua farming structures served multiple purposes. They would have doubled as clam beds and been used to target different species of fish and marine invertebrates and crustaceans. Anybody can see these features for themselves by walking along the rocky beaches at low tide. The beach in its natural state is covered in an even layer of rocks. Areas where the sand is visible is typically a result of cultural modification. Second Beach between the Mill and Willingdon Beach have some pretty distinct structures and



**Fish Traps and Petroforms Features Looking South Towards Grief Point**

walls. Some of the complexes and cleared areas here are over 200m long. This is dwarfed by the section of coastline between the Marina and Grief Point where there are continuous structures that stretch for over a kilometer in length!

Colleen Parsley from Aquilla Archaeology is one of the archaeologists who has been studying the coastal features in this area. In one of her impact assessment studies from 2014 she notes: "The intertidal zone is a continuous complex of petroform features. A complicated arrangement of rock walls and cleared beach areas forming pen-like structures were utilized as fish traps, and may have served also as clam gardens. Long linear cleared zones punctuating the traps were likely canoe skids. This complex of archaeological features is present on the shoreline for several kilometers fronting Marine Avenue from just north of the ferry terminal to at least the actual point of Grief Point... Both the subtidal petroforms and the mid-tidal petroforms contain very constricted openings which appear to be narrow openings for fish to enter and likely were gated off with weir stakes to close off the traps. The best known intertidal archaeological site is Comox Harbour (DjSf-43) located on the East Coast of Vancouver Island directly across the Georgia Strait from Grief Point. By comparing this intertidal complex with other sites in the region we can discern that based on size, DkSd-6 (Grief Point) ranks on par with the Comox Harbour site DjSf-43, the largest known intertidal complex in the Strait of Georgia."

The Tla'amin complex towards Grief Point is

"on par" with the largest known intertidal complex in the strait at Comox! It's pretty clear the Tla'amin, K'ómoks, Klahoose and Homalco people had sophisticated knowledge and a high level of social organisation, in order to engineer, build and harness these structures on such a large scale.

Back in August of 2019, the Nation was able to document a section of the beach along Marine Avenue at the end of the sea walk. Betty Wilson initiated the project with the intention of capturing video footage to document the site for cultural purposes and for use in potential future video projects. With support from the legislature she teamed up with Alex Sutcliffe and summer student Alana Washington and the three set out to scout the location and determine the optimal king low tide windows.

It was decided to capture a section of the beach towards the end of the Sea Walk, terminating where the private waterfront properties began.

This section of beach was chosen as it was likely to be the least disturbed over time, with less seawalk and no direct waterfront properties. The site selected was in restricted airspace in proximity to Powell River airport so it was decided to commission Jordan Enns from Effective UAV Solutions to perform the flight. Jordan offered to model the site as part of the flight which added another valuable dimension to the information collected. Weather and tide times delayed the flight date multiple times but eventually a suitable window opened up that allowed the flights to proceed.

We now have drone photography and video of this stretch of beach, along with a digital surface elevation model, a high resolution ortho mosaic composite image which is the equivalent

of the kind of satellite imagery you can access in google earth but offers far greater detail, and a three dimensional model of this section of the beach (which can be viewed in any web browser here: <https://skfb.ly/6NsCC>)

Looking at these structures from the ground is one thing, sometimes all you can see is a pile of rocks, but when you see these sites from the air, it gives you a whole new appreciation for what these remnants represent. The scale, complexity and organisation required to build these formations becomes really apparent and is

**Colleen Parsley and Scott Galligos perform an Archaeological Impact Assessment Study near Willindgon Beach**



quite striking. It ignites the imagination to wonder how they were used by our ancestors and what life was like pre-contact. Also, the fact that they are physical remnants of an ancient system of knowledge, an ancient culture which all Tla'amin people are descendants of. An amazing, vibrant, thriving culture that is untold thousands of years old.

Where much of the modern colonized world is fragmented and people don't know their ancestral roots or where they came from, Tla'amin people have had an unbroken connection to this land for thousands, and thousands of years, and that's pretty special.



**Fish Trap Complex South of Grief Point**



*Wishing you and your family a wonderful Christmas season, and may you be blessed with good health, prosperity, and happiness in the new year.*

FROM HEGUS AND LEGISLATORS AT TLA'AMIN NATION

Hegus Clint Williams ~ Gloria Francis ~ Brian Hackett

John Hackett ~ Larry Louie ~ Shawn Louie

Denise Smith ~ Lori Wilson ~ Tyrone Wilson

4779 KLAHANIE ROAD, POWELL RIVER BC 604 | 483 | 9646 [tlaaminnation.com](http://tlaaminnation.com)



# Children and Families the Priority:

## *Collaborative Overview of CDRC and Family Services Wraps Up*

By Marlane Christensen and Janet Newbury

We are happy to share with you some of the results of the Collaborative Overview of the Child Development Resource Center (CDRC) and Family Services at Tla'amin Health. Beginning with a review of scholarly literature and other research (including policy documents and reports) in June 2019, moving to an intensive community engagement period (through to October, 2019), followed by a childcare center tour (early October, 2019) and synthesis of all information into a final report (November, 2019), this Collaborative Overview was a six-month process.



Opportunities to participate were shared widely through *Neh Motl*, Facebook, and mail outs, and there was a great deal of involvement from community including: group meetings (58 participants), one-on-one interviews (38 people), surveys (9 respondents), and a childcare facility site tour (8 participants). This work would not have been possible without the many Elders, staff (CDRC, Tla'amin Health, and Tla'amin Nation), parents and/or guardians, partners in health and Tla'amin community members (both near and far) who lent their voices to this process. The final report centers these perspectives, and all priorities identified are drawn directly from community input. čěčhaθeč to everyone who participated.

From all of this information key strengths, weaknesses, opportunities, and challenges were identified. Areas of strength include some of the lasting relationships and commitments to children and families demonstrated by workers, as well as the progress that continues to be made to revitalize cultural practices, teachings, and ways of working. Weaknesses that were identified included poor communications across CDRC,

Tla'amin Health, and Tla'amin Nation, which can interfere with a better outcome of a family-centered practice. Other areas for improvement include clarity around roles and responsibilities, and processes for resolving concerns as they arise. Ongoing challenges to remedy these include the legacy of colonization and the related need for more capacity to support children, families, and workers at this time.

All of that said, the opportunities identified through this overview process were many, and these opportunities directly inform concrete recommendations. The five priority areas that emerged in relation to future action are: a) structures of support, b) capacity building, c) family-centered model, d) cultural safety, and e) enhanced support for cultural and language revitalization. Grounding recommendations in traditional Tla'amin teachings (Ta'ow), encourages a holistic approach that sees all of these priorities as related to one another and as a whole community responsibility. For this reason, a range of strategies were identified under each of these five priority areas, particular actions were highlighted as first steps in order to

set the stage for all others.

As a result, families can look forward to some improvements in the short-term which may include: a system-wide communications strategy, infrastructure expansion at the CDRC, system-wide staff training and support, developmental assessments for our children (0-6) would take place in community by a contracted assessment team, and an Elder-in-residence at the CDRC. Over the long-term, there will be quality improvement and oversight processes put into place, new positions opening up to better support existing programs and service providers, and case

managers or systems navigators to help families navigate the system and coordinate collaborative approaches among workers – with families at the centre.

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*“Traditional knowledge has become our greatest weapon against the extinction of our inherent rights.”*

**- Siemthlut/Washington, 2004**

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This will take time, but it marks a movement away from a siloed and bureaucratic approach is not traditional to Tla'amin people, and toward a community and family-centered model. Fortunately, there is currently a policy environment that is increasingly conducive to such a shift. Tla'amin self-governance, coupled with new Provincial and Federal mandates to respect Indigenous sovereignty when it comes to child welfare means Tla'amin is well positioned to take some bold steps at this time.



## The Lund Resort at Klah ah men Recognized Nationally as a Leader in Indigenous Tourism

Hard work and passion have delivered a prestigious honour to the Tla'amin Nation, its Lund Resort management team and staff. The award for Most Outstanding Indigenous Accommodations was presented to the Nation's Interim CEO of Management Services, Grace Adams and Resort General Manager, Scott Wilshaw at the 8th annual International Indigenous Tourism Conference (IITC) on the traditional and unceded territory of the Syilx Nation (Kelowna, BC). The Awards gala honours the leaders and exceptional Indigenous tourism experiences from coast to coast to coast, and this year both the Indigenous Tourism Association of Canada (ITAC) and Indigenous Tourism BC (ITBC) celebrated award winners and nominees on Thursday, November 14.



Recognizing a regional tourism operation for providing excellent lodging experiences for guests while incorporating Indigenous themes, design elements, and cultural experiences, the Most Outstanding Indigenous Accommodations award brings forth a deep sense of pride from all who have played a role in the new direction of the Lund Resort at Klah ah men. Interim CEO of Management Services, Grace Adams says it best when sharing her reaction to the announcement... "This is an award everyone at the Nation can be proud of, as it is the dedication and commitment of all since the acquisition of the resort which has brought us this honour of distinction. 2019 has been an exciting year and this award has laid the footprint for our Lund Resort going forward. On behalf of Scott and myself we would like to thank our dedicated staff, aventus Hospitality, Vaka Marketing, both the holdings and operating board as well as Tla'amin Nation for their support of the transition of the Lund Resort. *Cheh cheh hah tahn nah pesht ( we thank you ).*"

With the Resort's strategic change in direction to become the first, full service Indigenous owned and operated destination resort on the Sunshine Coast of British Columbia only one year ago, the receipt of this award is significant. Not only is the award a remarkable compliment to the dedicated team, it furthers the Tla'amin Nation's desire to continue to fulfill its three year strategic plan for the Resort and destination of Lund or as it is known in the Nation's language – Klah ah men, which translates to a place of refuge. This plan includes ongoing renovations and additions to the main hotel building, the General Store and 13 Moons Marina, with new elements coming in summer 2020 to include a wellness centre featuring a full service spa, and 'glamping



tents' – a contemporary experience in outdoor luxury camping.

Of special note is The Lund Resort at Klah ah men was also recognized as one of three finalists in the National category of Most Improved Business. This category acknowledges Indigenous tourism businesses which have significantly improved their market/export readiness allowing for a stronger business opportunity, while professionally demonstrating Indigenous tourism's ability to meet and exceed consumer and travel trade expectations.

The Tla'amin Nation extends its congratulations to all nominees in each category and looks forward to continuing its work together with both Indigenous Tourism Association of Canada and Indigenous Tourism BC.

*Formerly known as the oceanfront Historic Lund Hotel & Marina, The Lund Resort at Klah ah men is located at the northernmost tip of BC's beautiful Sunshine Coast, at the Gateway to the renowned Desolation Sound. The hotel was built in 1905 and is located at the heart of the quaint village of Lund once again known as Klah ah men. Translated this means 'A Place of Refuge' which was a traditional village site of Tla'amin people.*

## Tla'amin

# Winter Wonderland Skate

## December 14th

### 2:30 - 4:30 pm

- Skate rentals and helmets included
- Ice sleds available
- Bring your own hockey sticks

# PROGRAMS & SERVICES

*I want to wish you all a Happy Holiday Season and a Happy New Year!*

## Culture Nights

Please note that the final Culture Night of 2019 will take place on December 11<sup>th</sup> at the Tla'amin Governance House and not at the Salish Centre. Culture Nights will be back for January 8<sup>th</sup> 2020!

## Carving Mentorship Project

If you are a carver and are interested in taking part in a carving mentorship project contact me at the number listed below. There is an opportunity for the Tla'amin Nation to have master carver Calvin Hunt (pictured below) from the Kwakiutl First Nation come and mentor our carvers during this exciting project.



## Tribal Journey Meetings

If you would like to be involved in the planning process for Tribal Journeys, please attend our monthly meetings currently scheduled for the last Thursday of every month. There will be no December meeting so the next planning meeting will be January 30<sup>th</sup> 2020.

## Button Blanket & Dancing Apron Making with Joan Williams

We will be having a button blanket & dancing apron class with Joan Williams on Friday December 6<sup>th</sup> & Saturday December 7<sup>th</sup>. Please let me know if you are interested in taking part in this class as we need to know how much materials we will need.

(604)-483-9646 ext. 123  
[drew.blaney@tn-bc.ca](mailto:drew.blaney@tn-bc.ca)

## Stockpile Seasonal Spectacular



- Not Enough time Special
- 20% off all made in house Frozen Deli Meals
- Save 15% on all flasks with liquor purchase
- Save 20% on all Lund Resort Themed items
- Save 20% on all Tackle
- Free Christmas Stocking with any Stocking stuffer purchase of \$25.00
- New products from Native Northwest at great savings.
- Many other great savings items for the fisherman or outdoor enthusiast

*Happy Holidays.*



*Happy Holidays from the Neh Motl.  
All the best in 2020!*

# Hehewšın Reconciliation Marches On



## Willingdon Beach (?ah?jumıxw) November 17, 2019. Signs Unveiling Ceremony

Cyndi Pallen (čine), John Louie (yaχwum), and Phil Russell (kʷɔnanəm) have been working towards bridging relationships and understanding the impacts of colonialism through the hehewšın project (The Way Forward), as an act of reconciliation. The hehewšın signs have been completed and an unveiling ceremony took place at Willingdon Beach, Sunday: November 17, 2019. It took 2 years to completion, and these signs will be a way of honoring our Ancestors specific to Tla'amin people.

The gathering at Willingdon Beach worked to raise awareness of the history of Tla'amin First Nations people. Our non-indigenous neighbors were invited to participate in this act of reconciliation.

Our goal is to support the survivors and families and to fully understand the nature, causes and the extent of colonialism. Hehewšın is reflected in the 94 calls to action by the Missing and Murdered Indigenous Women and Girls Inquiry.

We acknowledge the many hands that supported Hehewšın, as we went to the different tables. Special Thank you to Tla'amin Legislators, Powell River City Council, qathet Regional District, Powell River council for Arts and Culture, LIFT (Formally PREP) Bannock makers, Pat Luaifoa, Margaret Timothy, PRDI, Let Talk Trash, Powell River City Workers, Hehewšın volunteers and all the carvers, Joe Martin, Sherman Pallen, Alvin Wilson, Ivan Rosypskye, John Dominic, Matthew Louie, and Dakota Gustafson, Phil Russell

Reconciliation as defined by Webster dictionary is, "To restore to harmony; To bring resolution; Re-establish Harmonious relationship; To overcome the distrust or hostility of; To become agreeable." Reconciliation is an ongoing individual and collective process and requires a commitment from all.

## Hehewšın Walk for Reconciliation hehewšın

As part of the healing, we implemented a Reconciliation Walk on November 10, which took place from Willingdon Beach to Powell River BC Ferry Dock. We had two guest speakers who shared their stories as part of the healing from past harm they suffered. Rose Henry and John Louie (yaχwum),

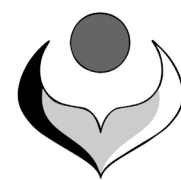
These gatherings offered a safe environment for individuals to meet with the support of the Tla'amin people and Powell River community, it became a building block, acknowledging the past, freeing the spirit from many of the memories that may still linger. These gatherings are Tla'amin Peoples way of embarking on a healing journey and mark an historical moment in time.

# Cultural Awareness Gathering 2019



The objective is provide agencies from outside the community with an enlightening and cultural experience. Culture and Traditions are the foundation for order and governance within the First Nations communities and the importance for Powell River agencies to be knowledgeable and sensitive towards these customs. Bringing everyone together in an open, welcoming atmosphere will only build better relations between all the people responsible for providing these services, as well as, the community members that these services are provided for.

**Quat Thes Tes Pa Pem:**  
**"Working Together"**



**Hehewšın**  
The Way Forward



(L-R) Lori Wilson, Rob Southcott, Stewart Alsgard, George Doubt, Nicholas Simons, Shirley Louie and Cyndi Pallen

# Comprehensive Nation Plan Open House



You are invited to join us for a  
**FUN INTERACTIVE PLANNING SESSION**

**December 11th**

**Salish Centre**

**3:00 - 7:00 pm**

Light Dinner and refreshments provided

*Christmas Door Prizes*

Success begins with YOUR input and knowledge

A Comprehensive Nation Plan (CNP) is a document collaboratively developed to assist our community in embracing change and planning for our future. The CNP process will build a roadmap to sustainability, self-sufficiency and improve governance capacity. Developing the CNP will give us an opportunity to think long-term. This will build on our 2007 nation plan. Brooks Tla'amin students have been invited to lead some interactive tables as part of learning about their future.

December 25th is just around the corner! Christmas gifts will be drawn for door prizes (50.00 value). Activity passports will be provided to all Tla'amin citizens/members to complete to be eligible to win. GOOD LUCK!

For more information contact CNP Coordinator Steve Gallagher, 604-483-9646 ext. 138 or email [nehmotl@tn-bc.ca](mailto:nehmotl@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**



## Elders Corner

### Tla'amin Elders Calendar

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

**December 3rd**

Elders Christmas Luncheon – Lund Hotel (12-4)

**December 10th** Kimberly Gage, Seniors Fitness

**December 17th** Kimberly Gage, Seniors fitness

**December 24th** No Elder's Day Program

**December 31st** No Elder's Day Program

*Have a safe holiday,  
with your jeh jehs*

CHIT CHIM KWAN NO MEH in 2020 – all my relations!

Doreen Hopkins  
Tla'amin Elders Coordinator  
604-483-3009 ext. 126  
doreen.hopkins@tn-bc.ca

*Breakfast with Santa at the CDRC*

*December 6th from 9-11am.*

**Indigenous ornament making at CDRC**

December 10th from 5-7pm

**Tla'amin Nation Santa Parade,**

December 20th at 6pm

(more information to follow on Facebook)

**Parent/tot group @ the CDRC**

December 5th, 12th, 19th from 9:30-11am

## *The ABC's of a Family Christmas*



by Brenda Pielle

A is for anticipation: our children become so excited about the possibilities of fun and gifts.

B is for boughs: cedar boughs hung around our doors and windows are not only beautiful, they are good medicine and protection for everyone in the home.

C is for carols: Christmas is a wonderful time to do lots of singing.

D is for decorations: allowing our children and youth to help decorate makes them feel important and involved.

E is for Elders: do you know an elder who might need some help at this time of year? Maybe some firewood brought in or stacked by the door, maybe some leaves raked, or some help with decorating? Be sure to include your children and youth so they can learn this traditional teaching of helping others.

F is for family: thank goodness for some time to connect with those we love and share some family traditions.

G is for gifts: gifts do not need to be expensive. We all know the truth about how children play with the box something came in, rather than the item, itself.

H is for holidays: not having to rush in the morning – staying in pyjamas all day and building forts with the couch cushions.

I is for imagination: when we tell children about magic, or stories about amazing things happening, we are stimulating our children's imagination and helping them learn to think beyond the ordinary.

J is for joy: children can be filled with so much joy, and when we take time to play with our children, the joy is contagious. If our youth are feeling low, connecting them with younger children can help spread some joy.

K is for kisses: lots of kisses for the holidays help us spread love and Christmas cheer.

L is for lights: twinkling lights inside on a Christmas tree or outside on houses are so beautiful and even the smallest child can enjoy them.

M is for merry meals: family meals together make the holidays special.

N is for noise: there's nothing quite like the sound of excited children. We can help our children learn self control when we encourage them to use inside voices when inside.

O is for "oh so yummy": treats and special favorite food like smoked salmon make for tasty memories.

P is for prayer: we can help our young people learn gratitude when we lift a prayer of thanks before we have our special meals together.

Q is for quietly falling snowflakes: if we have some snow I hope it comes on the holidays when the children can watch it gently fall, then go outside and enjoy it.

R is for rest: remember to try to have some early nights during the holidays. Our children and youth need lots of rest to help them cope with all the excitement of Christmas.

S is for sad: sometimes we feel sad at Christmas when we remember loved ones who have already gone on their spiritual journey. It is good to let our children and youth know we are thinking of someone, and we can explain that when we light a candle for someone, it is a way of acknowledging that his or her spirit is always present with us.

T is for time: the greatest gift we can give our children is the time we spend with them. Baking, playing games, singing songs, swimming, skating, and reading books are fun ways to spend time with our children and youth.

U is for unexpected: it is always nice to surprise our young ones with an extra "little something" just for fun.

V is for vitamins and vaccines: eating nutritious food, and getting the flu shot will help us all stay healthy.

W is for winter: time for gloves, hats, warm coats, and boots.

X is for "X Box": remember to limit the screen time that our young ones have when they are spending all day at home. It is important for our all of us to bundle up and have some outside time. Going for a walk as a family is a great Winter activity – we can help our young people appreciate the wonders of the earth by pointing out the crashing waves, the flying birds, the trees moving in the wind, and so on.

Y is for yawn: it would be nice to be a bear and hibernate for the winter. Sometimes inviting our children to pretend they are a bear can be a fun way of talking them into getting to bed. Youth need to catch up on rest, too.

Z is for zzzzz's: Mom and Dad need lots of sleep, too. Remember to take care of yourself while you are putting so much energy into making the holidays memorable for everyone in the family.

## Child Youth and Wellness Programs

### Culture Night

Wednesday December 4th, 11th 18th

(Will resume in in January)

Time: 5:30 to 6:30

Location: Meet @ Salish Center (gym).

Everyone welcome

### Youth Activity Night

Thursday's December 5th, 12th, 19th

(Will Resume in January)

Ages: 7 to 16

Time: 4:30 to 6:00

Location: Meet @ Tla'amin Health

Snacks n 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

*Wishing everyone a safe and Happy Holiday..*

Tla'amin Health

Shirley Louie

Child Youth Wellness Coordinator

4895 Salish Drive, Powell River B.C

Tel: (604)483-3009 ext: 104

Tel: Direct Line (778) 657-5919

Toll Free: 1-888 -271-5555

Fax: (604)483-2466

## Health Office Hours for Christmas Break

**Closed** for the following Statutory holidays

December 25th & 26th and January 1, 2020

**Will stay open**

December 23rd 24th 27th 30th & 31st

January 2nd & 3rd, 2020



# Tla'amin Nation Swim and Fitness Activities at PR Complex



**Mondays** – starting October 14/19, 8:00am – 9:30pm

Open to exercise and any fitness sessions happening during this time. Weight Room open all day

**Fridays** – Starting October 18/19, 8:00am – 9:00pm

Open to exercise and any fitness sessions happening during this time. Weight Room open all day.

Swim opens at 10:30 am on fridays

**There will be a sign in sheet at reception,**

Make sure you sign into your age category, check the sheet to see where you should sign in. Family use one line, not a separate line for each member/s in your family. We get charged by members & family signed in. Emote

**For information:** Dawna Pallen, Health Promotion

@ 604.483.3009 X 122

## MEN'S CIRCLE

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



**Health Centre Tuxahmiy Room**

Every Wednesday

7:30 – 9:00 pm

For more info contact Frank

Osawamick @ Tla'amin Health

604-483-3009 ext. 113

# Open House

**Drop by December 24, 2019 between 11:30 to 2:30 pm @ the Health Facility**

Get an update on what our staff are doing in their programs or better yet give us some ideas and feedback.

Appetizers, treats and Holiday music will be offered.

***We look forward to seeing you***



Culture Group Pasta Dinner and Entertainment  
Fundraiser for Hoobiyee 2020  
Alcohol and Drug Free event

## RON PEACEY – HOMALCO ELVIS

Saturday, December 21<sup>st</sup>, 2019

Dinner: 6-7 and Show 7:30

At the Salish Center

**Tickets \$20.00 ea.**

Contact Leslie @ 604-223-7555 or Sosan @ 778-992-0151



## KUU-US Crisis Line Society

The [KUU-US Crisis Line Society](#) provides a First Nations and Indigenous specific **crisis line available 24 hours a day, 7 days a week**, toll-free from anywhere in British Columbia.

**KUU-US Crisis Line can be reached toll-free at 1-800-588-8717. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050.**

KUU-US services are for First Nations, by First Nations, and all crisis response personnel are certified and trained in Indigenous cultural safety bringing an understanding of First Nations history and trauma from the residential school to their roles. Topics the KUU-US Crisis Line can support individuals with include, but are not limited to, mental health issues and crisis related to residential school, child welfare, addiction, health concerns, divorce and separation, suicide ideation and survivorship, grief and loss, crime, abuse, peer pressure and financial distress.

The KUU-US Crisis Line Society also provides a number of local services in the Port Alberni area including the Survivor of Suicide Peer Support Group, Housing Registry, and the A.H.O.P.E Program.



# Tla'amin Nation Executive Council Minutes

October 16th, 2019

Council Chambers, Governance Building

**Attendance:** All Executive Council

**Resource:** Rod Allan, Losa Luaifoa

**Guests:** Cyndi Pallen, Phil Russell, Ryan Thoms

Hegus Williams called the meeting to order at 10:07 am.

## A. APPROVAL OF MINUTES:

Motion to adopt the October 2, 2019 Executive Council (EC) minutes.

*Moved by Councillor J. Hackett*

*Seconded by Councillor L. Wilson*

**CARRIED**

Discussion arising from minutes:

- Hegus Williams commented that the Nation should consider developing its own citizenship criteria model rather than referring to existing models of other nations.

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

*Moved by Councillor L. Wilson*

*Seconded by Councillor T. Wilson*

**CARRIED**

## C. PRESENTATIONS:

### 1. FireSmart Program

Ryan Thoms, Manager of Emergency Services, provided an update on the Regional FireSmart Program and to seek Executive Council (EC) endorsement to continue the program into 2020.

Motion to approve a Council Resolution to endorse the FireSmart Program for 2020.

*Moved by Councillor L. Wilson*

*Seconded by Councillor T. Wilson*

**CARRIED**

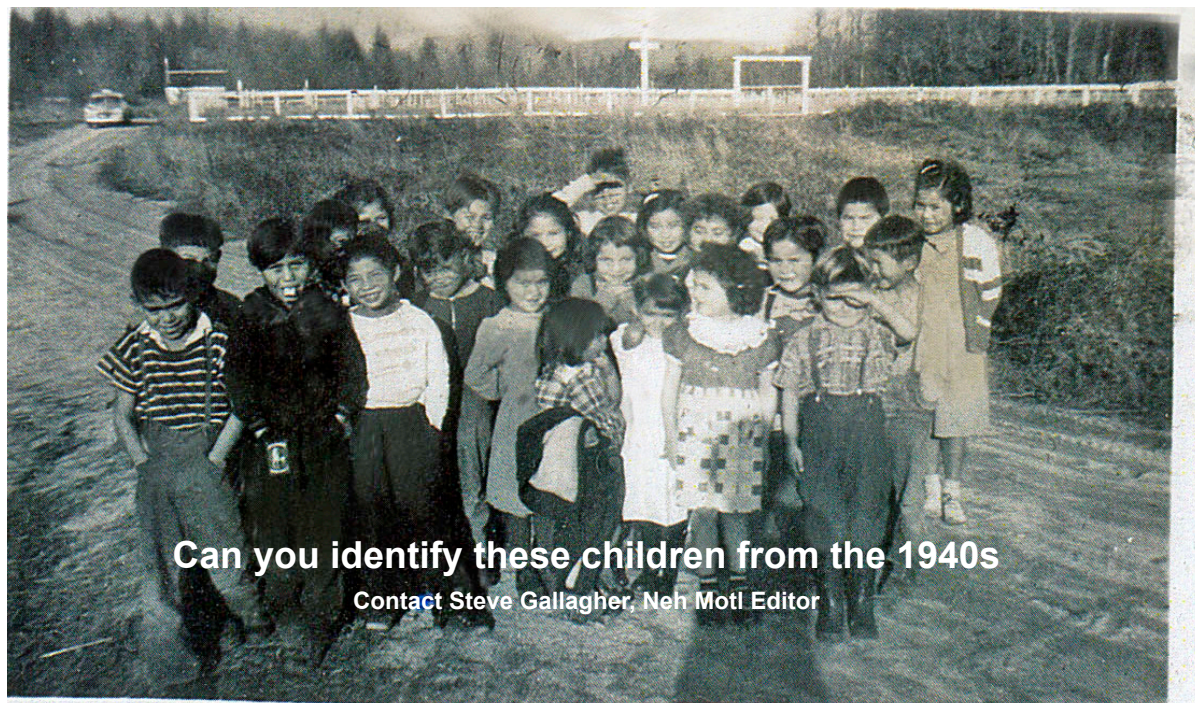
**Action:** Staff to formalize EC Resolution and forward to Ryan Thoms.

### 2. Reconciliation Walk and Unveiling Ceremony – November 10, 2019

Cyndi Pallen and Phil Russell, Hehewsin Group, addressed EC regarding the upcoming events: Reconciliation Walk and Unveiling Ceremony.

The following points were highlighted:

- The Reconciliation Walk is scheduled for November 10 and will take place from Willingdon Beach to the Westview wharf at 11:30 am, to be led by Constable Bakker.
- The Reconciliation Walk is the gateway to the Unveiling Ceremony. It was explained that the purpose of both ceremonies is to build bridges in the community; continue the talk about reconciliation and keep the community engaged.
- Hegus Williams noted that it is important to acknowledge the good work that has been done to date in the spirit of reconciliation. People should ac-



Can you identify these children from the 1940s

Contact Steve Gallagher, Neh Motl Editor

knowledge where they come from but also celebrate the accomplishments and continue moving beyond the past into the future.

- The delegation is seeking a contribution towards the two events and are also seeking approval to use the Tla'amin logo for use in the Hehewsin pamphlet.

EC, by consensus, approves:

- 1) the use of the Tla'amin logo on the Hehewsin pamphlet. (It was suggested the wording "in partnership" be incorporated, if possible).
- 2) a contribution from the Nation for the expenses of the guest speaker for the Reconciliation Walk event.

**Action:** Hehewsin group to provide staff information for guest speaker contribution from the Nation.

## D. NEW BUSINESS

### 1. Administration & Finance:

#### i. Klahanie Specific Claim Settlement Agreement

Hegus Williams noted that there are misconceptions circulating the community regarding the Klahanie Specific Claim Settlement and a potential distribution. To clarify, the Legislative Assembly committed to consulting with the community about a potential distribution in the amount of \$10k, through a series of community information sessions scheduled in November.

Motion to approve Executive Orders TN-EO 11/2019 and TN-EO 12/2019 re: the KSCS and the Payment and Direction to pay the claim.

*Moved by Councillor T. Wilson*

*Seconded by Councillor L. Louie*

**CARRIED**

#### ii. Raven Press Permission Request to use Drone Footage

The CAO advised that the Nation has received a request from UBC to use aerial footage of Harwood taken in 2017.

This item was TABLED.

**Action:** CAO to confirm which aerial footage has been requested to use.

iii. Funding Agreement No.: 1617-BC-000107 Amendment No. 19

It was noted that this is the fourth time the Nation has received funding for the project (old Klahanie store site). EC inquired about receiving a copy of the final report. It was determined that the above noted contribution agreement is to produce the final report.

*Moved by Councillor L. Wilson*

*Seconded by Councillor T. Wilson*

**CARRIED**

**Action:** CAO to request a copy of the final report.

**2. Elders & Youth** – Dillon Johnson, Temixw Consulting, provided a Citizenship presentation to the elders at the regular luncheon on October 15.

### 3. Lands

i) **Klahoose Geoduck Referral.** EC discussed a referral received from Klahoose for geoduck. EC expressed no concerns with providing a Letter of Support to Klahoose. EC requested that the letter specify that the license is for geoduck.

**Action:** Staff to draft letter and include that the referral is specific to Geoduck license.

#### ii) PRSC Lands re: Removal of Section 21

The City has expressed an interest in applying for the removal of two covenants (no build and water access only) from a portion of the City's PRSC lands. The City has inquired if the Nation is interested in being part of the application to have the covenants removed from both respective properties.

The CAO advised that, in his opinion, the removal of the covenants is beneficial to both parties.

Hegus Williams requested that the CAO confirm that the City acknowledges that the Nation has the land management jurisdiction even if/when the covenants

are removed and that the land continues to be exempt from City bylaws.

Action: CAO to confirm (in writing) from the Province that the proposal does not affect the Treaty Settlement Land (TSL) status.

**6) Public Works:** Staff continue to address issues at the sewer plant.

**7) Social Development Assistance:** In regards to a KSC distribution, the question was raised if clients will be exempt from holdbacks if a distribution is provided.

This item was TABLED.

**E. HOUSE POSTS:**

**1. Finance** – Councillor J. Hackett reported the following:

- October 4 Finance Committee (FC) meeting regarding the Klahanie Specific Claim. Action items: FC requested that the Nation contact Nancy Morgan to discuss provisions about potential distribution to members, under the law.

- The FC has requested that the schedule community information meetings be deferred. EC resolved to continue with the sessions as the dates/locations have been booked and noted that the sessions are for feedback from the community.

**Action:** Fact sheet to be drafted re: KSC for Legislators.

**2. Community Services** – Councillor L. Louie reported that the Community Services Post meeting has been changed to November 7, to be confirmed. Agenda will include the Social Development policy.

**3. Public Works** – Councillor T. Wilson reported the following:

- Staff continue to address ongoing issues with Rotating Biological Contractor unit.
- Fire Departments: handful of members joined with Northside Fire Hall and traveled to the interior for internal firefighting training.
- Water Treatment Plant staff attended a conference in Vancouver and received awards.
- Housing Committee meeting was cancelled. Aiming for October 24 to meet.

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

- Lund Resort: Met with the Regional District regarding plans for the relocation of the Lund store in particular, the sewer system.
- TMSLP: A member has resigned from the Operating Board. In order to keep quorum for the Operating Board meetings, Marina Gallagher and Maynard Harry have been moved to the Operating Board. A posting is planned for three board member positions.
- Sun Hey Day meeting is confirmed for a 6 pm dinner on October 17 at the Lund Resort.

**F. HEGUS' REPORT:**

- Meetings/events attended in September/October:
  - Attended Deputy Ministers Oversight Committee meeting in Vancouver and presented on the treaty.
  - Joint Fisheries Committee
  - Finance Committee seeking clarification on the KSC distribution.
  - Longhouse – EC needs to be more involved and keep updated with the estimated \$5m project.
  - Upcoming meetings/events:
    - C3 meeting - October 23
    - Lafarge meeting - October 24 at 10 am
    - Sheldon Tetreault, Consultant (Governance Review introduction) – October 24 pm
    - Henderson Welcome Pole ceremony – October 23 am
    - Lands Claims Coalition National Conference February ,11-12, 2019 in Ottawa

**G. ADJOURNMENT**

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

Meeting adjourned at 2:53 pm. The next EC meeting is Wednesday, November 20, 2019 at 10:00 am.



**Help us identify these people**

Contact Steve Gallagher, Neh Motl Editor

*Tla'amin Administration*



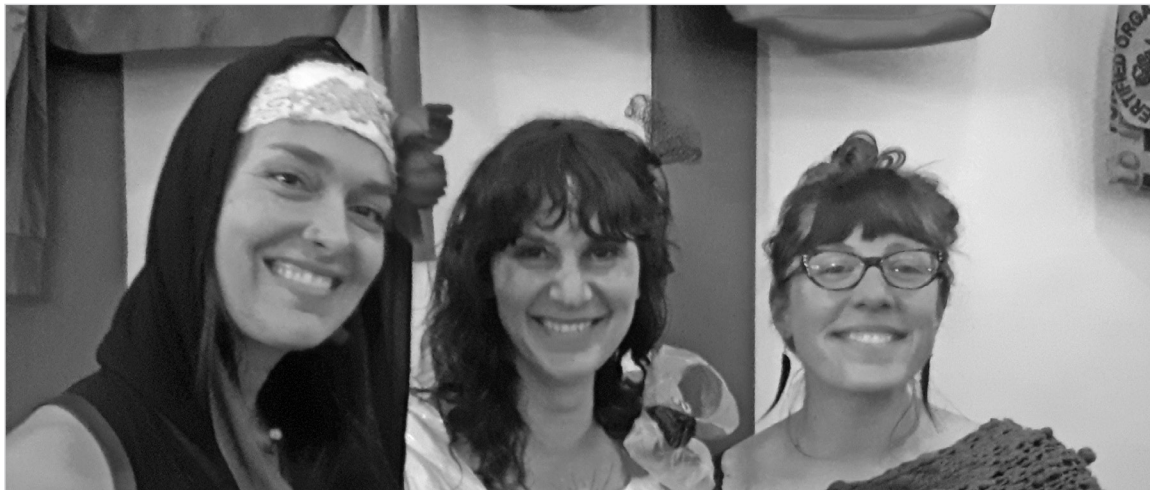
*wishes you all*

*a safe and happy holiday season.*

*All the best in 2020. Emote*

Powell River RCMP Non-Emergency (604)485-6255		In Case of Emergency Call 911
OCT 26	RIVER RD	Police responded to a report of a possible party involving youth, alcohol and drugs. Police attended and there was no party ongoing.
OCT 29	HOMALCO RD	Police responded to a report of a possible impaired driver. Patrols were made in the area, but the driver could not be located.
NOV 02	HWY 101	Police responded to a report of an erratic driver. Police located and spoke with the driver.
NOV 03	BEACH RD	Police responded to a report of a shotgun that had been found on Beach Road. Police seized the gun, and a short time later someone reported that it had been lost off the back of an ATV.
NOV 03	HWY 101	Police responded to a report of an erratic driver. Police located the driver who had consumed liquor, but was not over the legal limit.
NOV 06	HARWOOD DR	Police responded to a report of a disturbance.
NOV 07	SALISH DR	Police responded to an alarm at a business. Police attended and determined it was a false alarm.
NOV 10	RIVER RD	Police responded to a report of a single vehicle collision.
NOV 10	RIVER RD	While investigating another file, Police located cannabis in the possession of a youth. The youth was issued a violation ticket for "Minor in Possession of Cannabis."
NOV 10	SALISH DR	Police responded to an alarm at a business. Police attended and determined it was a false alarm.
NOV 14	SALISH DR	Police responded to an alarm at a business. Police attended and determined it was a false alarm.
NOV 15	SALISH DR	Police responded to an alarm at a business. Police attended and determined it was a false alarm.

**The Governance House will be closed for the Christmas break on December 24th (NOON) and will reopen on Monday January 6th, 2020**



# Winter Holidays: GIFTING THE PLANET

The landfill is probably not on your holiday gift list, but you just may end up re-gifting to the rubbish heap after the unwrapping is done.



**Let's Talk Trash.ca**

WHAT IS WASTE?

Dollar stores and online shopping carts are filled with hilarious gag gifts that make us giggle for a moment and groan forever after. Does anyone really need a belly button lint cleaner, a singing trout, or reindeer antlers for their dog? And what about all that superfluous packaging that these chintzy items often come in?

Even when our gifts are more practical, they can come with a lot more waste and a lot less substance than we bargained for. We all know that tools, electronics and clothing aren't made like they used to be. Planned obsolescence guarantees that you'll soon need to be heading back to the store to get an upgrade, replace a cracked device, or keep up-to-date with fashion trends.

A little creative thinking can still allow you to show your friends and family you care about both them and the earth.

- Re-gift something you've never used but someone else would love.
- Make something from scratch.

Baked goods and hand made toys are always a big hit. Gluten and dairy free friends might be particularly happy to get a treat catered to them.

- Gift something that promotes Zero Waste like a water bottle, travel mug, stainless steel straw or shopping basket.
- If you're getting something new, see that it is of high quality, repairable, and recyclable at the end of its life.
- Maybe, however, it's time to think outside a box of any kind entirely and go for less tangible but more meaning-filled presents.
- Gift experiences rather than things. A yoga pass, a movie gift certificate, day of fun in the snow, or music lessons.
- Time is the most valuable gift we have. Offer to walk your friend's dog, babysit, or fix something for a loved one.
- Donate to a charity on behalf of a friend.
- Or, how about giving Santa's sleigh a permanent holiday by choosing to count all the gifts you and yours already have, like clean drinking water, a warm place to sleep, and all sorts of forms of entertainment?

While there is no need to be a Grinch and avoid all holiday festivities, trashing the planet isn't a gift to anyone. Check out the LetsTalkTrash.ca's Winter Holiday Zero Waste Tips for gift wrapping and decorating ideas.

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

# Christmas cheer?

Christmas is just around the corner and I already feel the stress starting to build. Don't get me wrong, I love the holidays. I love the twinkling lights, the yummy treats, the cold nights and being bundled up under warm clothes and blankets. But along with the idea of what Christmas SHOULD look like, is the reality. Tidy house with small children? Not going to happen. A green Christmas tree? Well if you have a real one...did you remember to water it? Christmas baking? Who has the time?! Wrapping presents? Ugh who has the time to do that? Where's the tape?

I've explored and used the internet to find some tips on how to decrease my stress over the holidays and here are a few I thought I would share. This is a rough guide on how to plan out your December so the days before Christmas aren't as stressful.

1. PLAN, PLAN, PLAN, PLAN! As early as possible!

### Suggestion: do this the first week of December!

Make a budget of how much you plan on spending for the holidays. 50 dollars? 100 dollars? 200 dollars? The tricky part is to look ahead and try and figure out how much you're going to spend and stay within it!

2. Write a list of who you're shopping for this season and what you're going to buy them/make for them/an activity to do with them.

3. Look for sales on the internet for these gifts, Cyber Monday December 2 is a great day to find things cheaper. Remember that Walmart price matches local stores!

4. Are you having guests over for the holidays? Will you be hosting the meal? Plan ahead and make a menu as far in advance as possible. Look for sales at the grocery store for items that you can freeze, bacon? Sausage? Cranberries? Sugar? Flour? Bread for French toast in the morning? Syrup on sale now vs. the week before? Potatoes on sale now?(remember to keep them in the cool, dark place), butter? Chicken or beef stock for gravies?

5. Check if you have wrapping paper or will you be using newspaper as gift wrap? Be environmentally friendly and wrap gifts in newspaper, use string or ribbon to tie it together and add a fresh stalk of leaves to it...so pretty! If you're planning on using wrapping paper make sure you have enough!

### Suggestion: do this the second week of December

1. Are you writing Christmas cards to family and friends that live far away? Send out Christmas cards this week.

2. Decorate the house if you do that kind of thing. Put up the tree, get out the twinkly lights.

3. Make ahead any Christmas baking. Lots of baking are freezer friendly. Try baking ahead so all you need to do is heat oven, place on trays and presto! Holiday baking is done.

4. Pick one area of the house that you might want to give a clean. Just 10 minutes extra of cleaning per day might give your house that extra deep clean for the holidays.

### Suggestion: do this the third week of December

1. Start wrapping your gifts and finish buying any that you may need!

2. Keep baking or do any baking for the holidays

4<sup>th</sup> week of December

Enjoy!

Here are some 'experience gifts' you can give your kids that are low cost; ; movie night at home (maybe no cell phones allowed) with popcorn/treats, trail walk and take funny pictures along the way, family swims at the rec. center free on Mondays and Fridays!, Christmas baking with the kids, boardgame nights where the loser has to sing a song of the winners choice, dance parties with the kids where maybe family make up signature dance moves? These are just some ideas of family activities you can do together instead of gifts.

# Start Fresh in January

If you believe your child could be more inspired • more confident • higher achieving Assumption School can help.



## 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)



[assumptionpr.ca](http://assumptionpr.ca)  
604-485-9894



### LOUISE DOMINICK SCHEDULE



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

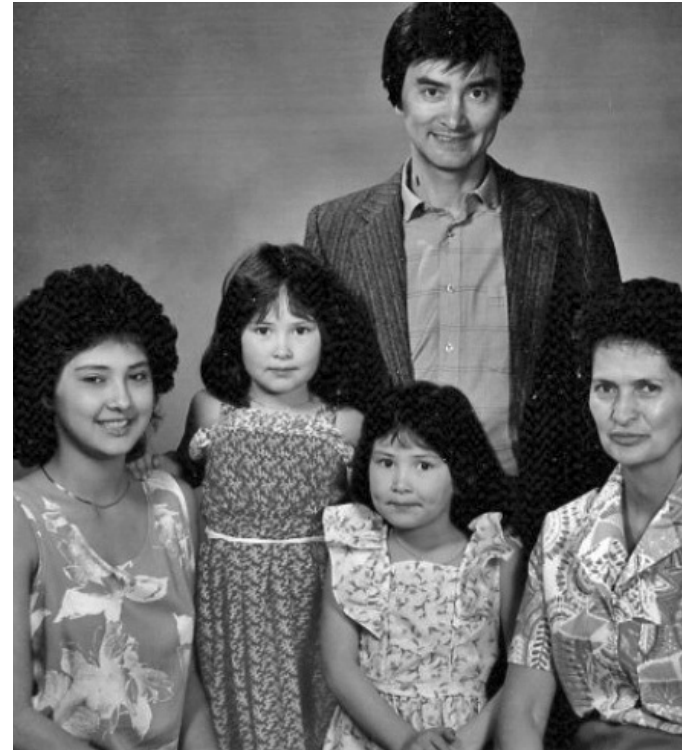
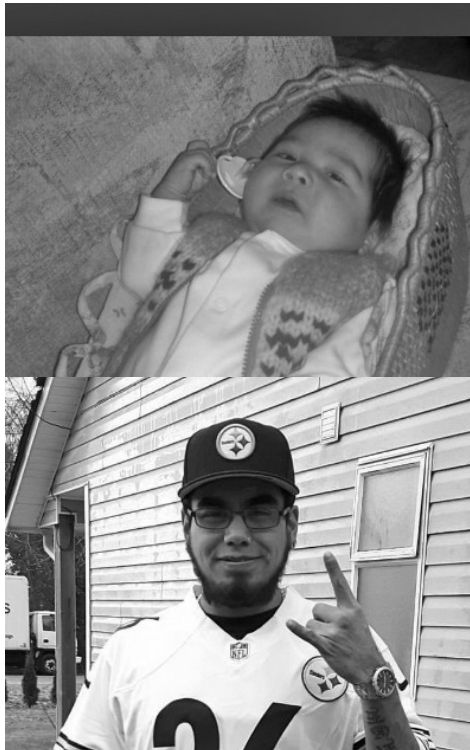
**W** Brooks Secondary School  
8:30am - 12:30pm

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



### December Birthdays

Top Right: Donnie Wilson  
December 14th

Happy 70th birthday Dad  
Love Connie, Lori, twins and grandkids

Top Left: Kyle, December 2nd.  
Happy 12th Birthday, Love Mom

Bottom Left: Kyle McGee  
December 7th

Happy Birthday Kyle, Love Trish



Makaela Gallagher represented Tla'amin at the Remembrance Day ceremonies at the Townsite



Father Dass says hello to everyone and misses us. Shown here are his family, friends, and Dr. Burns who is visiting.



Community Elk was shot at the Powell Daniels area and will be retained for ceremonial purposes

Mark your  
calendars!

# NOTICE

**Executive Council & Legislators would like to invite all Tla'amin Members/Citizens to the following Christmas gatherings:**



## VICTORIA

Friday, December 6

**Location:** Sandman Hotel  
2852 Douglas Street

Room: Orchid Room

**Doors Open:** 5:30 pm

**Dinner:** 6:30 pm



## VANCOUVER

Saturday, December 7

**Location:** Chateau Granville  
1100 Granville Street

Room: Granville Room

**Doors Open:** 5 pm

**Dinner:** 6 pm



## TLA'AMIN

Wednesday, December 18

**Location:** Salish Centre

Start time to be confirmed.

- **Don't forget!**

\*PARENTS\* please RSVP and let us know the name(s) and age(s) of your child(ren), so that everyone up to 18 years old receives something. Santa's elves don't want to miss any children!

Email: [losa.luaifoa@tn-bc.ca](mailto:losa.luaifoa@tn-bc.ca)

Phone: 778-762-3716

(if you reach the voicemail, leave a detailed message)

- Parking is free at the Sandman Hotel.
- Parking at the Chateau Granville is free; **however, drivers must register their license plate with the Front Desk.**
- Winners of door prizes must be present to collect prize.

