



# NEHMOTL "US"

Christmas Edition

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



## 2019

YEAR IN REVIEW



Photo by Jodie Gallagher

**Hundreds of California sea lions buff up at Second Beach**



Our Governance House will be closed Noon December 24th and will re-open January 6th, 2020.



## *Baby's First Christmas* *Ruby St. Amand-Harry*

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



# JANUARY



## Training Enhances the Capacity of our Volunteer Firefighters

Tla'amin Volunteer Fire Department. Two weeks of training was carried out with emphasis on being prepared to handle emergency situations and 911 calls.



## ʔaǰεčxʷut! Ah'jetch'xwut!

On January 10<sup>th</sup>, Our dictionary team is now moving into its 4<sup>th</sup> year. For those who are still unfamiliar with this project, it is a 5 year project alongside with UBC. Our linguist Marianne Huijsmans (above) comes to visit and work with us around once a month. To date, we have just over 910 words (many words also include phrases), 32 translated children's songs, and 25 traditional or recently composed drumming songs.



## Family Literacy Day

Mattias Gallagher shares a story about sea creatures at the James Thomson Family Literacy Day.

# Message from the Hegus

On behalf of the Tla'amin Nation I would like to wish all of our Tla'amin people and all of our acquaintances the best of the holiday season, 2019 has been another very busy and productive year for all of us. I would like to reflect back on a few of the events of 2019.

As we continue to navigate our way through the implementation of our treaty we are constantly breaking new ground and there are always many challenges that arise, too often do we get side tracked and focused on the negative side of things when there are many positive items that deserve our attention as well. We need to get in to the habit of celebrating our accomplishments, let us build upon positive energy for 2020.

It was a great pleasure to pay our respects to our Elders in the form of providing them a onetime treaty benefit this year. This process was undertaken by leadership and staff to pay respect to the elders for providing their knowledge and memories of historical facts that made up the Traditional Use Study that was the platform of which the treaty was based upon. This was a major undertaking and it was a pleasure to be a part of the team carrying out this work.

We have continued to work with the Land Claims Agreements Coalition nationally and will continue to do so into the future as it is important to stay connected with what is occurring across Canada, and this is a wonderful method of staying connected. We are also a part of a new group that has been created which is the Alliance of British Columbia Modern Treaty Nations. The alliance is made up of all Eight (8) Modern treaty holder in BC, the alliance was created to work on issues that we share in common with one another, with the goal of advancing our treaty agreements to the benefit our nations. With BC recently introducing new legislation regarding the United Nations Declaration on the Rights of Indigenous Peoples or UNDRIP as it is commonly known, this provides for a great opportunity for us to reach new levels with our agreements that were possibly never considered. This will create new and exciting opportunities for us.



Extended care facility discussions, we have received great feedback from our people in terms of them being interested and supporting the wishes to build a new facility here in our community. We will attempt to get this project started in 2020 but the designs and plans may possibly push the construction date out a bit further, but we will do our best to speed this up. We have struck a committee that will be developing materials for the community to review as we progress with the proposed development. Any new developments being considered will shared via open house style with opportunities for your important input.

Another recent development that occurred this year was the reconnection of the Four Sister Nations; the Comox, Homalco, Klahoose and Tla'amin have organized ourselves to work together in the many areas that we share in common. This collaboration will help to better serve our people as we face many of same challenges and we can learn from each other's experiences. I look forward to this work carrying on well in to the future.

2021 Tribal Canoe Journey – this event will be a huge undertaking and will also be very rewarding to our community at the same time, we want this to be received in a great and positive way that will reflect positively upon Tla'amin. Planning needs to begin immediately, we do acknowledge this as the Nation has agreed to start up an account to get things underway financially. We have agreed to contribute \$300,000 to begin this important planning process. The funds are intended to hire staff and a team of volunteers to start making arrangements throughout our community for the different types of infrastructure improvements and fund-raising activities that will be required. There has been a committee struck to steer this process and there will be opportunities for our people to join the committee in the near future as things begin to progress, please stay tuned for updates.

There were many more things that did occur in 2019, but this was only intended to be a quick snap shot of a few exciting items that occurred this past year. In closing, I just want to wish everyone a safe and enjoyable holiday season, Merry Christmas and Happy New Year to all!



## Tla'amin Nation and Okeover Harbour Authority sign Archaeological Protection Agreement



L- R OHA Secretary Jim Nailer, Legislator Denise Smith and Yves Perreault)

*By Steve Gallagher,  
Neh Motl Editor*

Yves Perreault is the Chair of the Okeover Harbour Authority that is responsible for the Okeover small craft harbour delegated by the Department of Fisheries and Oceans. "There is a lot of value in getting the protocol in place. First of all, we recognize that we are in the territory of the Tla'amin Nation and we respect where we are going into the future. Earlier this year we did some small work at the harbour and didn't realize we were building on a shell midden," explained Yves. This was definitely a learning experience for the Harbour Authority, and now they are sharing it with other harbours as well when working within traditional territory.

Denise Smith is the Lands/Referrals Manager and has been overseeing referrals since we became a self-governing nation. "Cathy and Craig Galligos just happened to be going by the area where they were building the shed, and reported it. From there I contacted the Okeover Harbour Authority and discussed the process. None of this should have happened without obtaining a permit from the Archaeology Branch because it is an archeological site with the midden present. The Okeover Harbour Authority did the right thing and agreed to work with us and Colleen Parsley an Archaeologist."

The Tla'amin Nation has a similar protocol with BC Hydro because they were digging where they shouldn't have been. As a result, whenever they come onto our land, they contact us to check for archaeological sites to make sure there is no damage to our sites, and then they carry on with their work, sometimes with a monitor on site.

The Protocol for Archaeological Protection with the Okeover Harbour Authority is modeled after the BC Hydro Protocol. We use the same process – contact with Tla'amin Nation, check for archaeological sites, and proceed accordingly. Arch sites that contain midden may also have artifacts and even human remains. It is important to be vigilant.

Not all archaeological sites are recorded and the likelihood that you are going to run into something is very high. "Our population was in the tens of thousands in the past, and if you think about it, how many people are buried in our grave yard? It makes you wonder where are the rest of them?" We know our peoples used and occupied the whole territory, so we have to be mindful of that in collaboration with our neighbors.

With the lack of presence from the provincial Arch branch who governs the Heritage and Conservation Act, we need to be looking after these sites ourselves. The message in these agreements is come talk to us and get the necessary permit. It's important for us to work closely with proponents when the archaeological branch is nowhere to be seen. It's all about doing it right to protect our culture and heritage resources. The protocol agreement came into effect on December 5 2019.



# FEBRUARY



## Tla'amin Care Facility Planning

Elders and Tla'amin community members have been exploring the idea of a local care facility so that people can stay close to home, even as their care needs change over time. The first meeting took place at the on January 28<sup>th</sup>, 2019 during which we reviewed some possibilities and set to work establishing how we will develop a plan that reflects what this community needs and wants now.



## Implementation Sector Visits Tla'amin

On February 5th, Assistant Deputy Minister Ross Pattee (right of Hegus) Implementation Manager and Marg Julion took a quick tour of Lund and some of the assets our nation has to offer. One of the purposes of their visit is to learn from Tla'amin experiences and successes.



Community researchers Gladys Osawamick (left) and Lisa Wilson

## Sohot Thut Project

The goal of the Sohot Thut project is to provide a document collecting the teachings of traditional culture, which will be available for community members and employees

# MARCH



## Tla'amin Education Receives Greater Participation for Success

The intention of this forum was to hear from Tla'amin parents and the students about their ideas for future programs and services for K-12 and beyond. In order to improve the learning experience for not only students but also educators, greater participation will mean greater control of the education needs of Tla'amin students within a culturally appropriate context.



## Brooks Leadership Helps Bridge Past, Present, and Future

By Steve Gallagher, Neh Motl Editor  
CNP Coordinator

In 2007, the Sliammon Indian Band completed a Comprehensive Community Plan. The Comprehensive Community Plan (CCP) took into account short and long-term goals from 2 to 5 years and beyond. The focus was on governance, lands and resources, community services, finance and administration, and community economic development. This plan was launched in 2005 with participation from leadership, managers, and community members.

the 2020 Tla'amin Comprehensive Nation Plan. Each member played a key role at the various stations for citizens to interact with. The Brooks Leadership Group also learned about what a Comprehensive Nation Plan is while providing direction into the various planning areas. Community members were invited to the Salish Center on December 11<sup>th</sup> to revisit the 2007 Comprehensive Community Plan (CCP) vision and mission statements, as part of the planning session.

Our 2007 CCP is simply outdated. Our nation has evolved, actions got implemented, and goals were met. This plan is known as a "Living document." As our nations' circumstances change, our plan has to change with it. This will require community input for the new plan to be truly "developed by the community for the community." It is important to have community input into the nation's plan because when we increase and share our knowledge, our opportunities and our priorities becomes clearer.



The 2007 plan was partly motivated by "getting ready" for a treaty world. It takes into account short and long-term goals to improve the quality of life for our people. The plan embraces the teachings of our ancestors and identifies core values and principles. The community vision provides for our younger generations and those yet unborn.

In 2007, the average age of the Leadership Group who came out to support the launch of our Comprehensive Nation Plan was five to six years of age. Twelve years later they have stepped up to their rightful place to be involved in shaping the future of our next generations.

For more information contact Steve Gallagher at 604-483-9646 ext. 138 or by email [nehmotl@tn-bc.ca](mailto:nehmotl@tn-bc.ca)

Nine years later, Sliammon transitioned from an "Indian Act Band" to a self-governing nation through the BC Treaty Process, and we are now recognized as the traditional Tla'amin Nation. Twelve years later, we are now moving forward into four years of self-government, and it is now time to update the 2007 CCP, to collectively plan our future, and identify where to focus our attention and efforts.

**Our new plan is referred to as the COMPREHENSIVE NATION PLAN to reflect on our self-governing authority.**

Recognizing our youth, members of the Brooks Leadership Group were invited by the Hegus to support the launch of



## Youth Get Informed about Regional Trades Opportunities

Tla'amin Nation and the Industry Training Authority (ITA) hosted a Regional Trades Opportunity Forum at Dwight Hall. This forum was created to inform people about the trades opportunities at Paper Excellence (formally Catalyst) and the trades opportunities within Tla'amin Nation's newly formed construction company "Tla'amin Construction". The reason it was held at Dwight Hall is because Paper Excellence was doing tours of their trades shops every 30 minutes. There were a number of speakers and booths providing valuable information.



TLA'AMIN COMPREHENSIVE NATION PLAN  
**Photo Survey Contest**



As part of developing the Comprehensive Nation Plan, we want to see the community through your eyes. Please share photos that show your love of your area and what makes you proud to be a part of Tla'amin Nation.

We want **YOUR** photos of the community to be part of the Comprehensive Nation Plan!

Your photos will make the Comprehensive Nation Plan even better!

We're giving away great prizes for the best photos!



To enter, follow these **3** simple steps:

**Step 1**

Photos could include:

- Cultural activities
- Environmental landscapes
- Community sports and recreation
- Or any other ideas you feel are representative of your Nation!

**Step 2**

Email photos to Steve Gallagher at [nehmotl@tn-bc.ca](mailto:nehmotl@tn-bc.ca) by January 31, 2020.

**Step 3**

Include your name, photo caption, and your phone number in the email.

**APRIL**



**Tla'amin Firefighters Fight Live Fire In Sechelt**

15 Tla'amin firefighters have finished up 5-weeks of hard training with 2-days of live fire exercises at the Sechelt Fire training centre. The firefighters extinguished car and dumpster fires then moved into a 4-storey tall burn building where they tracked down and controlled large fires set throughout the building



**Tla'amin Trail Ready for Spring**

Tla'amin has partnered with PRPAWS to begin building a series of trails on Tla'amin Lands. We currently have approximately 10 kilometers of newly built trails. The trails are intended to encourage healthy walking activity for Tla'amin community members, and provide a nice alternative to walking along our roadways.



**Expired Medications Safely Disposed**

This event occurred thanks to a grant from the First Nations Health Authority. The purpose of this event was to collect expired or unused medications and dispose of them safely at Safeway Pharmacy. Unsafe disposal such as throwing it in the trash may also lead to the medications being exposed to wildlife and can be fatal.

**Tla'amin Comprehensive Nation Plan Survey is NOW ON OUR WEBSITE**  
[www.tlaaminnation.com](http://www.tlaaminnation.com)

Success begins with YOUR input and knowledge

PARTICIPATE AND BE ENTERED FOR A

**GRAND PRIZE DRAW!**

Survey closes on January 31st, 2020

Tla'amin Nation is developing a Comprehensive Nation Plan to express our vision and goals for our community, and develop actions to get us there. This survey helps us to better understand your priorities and concerns for our Nation.

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

MAY



**Tla'amin Day Celebration Brings Families Together**

A day recognized as Tla'amin Day. Our cultural dancers and singers entertained our elders, legislators and distant relatives that traveled from as far as the United States to be part of Tla'amin day.



**Lori and Jolene Search for Herring Spawn**

The Joint Fisheries Committee invited Tla'Amin along on 3 Herring Spawn Survey Fly-Overs in March. These aerial surveys are done each year by the Department of Fisheries and Ocean across all coastal oceans in British Columbia. Lori Wilson and Jolene Sutcliffe participated in the fly-over survey from Jervis Inlet to Desolation Sound.

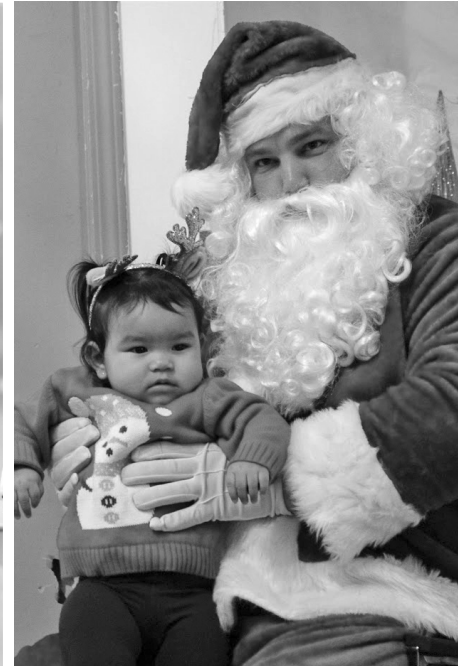


**Tla'amin children learned about horticulture by planting potatoes and onions at our Community Garden.**



*On behalf of myself and The Tuxahmiy Wellness Support Group, we would like to wish everyone a safe Merry Christmas and a Happy New year.*

Nina Peers/Addictions  
Tla'amin Health



& Thank You to Tla'amin Nation for providing for our breakfast program for the previous two years.

[www.assumptionpr.ca](http://www.assumptionpr.ca)



*Season's Greetings*  
**LIFT** *from Lift Community Services*  
*(formerly PREP Community Programs)*  
**COMMUNITY SERVICES**



Merry Christmas and Happy Holidays

-Nicholas, Kim & Rob



# Victoria Christmas Dinner

December 6th



## JUNE



### Leslie Adams named to Powell River Sports Hall of Fame

**PROUD MOMENT:** Athlete Leslie Adams was awarded the Vancouver Sun Rose Bowl Trophy at the Tournament of Champions in 1955. He was selected as the outstanding player of the provincial soccer tournament and named Golden Boy. Contributed photo

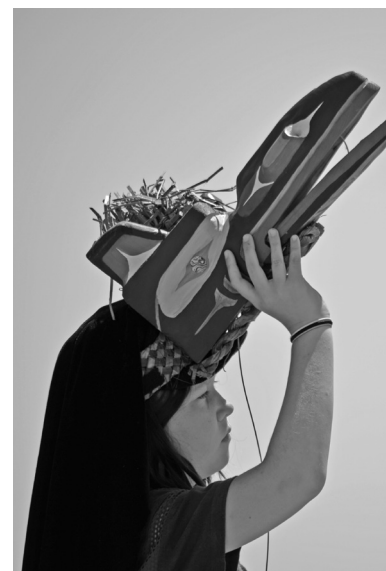


### FLUPSY Arrives in Okeover

With a floating upweller system, algae and nutrient-rich water is propelled or upwelled through compartments where juvenile shellfish are held in a floating raft. The oysters are expected to grow exponentially in size, from tiny specks to the size of a quarter in just a few weeks, if conditions are ideal.

### Culture Meets School District

47



On the morning of June 21st bus loads of children from School District #47 arrived in Tla'amin to celebrate Indigenous Peoples Day. Cultural Tours were held in the morning and afternoon at the Governance House where young students learned about the stories behind the totem poles,

traditional place names. Baskets and arrow heads were also on display for viewing purposes. Outside there was a live puppet theatre depicting traditional stories that many adults enjoyed as well,.

July



**Coho Juveniles Released in Sliammon Lake**

The reason we release the fish into Sliammon Lake is for them to overwinter themselves. They stay in the fresh water system until the following spring before migrating back out to the ocean. They will return in 2 years.



**Celebrating Success with our Students**

Families gathered at the Salish Centre to celebrate the achievements of students from K-12 and recognize their hard work in the classrooms to sharpen their academics for their future.

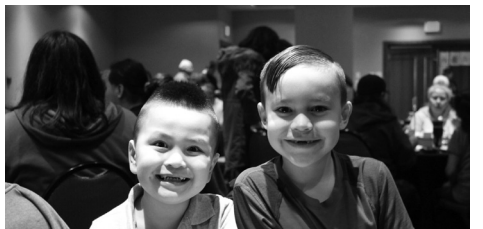
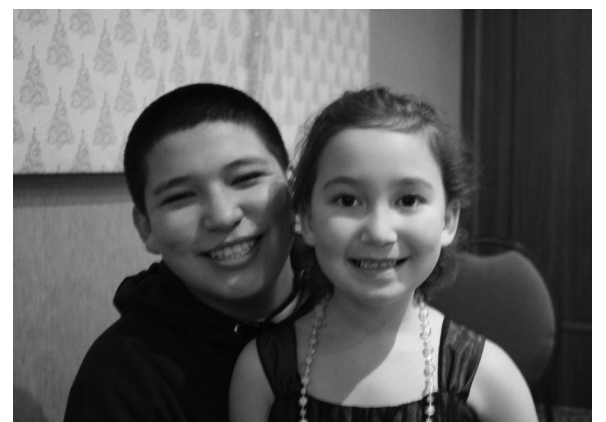


**Congratulations on Your Retirement Doreen**

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

*Vancouver Christmas Dinner*

*December 7th*



*Warmest wishes to you and your family. Have a great and wonderful Christmas and 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

**TLA'AMIN NATION**  
 4779 Klahanie Road, Powell River BC  
 604 | 483 | 9646 tlaamination.com



# Health and

**EH KWA'A'NUNS KYE'AMIEUX**  
 "When the people in our community are well again, all around us will also be well."



# Wellness



## **Tla'amin Elder's Tla'amin Health 11:00 – 1:00 p.m.**

**January 7<sup>th</sup>, 2020 –Tuesday**  
 Guests: Mervin and Joe from Safeway Pharmacy,  
 Topic: Pharmacy Medication Review  
 And Nathan Jantz -Health Director

**January 14<sup>th</sup>, 2020–Tuesday**  
 Rebecca Withers, BSW, RSW, MSW  
 Candidate Manager, Mental Health,  
 Substance Use & Public Health,  
 Powell River Hospital

**January 21<sup>st</sup>, 2020 –Tuesday**  
 Language with Betty Wilson, join us for  
 an hour of immersion into the Tla'amin  
 Language.

**January 24<sup>th</sup>, 2020 –Friday**  
 Service Canada will be at Health Bldg.  
 between 10:00a.m. - Noon. Please call  
 if interested.

**January 28<sup>th</sup>, 2020 –Tuesday**  
 Elders Bingo

On December 3<sup>rd</sup>, 2019 we drew the  
 Tla'amin Elders 50/50 – Congratulations  
 to Rose Hamum who works at the  
 Powell River Hospital for supporting our  
 fundraiser. She won \$505.00

We will once again be selling 50/50 in  
 the New Year.

**Words of Wisdom from a Tla'amin  
Elder: Keep your sparkle brightly  
shining!**

*Happy New Year to you  
and your families.*

doreen.hopkins@tn-bc.ca

## **Walking Group – Emish**

**When:** January 9, 2020 - Thursdays  
**Time:** 4:00 – 5:30  
**Where:** Meet at Tla'amin Health

We will be going to the track to do our walk, we  
 will leave from tla'amin health.

**Information:** Dawna Pallen, Health  
 Promotion @ 604.483.3009 x 122

## **Culture Nights**

Culture Nights are set to resume on January  
 8<sup>th</sup> 2020 at the Salish Centre. I would like to  
 thank all the families that have been coming  
 out to Culture Nights. On average, we have  
 been having 30+ people per night attending  
 Culture Nights, mostly young families. Come  
 out and enjoy family culture nights resuming on  
 Wednesday evenings in 2020.

## **Language Coordinator**

I would like to welcome Sonya Harry who is  
 joining the Culture Department as the new  
 Language Coordinator! Stay tuned for language  
 classes, and the continuation of the Tla'amin  
 language survey in 2020.

## **Tribal Journey Planning Meeting**

The next Tribal Journey 2021 planning meeting  
 will be on January 10<sup>th</sup> 2020 at the Tla'amin  
 Governance House. Come on out to join in the  
 planning process as we expect to welcome  
 roughly 3000 guests in 2021. We will also  
 be meeting on Wednesday January 8<sup>th</sup> 2020  
 to discuss plans for Tribal Journey 2020 in  
 Snuneymuxw.

*Mali kismis from the Tla'amin  
Cultural Department!*

## **Health Office Hours for Christmas Break**

**Closed** for the following Statutory holidays  
 December 25<sup>th</sup> & 26<sup>th</sup> and January 1, 2020

### **Will stay open**

December 23<sup>rd</sup> 24<sup>th</sup> 27<sup>th</sup> 30<sup>th</sup> & 31<sup>st</sup>  
 January 2<sup>nd</sup> & 3<sup>rd</sup>, 2020



Mammograms for Women Why a mammogram?



It can detect breast cancer early.

**Who:** Women over 50 or if your family has a history of breast cancer, screening  
 can be done earlier.

**Date:** January 22, 2020

**Time:** 10:05 - 12:35

**Where:** PR Hospital

**Appt. bookings every 15 minutes, starts @ 10:05am**

We have booked for a group of 10 women at PR Hospital for our ladies in the  
 Tla'amin Community for a mammogram

I have a registration form for you to fill out before your appt. and I need to  
 return them to Cancer agency by January 15, 2020.

There is no switching patients at last minute.

**Information:** To register and get an appt. contact: Dawna Pallen, Health Promotion  
 @ 604.483.3009 Ext. 122



## Information Session Canada Revenue Agency and Service Canada

### CRA – Benefits & Credits

- Benefits and Credits available
- Canada Child Benefit and GST/HST Credit
- Disability Tax Credit & Child Disability Benefit
- Community Volunteer Income Tax Program (CVITP)
- CRA forms and resources
- Printing of information slips (e.g. T4's and T5007's), address changes

### Service Canada – Programs & Benefits

- Pension information for elders on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada/CRA accounts (ID will be required)
- Find out how to find benefits
- General Government of Canada information

January 24<sup>th</sup>, 2020 from 10:00 am to 12:00 pm  
Tla'amin Health 4895 Salish Drive, Powell River, BC  
**Presented by: CRA & Service Canada**

For more information please contact:  
Doreen Hopkins at 604-483-3009 x 126 Email: [doreen.hopkins@tn-bc.ca](mailto:doreen.hopkins@tn-bc.ca)



## WHAT'S HAPPENING BEHIND THE YELLOW GATE?

The closure of the Marine Avenue Old Incinerator Site and the build out of a state-of-the-art Resource Recovery Centre (RRC) and Transfer Station are key components in the region's Solid Waste Management Plan (SWMP). The RRC and Transfer Station at the site will facilitate a one-stop drop that will bring our region closer to Zero Waste.

### WHAT'S HAPPENING NOW?

qathet Regional District and the City of Powell River as partners in this project are finalizing the legal agreements for use of the site. Tetra Tech, a consulting and engineering firm, has been engaged by qathet Regional District to begin the environmental monitoring phase of the project. In April, water monitoring wells were installed with ongoing sampling being conducted. Hydraulic conductivity testing has been completed. Design plans for the new access road are being finalized.

### NEXT ON THE LIST?

Phase one of the construction process is underway. Three Requests for Proposals (RFP) will be issued in the coming

Road Supervisor (City of Powell River), Cam Reed (L) and Manager of Asset Management and Strategic Initiatives (qathet Regional District), Mike Wall (R)

months. The first is for site preparation work to include the initial site cleanup and the sorting of materials stockpiled at the site such as tires, glass, asphalt and wood waste. The second RFP will be for completion of the tasks associated with the closure of the incinerator site. The third RFP will be for the development of the design plan for the RRC and Transfer Station.

**The Solid Waste Management Plan Monitoring Advisory Committee (SWMPMAC) invites all interested individuals, groups, organizations, and companies to a stakeholders meeting to help inform the RRC site design by identifying what materials (wood waste, glass, rubble, fabrics, furniture, etc.) could be diverted locally from the waste stream through the RRC.**

### PLEASE COME WITH YOUR IDEAS!

**Tuesday, January 21, 2020**  
6:30 pm - 8:00 pm

**Powell River Public Library**  
(First Credit Union Meeting Room)  
Refreshments Provided



For more information on the approved SWMP visit [www.qathet.ca](http://www.qathet.ca)

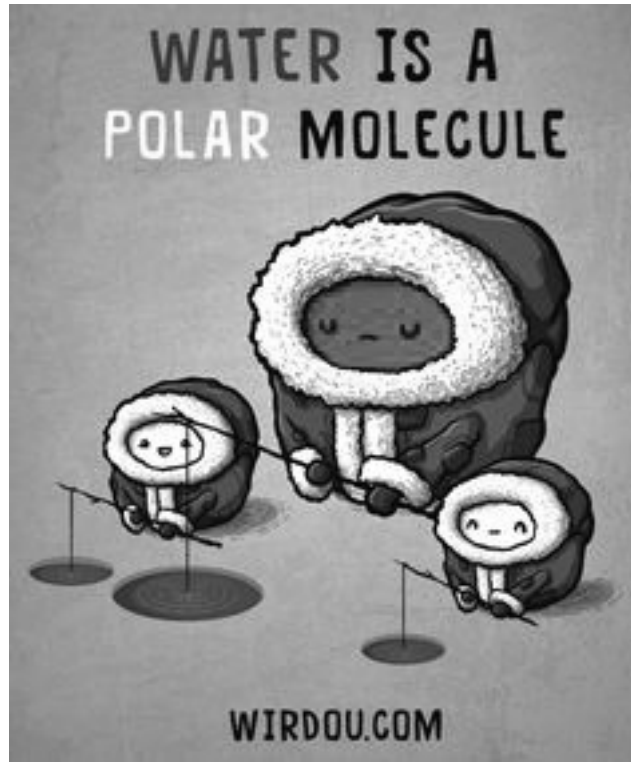


**qathet**  
REGIONAL DISTRICT

**Let's Talk Trash.ca**

WHAT IS WASTE?

# PROGRAMS & SERVICES



## The H2o crew

(waterplant department) would like to give season greetings and a happy 2020! From Mary, Mike, and David

WISHING YOU AND FAMILY A MERRY CHRISTMAS AND A HAPPY NEW YEAR...

MAY THIS CHRISTMAS END ON A CHEERFUL NOTE...

AND MAKE WAY FOR A PROSPEROUS NEW YEAR...

CHEERS TO ALL  
EMOTE  
LARRY LOUIE

## Silviculture Services at Thichum Forest Products



Pa'aje Silviculture Services merged with Thichum Forest Products this year. So our silviculture crew is also called Thichum Forest Products. This photo was when Jason was pile burning in our community forest licence.



## Annual Drug March

In recognition of Drug Awareness Week, we held our 20th Annual Drug March on Nov 21, 2019. Thank you to those who supported the event by attending. We had a great guest speaker Brad Starr from Kitimat and a wonderful roast beef dinner followed by cake. A big thank you to Tla'Amin Health, Tla'Amin Justice Program – Verna Francis and Tla'Amin Nation. We look forward to seeing you next year.

Kind regards,  
Nina Peers



# August



## Jenna Rings the Bell at the World Championship Bathtub Race

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



## Tla'amin Hosts Pulling Together for Reconciliation and Respect

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



## NICE FISH!

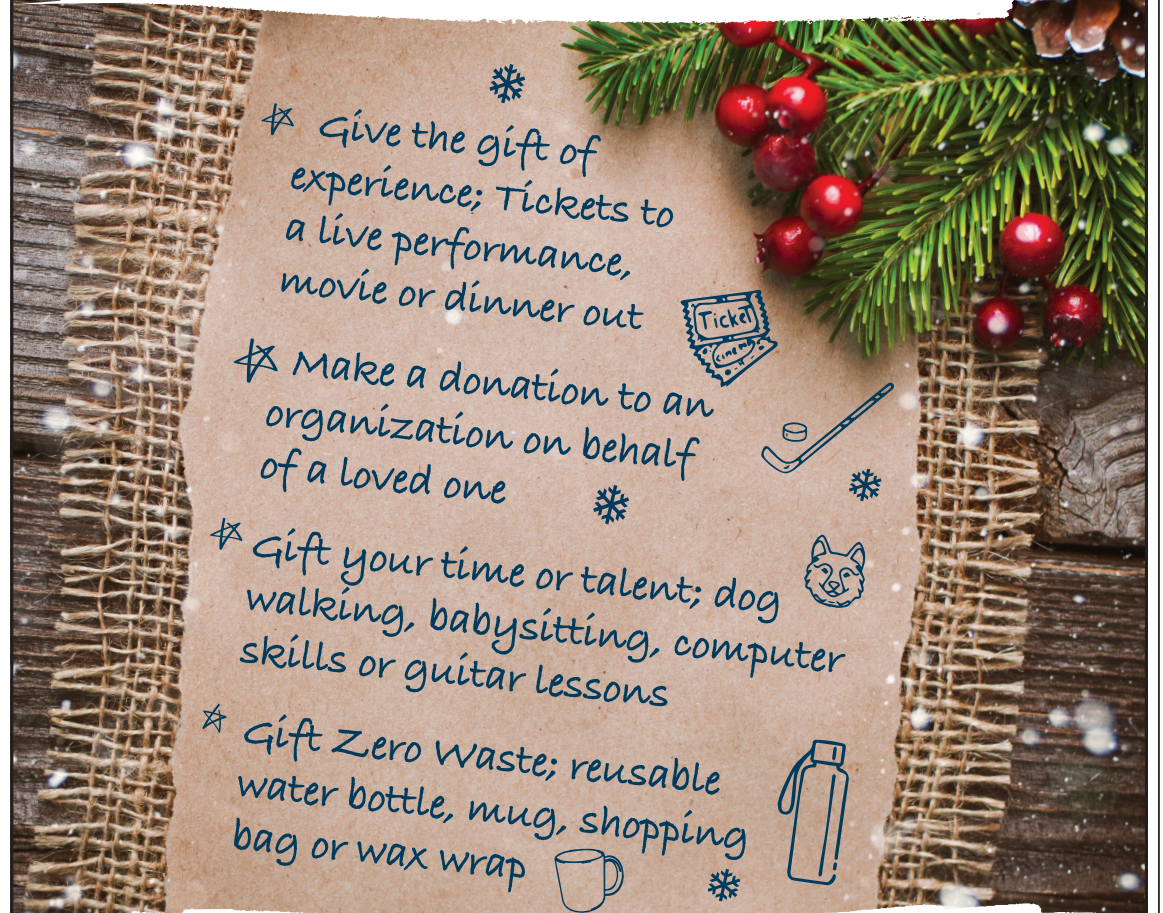
Mattias Gallagher caught his first salmon early morning during the KLAH AH MEN Open Fishing Derby on August 10th.



## Let's Talk Trash.ca

WHAT IS WASTE?

**CREATE MEMORIES, NOT GARBAGE.**



**Make your Holiday ZERO WASTE**

Some of the best gifts are personal, handmade and local.

Concept courtesy of Metro Vancouver.

Find out how at [letstalktrash.ca](http://letstalktrash.ca)

## Family Support & Wellness Program for January 2020

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.

### Mondays

Location: Complex  
2:00p.m. to 4:30 pm  
Meet at Health by 1:45 p.m.  
Draws for Good Food Box

### 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 Mika or Doreen Hopkins  
604.483-3009 ext. 226.

## James Thomson Elementary



## Back to school January 6th.

*Our message to all of our families is Merry Christmas - Joyeux Noël - Meli Kismas. We hope everyone has a safe and happy holiday, and we look forward to seeing everyone in the New Year.*

## Here are some tips over the Christmas holidays to help with sobriety

Christmas can be a time of year where a great deal of alcohol consumption is going on over the holiday period. This is perfect conditions for the alcohol abuse.

There are many parties and other drinking opportunities over the holiday period with lots of pressure on people to indulge. Even those who generally do not touch alcohol will have a few glasses at Christmas. This means that there can be overwhelming pressure for those who are not yet comfortable with saying *no*.

Christmas is a time when people can feel incredibly lonely, especially those who are estranged from their family. Loneliness is a dangerous emotion for people in recovery, because it can act as a relapse trigger. Such individuals may decide that life in recovery is unsatisfying or that they are unable to handle their negative emotions. They may view their only solution as a return to addiction.

Families are expected to come together over the holiday season. Such gatherings can be joyful, but they may also be incredibly stressful. Those who are newly sober can struggle when spending so much time with relatives, particularly if they feel that their behavior is being judged in any way.

The build up to Christmas can be financially difficult for many people in recovery. If they have children they will need to buy presents. There might also be the expectation that they organize a Christmas meal. This can be difficult if people have not yet managed to sort out their finances.

### How to Stay Sober Over Christmas

This is a good time for the individual to put more effort into their sobriety. This could include such things as reading some recovery literature or spending time with one of the recovery communities online.

The drinker has traditions that they look forward to over the holiday season. This could be something like drinking a few glasses of whiskey as they wrap presents. It is necessary for the sober individual to invent new Christmas traditions. These can become even more enjoyable than the previous self-destructive ones

Those individuals who belong to a fellowship like Alcoholics Anonymous can benefit from increasing their attendance at the meetings over the holiday period.

If spending so much time with family is starting to feel a bit overwhelming, the

individual will benefit from taking a break. Even something as simple as going for a walk can help.

If people have a sponsor they will be able to rely on this person over the holiday period. The good thing about an AA sponsor is that they can offer one-to-one advice and support. Many sponsors are willing to allow their sponsee to contact them at any time of the day or night if there is an emergency. If people do not have a sponsor then they can still get contact details for people they contact in an emergency.

Discussing concerns and fears with family members can be helpful. The problem is that many of the general public just assumes that once the individual quits their addiction, the problem is over. So it may be necessary to tell family members that things like Christmas can still be a challenge.

Remember you are not alone and there is help and support out there. The best gift you can give to your family is the gift of sobriety. Easy does it and one day at a time.

**Tuxahmi group will be running through the holidays if you need to stop in and get support**

*Have a safe and Merry Christmas, the best of the season to all of you*

Nina Peers, C.C.A.CAddictions/Tuxahmi support.



*Happy New Year!  
2020*

# SEPTEMBER



## Tla'amin Justice Program Receives "Recognition of Service Celebrating 17 Years"

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

## Ratification Vote on Klahanie Subdivision Specific Claim

For the very first time in our self-governing nation history, Tla'amin will be heading to the polls for an upcoming referendum. In just a few short weeks our votes will decide whether or not Tla'amin will accept or reject a settlement offer from Canada, in the amount of \$22,830,516. Tla'amin voted in favour.



## Breakfast Program Returns to Tla'amin

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.



## Jolene Appointed to Assumption School Chair

Jolene Sutcliffe became the first Tla'amin member to chair Assumption Catholic School's Parish Education Council - the school board.

# September



## 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.



## *Congratulations 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.

## Parent/tot group

**January 9th, 16th, 23rd**  
Parent/tot group at the CDRC from 9:30-11am  
(January 2nd and 30th groups are cancelled)

**January 15th and 29th** – Orca bus at the waterfront from 1-3pm

**January 14th** – fluoride drop in at the CDRC from 10-12pm

Dana  
Tla’amin Health  
Early Childhood Development Outreach Worker  
Email: [dana.gustafson@tn-bc.ca](mailto:dana.gustafson@tn-bc.ca)  
4915 Salish Drive,  
Powell River, B.C., V8A 0B6  
Phone 778-657-5510 or 604-483-3009  
Local 141 Fax 778-657-5510



## MERRY CHRISTMAS from our Little Ninjas



## Family Support & Wellness Program for January 2020

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.

### Mondays

#### Location: Complex

2:00p.m. to 4:30 pm

Meet at Health by 1:45 p.m.

Draws for Good Food Box

### 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 Mika or Doreen Hopkins 604.483-3009 ext. 226.



Happy 5th birthday Ariya (Dec 18)  
And  
Happy 4th birthday Ryder (Jan 3)  
Love Mommy n daddy



Hello, I am Sonya Harry. I have recently been offered the position of our nation’s tla’amin language coordinator. I am very excited to work within our community to assist in preserving our language and culture. My λαχλαχ (parents) are Moses Woods and

Caroline Harry-Woods, my čəjstən (grandparents) are Stan Sr. and Molly Harry. I was raised in on our territory and taught our language up until 2010. Since then I have been attending the University of British Columbia pursuing a Bachelor of Arts degree in Psychology.

I was taught under many language teachers, including Betty Wilson and Brad Adams. I have also received honours from Brooks Secondary in our language. I am excited to assist our nation and a new generation of language speakers. I will be facilitating our language and cultural programs, including a language course which we will be offering later next year.

Please feel free to reach out to myself if you have any questions regarding any language programs or opportunities.



# OCTOBER



# NOVEMBER



## Weaving for our Future Generations

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 RCMP would like to wish everyone in the community a happy and safe Christmas*



## Oysters Receive a Much Needed Headstart in Okeover Inlet

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.



## Henderson Elementary Unveils Latest Welcoming Pole

Henderson elementary teachers and students gathered near their entrance on October 23rd to recognize the hard work by head Carver Ivan Rosypskye and students and to unveil the Welcome Pole.



## 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).



*Merry Christmas & Happy Holiday to all our community member's here in Tla'amin, Victoria, Vancouver and across the border in the States.*

*Happy New Year to all in 2020 all the best to each & everyone of you !Emote*

**From your Tla'amin Hatchery Crew :**

- Lee George
- Vern Wilson
- Kevin Timothy
- Tyrone Wilson
- Leonard Harry

## Missing You Always

Especially at CHRISTMASTIME  
With all the celebrations  
And Christmas drawing near,  
What a lovely time we'd have  
If only you were here.

We'd spend so many happy hours  
The way we did before,  
Christmas is for loved ones  
And I couldn't miss you more.

When I wake on Christmas Day  
I'll look to Heaven above,  
And I'll remember every smile  
And think of you with love.



**DEC 31 2019**

New Years Eve  
9 PM - 2 AM at the  
Tla'amin Salish Center

**\$15 per person  
\$25 per couple**

**ROCK IN THE NEW YEAR WITH  
S A V A G E**

TICKETS AVAILABLE AT TLA'AMIN GOVERNMENT HOUSE,  
OR E-TRANSFER THEWILLIAMS32@SHAW.CA OR  
AT THE DOOR!  
B.Y.O.B. MUST BE 19 OR OLDER.



**BLADERUNNERS 2020**

**BladeRunners**

**New Skills for a New Year!**

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

**Other Benefits:**

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

**Talk to us today if you are:**

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

**Spaces are limited—call or email to sign up today!**  
**604-485-7958**  
**sara@liftcommunityservices.org**

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

**Program Dates:**  
**FEB. 03rd**  
.....to.....  
**FEB. 28th**

**Work Placement:**  
**MAR. 02nd**  
.....to.....  
**MAR. 13th**

Canada  
BRITISH COLUMBIA  
ACCESS  
BUILDING FUTURES TODAY

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



## Dear Tla'amin Community Members:

Another year is drawing to a close and I am in a thankful state of mind at this time. Thank you for the honor and privilege you have given me to be working for the Tla'amin Nation Health Department. Thank you for trusting me to walk this road with you as we all journey towards our best learning, our best sharing, our best growing, and our best support for each other in this life.

It is my pleasure to work in this role of providing support to children, youth, and families. I look forward to spending time with you in the New Year. Thank you for sharing your young people with me.

I will be on holidays for the last two weeks of December. My mother will be coming to spend Christmas with us in our home and I'm looking forward to spending time with her.

I'm wishing everyone a very Merry Christmas and lots of love, good health, and happiness in the year 2020.



**Che Che Ha Thetch.  
Brenda Pielle  
Youth and Family Advocate**