

Ha-Shilth-Sa



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VOL. 24 No 11 August 21st, 1997

Nuu-chah-nulth for "Interesting News"

Canadian Publications Mail Product
Sales Agreement No. 467510

Fontaine Marches at Closure

A guest of honour at the closing ceremonies of the 1997 North American Indigenous Games was recently elected Grand Chief of the Assembly of First Nations, Phil Fontaine. He received a popular ovation from the crowds and it may be timely to remind ourselves of the background of this quiet but strong leader.



Phil Fontaine was one of the first leaders to draw public attention to the issue of abuse in our residential schools. He was briefly jailed for occupying the Manitoba Regional Offices of the Department of Indian Affairs and Northern Development (DIAND) in protest over its attempt to end the treaty right to education. Among many other milestones, Phil Fontaine was also instrumental in establishing local control of education and a treatment center for alcoholism in his home community while chief of the Sagkeeng First Nation.

Most recently, Phil Fontaine's experience and determination have produced an historic agreement to implement the inherent right of self-government. The agreement between First Nations of Manitoba and the Government of Canada was signed in December 1994. It

provides for a formal, binding process to dismantle DIAND in Manitoba, develop and recognize legally empowered First Nation Governments and restore First Nation jurisdictions consistent with the inherent right to self-determination. He was awarded the National Aboriginal Achievement Award for community service in 1996.

Larry Phillip (Buddy) Fontaine was born on September 20, 1944 to Jean Baptiste and Agnes Fontaine (nee Spence) at the Fort Alexander Reserve (Sagkeeng Anichinabe First Nation), 80 miles north of Winnipeg. He is currently serving his third term as Grand Chief of the Assembly of Manitoba Chiefs (AMC) an organization made up of 60 first nation communities representing 90,000 people, currently residing in Winnipeg. Phil has two children, Mike and Maya and two grand children. He jogs everyday,

plays hockey for the Sagkeeng Old Timers; enjoys music, reading and researching aboriginal history. Grand Chief Fontaine also owns an historic photograph collection of residential school students.

Education

Phil Fontaine graduated from the University of Manitoba with a Bachelor of Arts in Political Studies in 1981. He started his primary schooling at the residential school operated by the Oblates of Mary Immaculate at Sagkeeng. He spoke only his mother tongue, the Anichinabe language. He attended the school for nine years then went on to the Assiniboia Residential School in Winnipeg before graduating from high school at Powerview Collegiate in 1961.

Political Involvement

Phil Fontaine has consistently worked on behalf of First Nations people for more than twenty years as an elected leader and in a number of senior positions in Federal and First Nations Governments.

He currently occupies the office of Grand Chief of the Assembly of Manitoba Chiefs. He was elected to this position in 1989. Reaffirmed by acclamation in 1991 and re-elected in 1994. Prior to his election as AMC Grand Chief, Phil represented this organization at the Assembly of First Nations as Vice-Chief for Manitoba. Prior to his election as Manitoba Vice-Chief, Phil worked with the Federal Government as Director General of the Yukon Region of DIAND. Before accepting this position, Phil was Deputy Coordinator of the Federal Government's Native Economic Development Program and Special Advisor to the Southeast Tribal Council in Manitoba. During this period, he completed his studies at the University of Manitoba. Phil Fontaine was elected Chief at Sagkeeng First Nation in 1972 and served in the capacity until 1976



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Telephone: (250) 724-5757
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Designed & typeset at N.T.C.
& printed at the
Alberni Valley Times
in Port Alberni.

Subscriptions: \$15.00 per year in Canada & \$18.00 per year in the U.S.A. and foreign countries

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DEADLINE

Please note that the deadline for submissions for our next issue is **noon on Friday, 29th August.**

After that date, material submitted and judged appropriate cannot be guaranteed placement, but, if still relevant, will be included in the following issue.

In an *ideal world*, submissions would be typed, rather than handwritten. In a *perfect world*, submitted material would be on disk and formatted in Microsoft Word. This is *seldom* a perfect world...

Please note that although we would certainly like to be able to cover all stories and events, as well as submitted material, we can only do so subject to:

- Sufficient advance notice
- Reporter's availability at the time of the event
- Editorial space available in the paper
- Editorial deadlines being adhered to by contributors



Aircranes Lift Title from Thunder

It was the crunch game and the bases were loaded. Bottom of the seventh inning... The crowd was tense with expectation. The floodlights cast long shadows as the *Les Sam Construction Thunders* were poised to lift the championship. Robbie Epp gave the batsman of *Coulson Aircranes* his special look of menace before winding up his devastating fastball.

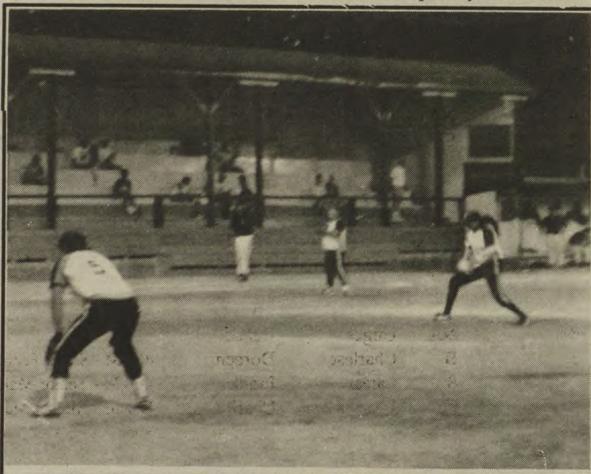
Well to be honest, not exactly... Unfortunately Recreation Stadium was not to be a field of dreams for 'the good guys' as this just wasn't their night. Reality and fiction are often separated by fact. The skill was there. The determination and spirit were there. The ability to hammer a ball away from where the opposition fielders could scoop or catch it was, unfortunately, not there on the night.

Don't get me wrong. The game was no pushover and until the end of the sixth inning it seemed that the *Thunders* could pull back the four run deficit that the *Coulson Aircranes* had built up by a couple of runs in the fourth and sixth innings.



Robbie Epp pitched a mean fastball and catcher Keith Thomas was precise and alert all night. But the runs just wouldn't come. Too often a high ball to the outfield was caught just as it seemed the drought was about to break. Too often a thundering ball headed straight at one of the opposition fielders and was engulfed before the batsmen could get a winning pattern going.

In order to secure a third game and a chance at the title, a win was essential but it was not to be. We trudged back to our cars and homes in some disappointment but secure in the knowledge that this team had played well and earned respect - from the *Coulson Aircranes* as well as the community. Although it may seem something of a cliché, there is always next year.



Les Sam Construction Thunder Roster:

- Les Sam
- Richard Sam Sr.
- Reggie Gus Jr.
- Bob Sault
- Rob Epp
- Willie George
- Joe Charleson
- Alton Watts
- Bobby Rupert
- Lloyd Watts
- Terry Sam
- Boyd Gallic
- Ivan Thomas
- Keith Thomas
- Geoff Gus
- Richard Sam Jr.
- Pete Little Jr.
- Art Carlson

...report by Chris Beddows

LETTERS

Ha-Shilth-Sa will include letters received from its readers. All letters must be signed by the writer and have the writer's name, address & phone number (if any) on it. Names will be withheld by request.

We reserve the right to edit submitted material for clarity, brevity, grammar and good taste. We will definitely not publish letters dealing with tribal or personal disputes.

All opinions expressed in letters to the editor are purely those of the writer and will not necessarily coincide with the views or policies of the *Nuu-chah-nulth Tribal Council* or its member *First Nations*.

I was very excited about the Indigenous Games in Victoria. I attended the opening ceremonies and unfortunately could not stay to watch all the sporting events. I was hoping to see reports of the events on the news, but there was nothing on our two channels. We get BCTV and CBC North. I thought since these two channels are very quick to make reports on Aboriginal people that they would have something to say about the sporting events that were happening in Victoria.

Anything news worthy regarding Aboriginal people has to have a negative aspect and anything positive that is occurring is not news worthy enough.

Aboriginal people are news worthy when they are protesting, blocking roads or in violent situations. Anything positive like the Indigenous games, that brings forth the good qualities of our people is ignored or not commented upon.

Tribal Journey, the people who paddled down the west coast of the Island were also ignored, focus was on the Vision Quest group, although that cause is an excellent idea. Those who traveled down the West Coast of the Island traveled in unpredictable ocean conditions and they have to be commended on being very courageous in undertaking the journey. My purpose in writing this letter is to state

that I was disappointed in the media for not spending more time on the Indigenous Games. There were many people who could not attend events and it would have been exciting to watch our Aboriginal people participating in an outstanding example of sportsmanship. It would have been of particular interest to our youth, an encouragement for them to participate in future events.

In the future I hope to see the media report on more positive aspects of Aboriginal people instead of focusing on the negative aspects of our people.

Choo!!
Marilyn Short
Ka'yu: 'k' t' h' /Che:k:itles'tet'h' Member

Nuu-chah-nulth Results at the North American Indigenous Games 1997

As we went to press, the full results were not available from the media office of the Games Office. Ed Samuel has been invaluable in assisting with the collating of *Nuu-chah-nulth* results but any participants who do not find themselves featured will receive recognition in our next issue.

NA = Not Awarded
G = Gold
B = Bronze
NK = Not Known
S = Silver

Athletics

Placement	Medal	Last Name	First Name	Event
4	NA	Gallic	Boyd	200 M - Senior Male
7	NA	Gallic	Boyd	Discus - Senior Male
2	S	Gallic	Boyd	Javelin - Senior Male
3	B	Gallic	Boyd	Shot Put - Senior Male
5	NA	Dick	Daniel	1500 M - Juvenile Male
1	NA	Lavoie	Wayne	800 M - Bantam Male
4	NA	Dick	Daniel	800 M - Juvenile Male
4	NA	James	Dawn M.	Discus - Juvenile Female
4	NA	Johnson	Joni R.	Discus - Midget Female
3	B	James	Dawn M.	Javelin - Juvenile Female
5	NA	Johnson	Joni R.	Javelin - Midget Female
4	NA	Tiriazona	Andre	Javelin - Senior Male
7	NA	James	Dawn M.	Long Jump - Juvenile Female
3	B	Tiriazona	Andre	Shot Put - Juvenile Male
5	NA	Durocher	Bob	400 M - Juvenile Male
3	B	Edgar	Jason	Javelin - Midget Male
1	G	Howard	Joseph	100 M Special Olympic Senior Male Group 2
4	NA	Lucas	Oriena	100 M - Junior Female
2	S	Gallic	Shannon	100 M - Midget Female
5	NA	Thomas	Shaunee	100 M - Senior Female
1	G	Lalear	Frank	100 M - Senior Male
6	NA	Unger	Renee	200 M - Juvenile Female
3	B	Gallic	Shannon	200 M - Midget Female
1	G	Lalear	Frank	200 M - Senior Male
2	S	Howard	Joseph	200 M - Special Olympic Male
8	NA	Unger	Renee	400 M - Juvenile Female
3	B	Charleson	Doreen	400 M - Senior Female
2	S	Lalear	Frank	400 M - Senior Male
7	NA	Doiron	Charles	Discus - Midget Male
5	NA	Samuel	Edward	Shot Put - Senior Male
6	NA	Unger	Renee	Triple Jump Juvenile Female
4	NA	Samuel	Edward	Triple Jump Senior Male
6	NA	Stewart	Nancy	400 M - Juvenile Female
6	NA	Stewart	Nancy	800 M - Juvenile Female
7	NA	Barker	Kathleen R.	100 M - Bantam Female
6	NA	Barker	Kathleen R.	200 M - Bantam Female
Not known	NK	Ross	Ed	
NK	NK	Barney	Sampson	
NK	NK	Little	Trevor	
NK	NK	Mack	Erica	
NK	NK	James	Marissa	
NK	NK	Wilson	Lori	
NK	NK	Charleson	Doreen	
NK	NK	Frank	Shawn	Junior Men Basketball
NK	NK	Robinson	Devin	Junior Men Basketball
NK	NK	Robinson	Kevin	Boys Rifle Shooting
NK	NK	Robinson	Luke	Bantam Boys Basketball
NK	NK	Little	Waylon	Juvenile Boys Basketball
NK	NK	Lucas	Matthew Jr.	
NK	NK	Lucas	Matthew Sr.	Coach
NK	NK	Frank	Angelina	
1	G	Cook	Herbie	Soccer
NK	NK	Charleson	Ian	Soccer

Swimming

1	G	Frank	Peter	Free 50 M Bantam Male
1	G	Atleo	Neil	Breast 100 M Juvenile Male
1	G	Atleo	Neil	Breast 50 M Juvenile Male
1	G	Atleo	Neil	Fly 100 M Juvenile Male
3	B	Webster	Gertrude	Fly 100 M Midget Female
1	G	Atleo	Neil	Fly 50 M Juvenile Male
4	NA	Webster	Gertrude	Fly 50 M Midget Female
4	NA	Webster	Pamela	Free 100 M Senior Female
4	NA	Webster	Gertrude	Free 50 M Midget Female
2	S	Webster	Pamela	Free 50 M Senior Female
1	G	Atleo	Neil	IM 100 M - Juvenile Male
3	B	Webster	Gertrude	IM 100 M Midget Female
NK	NK	Webster	Pam	Senior Female Swimming

Tseshah Bantam Boys Softball - Bronze Medal

Coach: Margaret Robinson
Assistant Coach: Crystal Little

- Rudy Watts
- Blair Bulwer
- Alfred Fred
- Darryl Watts
- Ken Watt
- Josh Fred
- James Knighton
- Tyrone Gallic
- Vance Seiber
- Ander Lucas

Ahousah Lady Suns-Junior Women Basketball Bronze Medal

Coach: Curtis Dick
Assistant Coach: Chris Williams
Manager: Margaret Dick

- Joy Charleson
- Lila Charleson
- Deanna Smith
- Francine Adolf
- Janey Thomas
- Leza Lundy
- Luke George
- Shelly Frank
- Bonnie Williams
- Nadgelin Cliffe
- Corissa Jack
- Crystal Sam
- Tseshah Chaperone
- Tseshah Chaperone

Ahousah Ravens-Juvenile Girls Basketball

Coach: Wayne Robinson
Assistant Coach: Darryl Campbell

- Jeanine Adams
- Jan Hall
- Magdalene Frank
- Iva Seithcher
- Shaina Tallio
- Jessi Qualtier
- Anna Atleo
- Nicole Charleson
- Allethea Andy
- Daisy Keitlah
- Crystal Richter

Ahousah Ravens-Midget Girls Basketball

Coach: Esther Robinson
Assistant Coach: Rick Lindholm

- Lucille Keitlah
- Lucille Mack
- Terri Robinson
- Iris Frank
- Jessica Holan
- Heather Charleson
- Ruby Williams
- Andrea Frank
- Fanny Thomas

Nuu-chah-nulth Ha-cuums Bantam Girls Softball Gold Medal

Coach: Ray Seitcher Jr.
Assistant Coach: Lonny Erickson
Manager: Darlene Amos

- Jessica Holan
- Drystle Amos
- Tasha Brooks
- Chistina Spence
- Barb Blackbird
- Charmaine Seitcher
- Erica Seitcher
- Shelina Point
- Tracy Joesph
- Melanie Jones
- Kim Amos



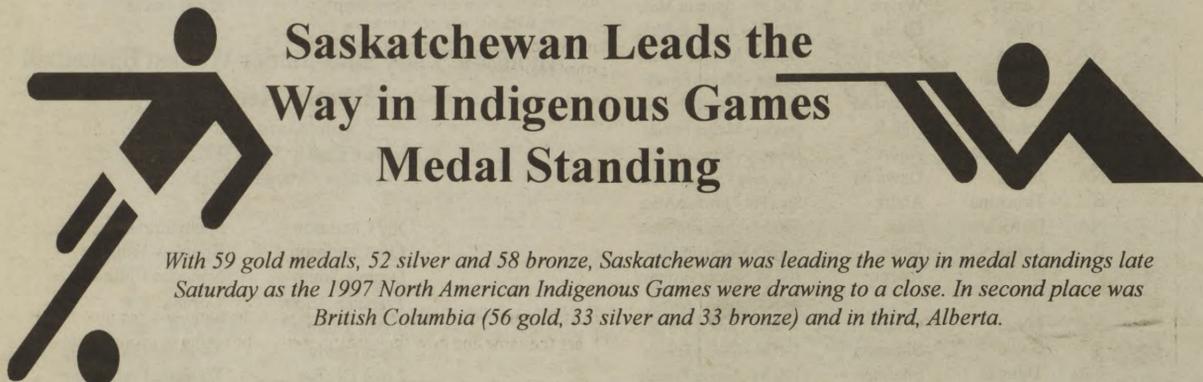
American Teams Dominate Basketball at North American Indigenous Games

Sixteen medals were captured by American Teams in basketball competition at the North American Indigenous Games as action wrapped up with finals on Sunday. Teams from BC and Alberta won the eight remaining medals.

The most exciting final was played Saturday evening with a Junior Men's match-up between Team Minnesota and Team Mississippi. The crowd cheered as the score rolled between the two evenly matched teams. There was never more than a 9 point spread throughout the game. Considering Mississippi was playing with only one relief player, the team managed to keep on Minnesota and forced the game into overtime at a score of 82. The action continued to be exciting with passionate bump and run play. Minnesota managed to squeeze by Mississippi in the last few minutes of play to win the gold medal with a score of 89 to 86.

Basketball is the largest sport at the Indigenous Games with one-fifth of the 5,000 athletes competing in the sport. Over the course of the week more than 370 games were played at seven venues around Victoria.

In other divisions, Team Alberta took the gold medal over Team Iowa in the Junior Women division, Montana received their first medal of the Games by beating Team BC in the Juvenile Men division, and in the Juvenile Women division Team Oregon was victorious over Team Minnesota. In the Bantam division, Team Oregon beat Team Montana for the Women's Gold, and Team Oregon beat Team BC in the Men's competition. Oklahoma women took first in the Midget competition over Team Oregon, and Team Minnesota won their second basketball Gold by defeating South Dakota in the Midget Men competition.



Saskatchewan Leads the Way in Indigenous Games Medal Standing

With 59 gold medals, 52 silver and 58 bronze, Saskatchewan was leading the way in medal standings late Saturday as the 1997 North American Indigenous Games were drawing to a close. In second place was British Columbia (56 gold, 33 silver and 33 bronze) and in third, Alberta.

Alberta won the gold medal in juvenile baseball, winning 7-4 over Ontario. An American team from Wisconsin took the bronze medal. The Alberta team, coached by Marvin Yellowbird and Ronald Tremblay, was a blend of top players from Hobbema First Nations, Saddle Lake First Nations, Paul Band First Nations and the city of Edmonton. "The team was obviously very determined," says staff chef de mission Barb Modeste. Coming from several different areas, "they're an example of the kind of unity that's taking place among First Nations." Many of the young people on the baseball teams and others among the 800 athletes, coaches and chaperones from Team Alberta, have never been far from their home reserves, been on a plane or experienced large cities, says Modeste. "These Games are a big outing for them."

In soccer, BC scooped up the gold medals in the bantam and midget divisions, in both the male and female categories. In all four finals, BC beat out Saskatchewan which took the silvers, leaving Alberta with the bronze in the three of the categories. In the bantam male division, a second BC team took the bronze medal.

In volleyball, Saskatchewan took the bantam male final match in two straight games of 15-4 and 15-10 over Manitoba. Northwest Territories took the bronze honors over Alberta, 15-1 and 15-4. In midget male volleyball, Saskatchewan beat Northwest Territories in two straight games of 15-10 and 15-7. Alberta beat Ontario for the bronze.

Alberta was not deprived of gold in female volleyball, taking both the bantam and juvenile events. In bantam play, Alberta beat Northwest Territories, losing the first game 11-15 but winning the next two 15-6 and 16-14 to take the gold medal match. Saskatchewan won over Wisconsin to take the bronze. Alberta women also took the gold in juvenile volleyball, again over Northwest Territories and again it took a comeback from an initial 13-15 loss to win the match with 15-11 and 15-5 games. Manitoba beat Saskatchewan for the bronze.

In prone sporting rifle events, Joshua Anderson of Ontario was tops among bantam males, while Christina Tourangeau of Alberta took the bantam female event and Amy Green of Ontario won the midget female category. In three-position rifle events, gold medal winners included Ian Malo of Alberta (juvenile male), Winter Edjericon of Manitoba (juvenile female), Morris Elderkin of Saskatchewan (juvenile male), Charmaine Moose of Yukon (junior female), Allan Cardinal of Alberta (senior male) and Marion Scott of Saskatchewan (senior female).



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Mr. and Mrs. Clifford & Debra Atleo

June 28, 1997

The Creator shined his love on our wedding day and brought our family and friends together to share our special day. The wedding took place at the Port Alberni Friendship Center and the reception took place at Maht Mahs.



Kleco to Rick Lindholm for performing the ceremony and kleco to Nelson Keitlah and family and friends of Ahousaht and the Tla-o-qui-ahts for performing the Kho-uss ceremony. Both were very special to us.

Kleco to our attendants - Julia Atleo, Agnes Jack, Norman Dennis, Russell Robinson. Kleco to son "B" Brendan and Bro Punkie for walking Debra down the aisle. And of course, the day would not have been complete without our special flower girl, Alexandria.

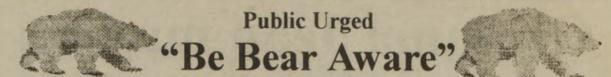
It was with the love and support of all who came that made our day extra special. These include kleco's to: Deb's sister Darlene and her husband Bob Barker for their help, to Mom, Elsie Robinson and Aunt Hanna White for their boundless energy to help, to sister-in-laws Marge Robinson and Doris Robinson for decorating and helping, to Brother Harvey Robinson, to Bernard Charleson for cooking, Vinnie Boss, to Deb's sister Diane for the decorations and all who helped decorate, including:

Anne Atleo, Luke Atleo, Barb Atleo, Robert Atleo, Warren Atleo, Maureen, and all the relatives who helped make the Friendship Center and Maht Mahs beautiful with creative decorating.

Kleco to Richard and Iris Lucas, Larry and Elaine Baird, Jack and Rosie Little, Kathy Little and family, Nelson and Ruby Keitlah and Delores Seitcher.

Kleco to all who provided the lovely gifts and financial contributions which helped make our honeymoon special!

Kleco to all of you relatives and friends, who haven't been mentioned, for sharing your love with us to make for a day we shall never forget, Kleco! Kleco! To you all.
Mr. & Mrs. Clifford and Debra Atleo



The Ministry of Environment, Lands and Park is reminding the public to "Be Bear Aware" as bears are looking for food to fatten up for hibernation. As we go to press news is breaking of two campers killed and two injured by bears in the Fort Nelson area.

To avoid bear-human confrontations, now is the time to practice special care with orchards, fruit and garbage. Odors from human food and garbage provide irresistible targets for bears, which have an excellent sense of smell. Most bears will overcome any natural fears if the promise of food is strong enough. The result is more than 50 grizzlies and 800 black bears are killed each year to protect the public. In many cases these deaths are preventable by not attracting bears with garbage.

Here are some suggestions on how to bear-proof your home and property:

- Protect beehives, compost, livestock and fruit trees with electric fencing.
- Store garbage indoors until collected.
- Ensure compost bins and other potential food sources are secured in air tight containers.
- Wash barbecue grills after use. Cover and store barbecues securely.
- Keep pets penned. Pet food should be securely stored.
- Don't put meat, fish or animal parts in compost bins.
- Don't throw cooking oil/grease outside.
- Create breaks along side natural pathways by thinning out existing trees.

B.C. has a healthy and stable black bear population of 120,000 - 160,000 bears. The grizzly bear population is estimated at 10,000 - 13,000 bears and is considered vulnerable. Grizzlies are no longer found in some parts of the province. There are no grizzly bears on Vancouver Island.

With the advent of hunting seasons throughout the province, hunters are reminded to take extra precautions while dressing their meat and should be alert when returning to a kill site to pack up meat. Bears will easily find freshly killed game and aren't shy about claiming it as their own. Some bears even associate a gun shot as their dinner bell. If approached by a bear at a kill site, hunters should abandon meat, back away from the bear and report the incident to a Conservation Officer.

THE TODDLER FORMING CONCEPTS

At 2 years, your toddler is learning to understand and see how things are the same and how they are different. She is able to group or classify in her mind and out loud. This means she can sort, compare, contrast and group countless objects, facts, people, feelings and ideas. By classifying what she knows of the world, she can form complex ideas in her mind. Ideas which will allow her to combine new information with information she already has. All her knowledge helps her to communicate with others on the basis of shared knowledge.

For example: If I talk to you about an eagle flying over head, you would immediately categorize the eagle as a bird and a living creature. I would not have to spend the first few minutes of our conversation explaining about birds and living creatures. Through individual play and group play, your toddler actively learns more about the world and how everything works and is able to communicate what she learns to you.

Playing and Thinking

"For a small child there is no division between playing and learning, between the things that he or she does "just for fun" and the things that are "educational". The child learns while living and any part of living that is enjoyable is also play." Taken from *Your Baby and Child* - From Birth to Age Five, by Penelope Leach. This is an excellent Reading Resource for parents and caregivers.

Parent Hints - Toddlers are active thinkers. It's a good idea to carry with you crayons, pens, pencils or those washable crayola markers and blank paper or pages from a coloring book with you where ever you go. The toddler can draw or color on his own or invite the parent to participate. This is a great idea for restaurants, car rides, waiting rooms and so on.

Jackie A. Watts
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Gramma Jean may be "Senior of the Year"

Mrs. Jean Charleson is a member of the Hesquiaht First Nation. She is affectionately called, "Gramma Jean" by all people who know her, adults and children. Gramma Jean was born 1916 and she just celebrated her 81st birthday on July 10th. Gramma Jean graduated from high school in Chilliwack in 1935. She then returned to her home in Ahousaht. Her parents were William and Mary Little and her siblings are Harold (deceased), Wilson (deceased), Elsie (Robinson), and Hannah (White).



In 1936 she married Mr. Steven Charleson Sr. (Deceased 1973) from the Hesquiaht First Nation. He was the Chief of the Kinkwa7ashtakimlh7ath House. They were blessed with 15 children. To date, Gramma has eleven surviving children, 48 grandchildren, 51 great-grandchildren, and 8 great great grandchildren. Gramma Jean encouraged and supported her children through their years through the education system. Some of the accomplishments of her children include: long term care worker, fisheries technicians, CGA student, business owner, social worker, band council members. Gramma Jean is very proud of all her children because they are all working or going to school.

In 1964, a tidal wave hit the small community of Hot Springs Cove where she and her family lived. It arrived with no warning. There was fear, chaos, and uncertainty. There was no way to find out if all of her family had made it to safety. During this turmoil, Gramma Jean had to save the lives of three of her young children. After the tidal wave had gone, people returned to find no homes and a wiped out village. Gramma Jean's house was one of two homes that were left standing. Without any hesitation she opened her home and shared their food with people of the community.

In 1994 Gramma Jean helped organize and set up the Rediscovery program. It is a cultural program for the youths and it occurs during the summer months of July and August. She is still a member of the Board of Directors. Each year the number of participants increases immensely. The Board of Directors is anticipating increasing the number of camps next year. The first year there was one camp and this year there are three large camps. Gramma Jean's participation in the

camp includes: cooking, supervision, and teaching the children with the traditional way of story telling.

The Hesquiaht First Nation has many projects, Management for a Living Hesquiaht Harbor/Fisheries/Forestry, cultural, treaty negotiations, and health services. Gramma Jean shares her knowledge of traditional and cultural values with the inquisitive participants of the above mentioned projects. Continuing students in the education system, elementary, secondary, college, and university often turn to her for information for their school projects. She is always eager to share her knowledge and expects nothing in return. Gramma Jean is happy that someone wants to learn more about our culture and traditions.

Gramma Jean also volunteers her time as an Elder representative on the Community Human Services Board. She has been involved for the past eight years. She is instrumental in sharing her knowledge and wisdom as the Hesquiaht elder for alternatives for caring for the community members, setting up the policies and procedures. She is a valued member on the Community Human Services Board because of her knowledge of the traditional and cultural ways.

Even though Gramma Jean is 81 years old, she is still active and eagerly contributes to her community in Hot Springs Cove. The residents all know that they will never be turned away from her home. She willingly shares her material goods and her wisdom and knowledge. Gramma Jean still travels to meetings for the Community Human Services Board as well as to the different towns and cities where her grown children live. Gramma Jean is well loved and respected throughout the Nuu-chah-nulth Territory.

...Report by Bernard Charleson

A Tribal Journeys Tale

Tribal Journeys is a spectacular event which proceeded and initiated the "Commencement/Welcoming" Ceremonies for the North American Indigenous Games (NAIG), located in Victoria, British Columbia. The Paddlers or Pullers of the Canoes began their Journey in the Ahousat Nation's Traditional Territory and progressed to the Tseshaht Nation's Traditional Territory and then down Alberni Inlet and onto Victoria. The Huu-ay-aht First Nation Would like to acknowledge and thank all the people who assisted in making Tribal Journeys at Anacla a tremendous success.

The preliminary NAIG practices of the Makah from Neah Bay, USA, to the Huu-ay-aht Territory of Anacla were spectacular due to the hard work and dedication of the residents of Anacla. The Huu-ay-aht First Nations ability to welcome friends and strangers onto their territories is spiritually and holistically incomparable. Anacla residents welcomed the dedicated Makah. These canoe pullers were fed and cared for as if they were part of the Huu-ay-aht family.

The driving force for the coordinated efforts include all individuals at Anacla, Sachsa (Grappler, and Numukamis (Sarita). The people who fed and offered lodging for the Makah need to be acknowledged. These people include, in order of family:

The Peters Family: Tye Haiwiith Spencer Peters, Nora Peters, Aggie Peters, Derek Peters and wife Irene Williams, Jane Peters, Elaine Peters, Stella Peters and granddaughters.

The Cook Family: Leslie Cook, Andrew Cook, Barbara Cook.

The Williams Family: Hereditary Chief Victor Williams, Alex Williams, and Memory Williams, Ivan Gallant.

The Nookemus Family: Oscar and Maxine Nookemus, Richard and Bonnie Nookemus, Bruce Nookemus, Councilor Rick Nookemus and Wife Tish Nookemus, Daryl Nookemus, Charlene Nookemus, Darlene Cook and Husband Barry Halvorson, James Nookemus, Toby (Clifford) Nookemus, Tammy Nookemus and husband Cory Howard.

The Frank Family: Hereditary Chief Bill Frank

The Johnson Family: Ralph and Ed Johnson, Doug Johnson.

The Clappis Family: Councilor Ben Clappis and wife Clara, Marie Clappis Newfield and husband Wayne, Vie Clappis Passmore, and Pat Clappis Lecoy.

The Young Family: Rosanne Young and husband Don Provost, Karen Young Haugen and husband Kaal Haugen, Linda Young and husband Jim Vargette, and Sandra Young.

The dedicated people of the Huu-ay-aht First Nation are solely responsible for the assurance that the Makah were adequately nurtured and welcomed on their journey of discovery into the Huu-ay-aht Traditional Territory. A special thanks goes out to Steven Smith for spotting the Makah Canoes on June 14, 1997.

Tribal Journeys was a memorable event for both native and non-native alike. At Anacla there were two individuals who were given the honor of coordinating these spectacular events. Jane Peters was the Protocol Liaison and Cheryl Thomas was the Project Coordinator. The people who were invaluable in their assistance for Tribal Journeys include the following individuals:

Singers and Drummers: Tye Haiwiith Spencer Peters and Brother Steve Peters, Haiwiith Derek Peters, Hereditary Chief and Councilor Jeff Cook, hereditary Chief Victor Williams and Father Alex Williams, hereditary Chief Any Clappis, Elected Chief and Head Singer Robert Dennis Sr., Head singer Robert Dennis Jr., Head singer Moses Dennis, Leslie Cook, Ralph Johnson, Ralph Doug Johnson, James Nookemus, Dave Haipee, Al Titian.

(continued on Page 13...)



The Voice Of

Nuu-chah-nulth-eets Tsitsiqi
PO BOX 1218
Port Alberni BC
V9Y 7M1
Telephone (250) 724-1225
Fax (250) 724-4385

Nuucaanulth Ciciqi
Language belonging to the
Nuu-chah-nulth Nation

When we ask non-speakers what they would like to learn, referring to the language, they often reply, "We want to learn everyday language." Here is a list of commonly used phrases.

English	Tseshaht	Ahousaht
It is fine weather.	ʔuuʔuuqukma	ʔuuʔuuqʔiʔis
It is hot weather.	ʔupaama	ʔupaʔiʔis
It is foggy.	wiʔqakma	ʔuʔqakʔis
Get up out of bed.	tʔiqiʔi	tʔiqiʔi
Go wash your face.	ʔupsiʔiʔi	ʔupsiʔiʔi
Come.	ʔukʔaa	ʔukʔaa
Sit down.	tʔiqʔaasiʔi	tʔiqʔaasiʔi
Come eat.	haʔukʔiʔik	haʔukʔiʔik
All come and eat.		haʔukʔiʔiʔiʔak
Stand up.	ʔakisiʔi	tʔaaqyaʔiʔi
Here!	maa	maa
Give it!	kaaʔa	kaaʔa
Don't!	wikʔii	wikʔii
Where are you going?	waasciyukʔhak	waasciyukʔ
What are you doing	ʔaaqinʔaphak	ʔaaqinʔapk
Where did you come from?	waastaqʔiʔihak	waastaqʔiʔik
Where were you?	waasimthak	waasumtk
What time is it?	ʔanapiʔiʔaʔha	waascaʔh
Where is it?	waasiha	waasih

Try these common sayings the next time you have a conversation with a speaker. Good luck!!

Thomas Family Reunion

Hello! To all my relatives near and far, my name is Clifford E. Thomas Sr. Born at Hot Springs Cove B.C. on February 20/50. My parents were Joseph P. Thomas and Winona Thomas. My address is #2-4950 Neill Street, Port Alberni, B.C. V9Y 1C9, Phone (250) 724-6448.

So please contact me if you are related to the Thomas family, and explain how we are related and put it on cassette/video tape or phone or write me at the above address. Also to all my nieces and nephews, I would really appreciate it if you all could help me plan this family reunion

Our first family reunion meeting will take place in Ahousaht, Sept. 20th/97 at 12 noon, from there we'll decide when our next meeting will take place. I look forward to meeting and hearing from you.

Always your relative,
Clifford E. Thomas Sr.



TLU-PIICH GAMES

NOTICE OF RESCHEDULING

September 12, 13th & 14th
(Friday, Saturday, Sunday)

MEN'S FASTPITCH..... Recreation Park

MIXED SLO-PITCH..... Russel Field

Ball Hockey Dates and Locations to be announced later

Nuu-chah-nulth Human Services **Community and Program**

Fighting HIV/AIDS

Anyone Nuu-chah-nulth who is HIV positive and who wishes to speak at conferences, workshops, etc., to educate people about living with HIV/AIDS, is urged to contact Cindy at (250) 724-3232 or Bernard at (250) 724-8570. An honorarium (fee) will be paid to the speaker.

Low health status of First Nations people

The necessity of this recognition of rights should be clear. The disempowerment and marginalization of First Nations people is a fact of Canadian history. The Royal Commission on Aboriginal People has documented the human and social costs of paternalism to First Nations people. This is seen in the shockingly high suicide rates among all age groups, violence, alcoholism and substance abuse, injury rates, depression and incarceration of First Nations people.

First Nations health status is among the lowest in the country. Generally we have lower resistance to infection, we have access to fewer services, and less knowledge and authority to demand treatment. Overall, our resilience to disease, compounded stress and deprivation appears to be lower than that of the general Canadian population.

While overall life expectancies have increased and neonatal and infant mortality have declined. First Nations people remain more vulnerable to illness, injury, chronic conditions and premature death. The discrepancy between First Nations and mainstream Canadians has narrowed but First Nations still die an average of 7-10 years sooner than other Canadians. Although infant mortality fell by 60% in the 1980's it is still 1.7 times the Canadian rate.

First Nations people die twice as often from endocrine and immune diseases, digestive and respiratory diseases as other Canadians do. We die more than three times as often from injury and poisonings. First Nations people seem to be affected by HIV at a younger age, to seek treatment when diseases are more advanced, to discontinue courses of treatment more often and frequently lack access to basic services.

By the Royal Commission's calculations, the status quo will be prohibitively expensive over the next 20 years. It is bad economics and bad health policy for the federal government to continue to administer programs on behalf of First Nations, or transfer them without inadequate budgets or legislative authority. Communities feel abandoned. In the long run, supporting First Nations to design our own programs and services to suit our needs, to the best of our abilities, makes better fiscal and developmental sense.

First Nation had health care before contact with European settlers, and elements of that original system still exist, available to be combined with western biomedicine. However, there is limited documentation on First Nation-run health systems, past or current; few case studies or broadly comparative studies exist in the academic realm. Young and Smith (1992) note a need for an inventory of programs. This paper attempts to remedy that, by describing a number of programs on service delivery systems, and looking for common features in communities throughout Canada, the United States and Australia.

Many of these are small local initiatives. Some are informal, drawing on volunteers, operating without regulatory approval. Overall they are positive and empowering activities. They operate on holistic principles, providing social and primary health care in a range of services to patients and their families. Offering services in isolation does not work.

If indeed health is a political construct, a factor of politics, the dire health status of First Nations communities can only be improved by such locally-sensitive, culture-based initiatives. Changes in operating structures, legislative authority and overall paradigms of primary care services for First Nations people are required.

YOUTH



Fighting Fair

Can you imagine what a basketball game would be like without rules? Players would be allowed to get away with punching each other in the faces, elbowing each other in the chests and kneeling each other "you know where." There would be traveling, goal tending and 3 seconds every where you looked! Large numbers of people would be hurt and no one would have any fun. Baskets might be scored, but at a tremendous cost.

With rules, however, basketball games proceed in an orderly fashion. There is conflict, but it's controlled conflict. If someone steps out of bounds with the ball, he is called on it.

There are rules for basketball, hostile takeovers, and even spiritual ceremonies, but most people have no rules when they fight with close friends and loved ones. You saw the chaos that can result from this when you were a child, how disagreements in your family often turned into verbal and even physical-free-for-all, complete with screaming and cursing and threats and beatings. You hated this as a child, but chances are as an adult you are following the same pattern. You may know no other way.

It doesn't have to be that way. Just as rules allow basketball games to proceed in an orderly fashion. Rules can help you, and others fight fair. Here are some basic procedural rules and some *do's* and *don'ts* you and others can use next time you have a fight.

Procedural Rules

1. Ask if this is a good time to bring up your problem. If it's not, agree on another time.
2. Express the problem briefly, including the feelings you have about the problem.
3. The other person waits for you to finish and then uses active listening to restate both the message and any feelings behind it. If the other person isn't familiar with this skill, say, "When I'm done talking, please tell me what you heard me say so I'll know you got it the way I meant it."
4. Agree that the message was accurately received, or clarify it. If you clarify it, ask the other person to once again use active listening. Continue until you agree that the message has been accurately received.
5. The other person conveys any views and feelings relevant to the subject, while you use active listening.

At other times when emotions run high, people are seldom prepared to solve their problems logically. This procedure helps to dissipate those emotions by giving each of you a chance to vent them and know that you're understood. It slows down the argument and prevents it from rushing headlong in destructive directions. It encourages both parties to listen to the other and not just wait for a chance to speak.

Do

- Bring up one problem at a time.
- Focus on the present.
- Be specific about your complaint.
- Express your feelings.
- Allow other people to express themselves.
- Where possible, use your "already learned" skills.
- Compromise.
- Complain when the rules are violated.

Don't

- Don't hit.
- Don't yell, swear, or use sarcasm.
- Don't label others.
- Don't label others' behavior or ideas.
- Don't make assumptions.
- Don't put an entire relationship on the line.

Adapted by J9 & Jacquie Adams from: Woititz, Janet G. And Garner Alan *Lifeskills for Adult Children*. Health Communications Inc. Florida.



Just Wash Your Hands of It... O.K.?

Germes are so small that you cannot see them and they are found almost everywhere.



There are many types of germes (bacteria and viruses).



Bacteria and viruses can cause illnesses and diseases such as: upper and lower respiratory tract infections, influenza, pneumonia, hepatitis A & B and Shigellosis.



Washing your hands is the best prevention against these illnesses and diseases!

How to Wash Your Hands

Use warm, running water.



Use liquid or pump soap whenever possible.



Rub hands together vigorously for 10-20 seconds.



Pay special attention to the cuticle and underneath the fingernails.



Rinse thoroughly and dry off hands with a dry paper towel or hand dryer.

When to Wash Hands

- After you use the toilet.
- Before preparing, touching, or eating food.
- After playing with animals, handling money, coughing, sneezing, or blowing your nose.

Importance of Hand Washing

Illnesses and diseases caused by bacteria and viruses can be very serious and can even cause death if not properly treated.

Germes can be spread four ways: fecal-oral contact (i.e. HIV/AIDS and hepatitis B) and respiratory/airborne contact (i.e. influenza and colds).

Courtesy of... Joseph Charumski (Indian Health Services)

FIRST NATIONS YOUTH

BOUND FOR 'REEL' EDUCATION

This September, between 18 and 36 First Nations youth will be heading for a film school on a lush West Coast Island where they will air their views, tell their stories and test their creativity under fire.

Full subsidies for the program have been secured for 18 students and we are currently seeking funds for 18 more. The normal costs are \$745.00 per week but there is potential for full subsidies.

The program is open to First Nations youth between the ages of 14 and 24.

APPLICATION DEADLINE IS AUGUST 31



Interested students should call

1-800-813-9993

a.s.a.p.

Callers will be given full details of how to apply.

For more information, contact:

Deblekha Guin

at

(250) 539-5729

TEEN DANCE!!!

FRIDAY, AUGUST 29th

PORT ALBERNI FRIENDSHIP CENTRE
ADMISSION \$2.00

Everyone Welcome. Bring Your Favourite Music. No alcohol or drugs.

Nuu-chah-nulth Business Success Story

There is a relatively new Nuu-chah-nulth business out there that is dedicated to the advancement of self-determination of Aboriginal people. Umeek Human Resources Development Corporation has, for the last 5 years, been offering training and consulting services primarily to aboriginal communities and individuals.

"Umeek" is the traditional name of Senior Director, Dr. E R Atleo. The name means 'community provider' in the Ahousaht language. Umeek HRD Inc. is a private post secondary training institute, a private college. Umeek is affiliated with a host of reputable organizations such as: Better Business Bureau, Aboriginal Business Club and the Chamber of Commerce.

The training branch of Umeek HRD Inc. has much to offer. There are lifeskills programs; pre-employment programs, maintaining balance (for workers in the helping professions), automated office career training (available next year), cross cultural communication, Aboriginal awareness, Board of Directors roles & responsibilities, computer training, proposal writing & program planning, entrepreneurship, conflict resolution, family violence, co-dependency and more.

The second branch of Umeek HRD Inc. is the consulting branch. Umeek staff will assist individuals or groups in the areas of: community development & planning, business plan development, business grant and loan application assistance, staff management plans.

Shawn Atleo and his staff are known in our communities for their work on: Living Away From Home survey (NCN Treaty), Tlao-qui-aht First Nation and Ahousaht First Nations Annual Assembly's, Ha-ho-payuk Society, Tlu-pich Executive Committee. They have also done work for

ICBC (Insurance Corporation of British Columbia), Vancouver School Board and the Sooke School Board.

Atleo, of Ahousaht First Nation, and his team of highly trained and qualified specialists, operate out of Surrey, BC. Umeek HRD Inc. staff has direct and thorough understanding of NCN issues. This up-to-date knowledge is what sets them apart from other training institutions. Umeek trainers/facilitators will travel to communities to provide their services.

Shawn strongly believes in community development and planning. He is a proponent of teaching facilitation skills. Says Atleo, "we need processes that are inclusive and consensus-based as opposed to motion/vote. We need to develop our human resources (people) because we will need them post-treaty."

Umeek HRD Inc. had worked with treaty office staff & management. They help to clarify and identify the issues that slow or prevent progress. They will assist in the development of problem-solving plan for staff and management.

Umeek HRD Inc. is planning on opening an office, hopefully, in NCN territory sometime in the future.

For more information about Umeek HRD Inc. call:

...Report by Central Region reporter Denise Ambrose



N.E.D.C.

SPECIAL WORKSHOP

NEDC PRESENTS

A

BUSINESS WORKSHOP FOR NUU-CHAH-NULTH ARTISTS & CRAFTSPEOPLE

facilitated by: Rosi Neidermayer and Lou Lynn

Would you like to:

Understand the business of Arts & Crafts?

Develop the skill needed to identify market opportunities?

Operate a viable business?

NEDC is sponsoring a four-day marketing workshop to assist Nuu-chah-nulth artists develop the skills to successfully bring their product to market at a regional, national or international level.

Over the four days you will:

- Learn the importance of a professional portfolio, be assisted in developing your won portfolio (including pictures),

- Be introduced to some funding sources & grant & proposal writing.

- Discuss setting up a business, including marketing strategies, a business plan and record keeping.

- Discuss pricing your work, quality and reputation,

- Discuss legal aspects such as copyrights and contracts.

The workshop is tentatively set for October 1, 2, 3 & 4, 1997 at the Somass Hall on the Tsahaheh Reserve in Port Alberni.

The registration fee is \$50 per person and includes all workshop materials, coffee and three lunches.

Registration is limited to 25 people, on a first come first served basis, registration cut-off is September 15, 1997.

The primary facilitator, Rosi Neidermayer is the principal of Rosi Neidermayer and Associates a North Vancouver marketing firm.

She brings first-hand knowledge of national and international business practices, export opportunities and product development. Ms. Neidermayer also works on a daily basis with artists and craftspeople, providing counseling on their business plans, portfolio development, marketing initiatives and contacts to the export market.

Until 1995 Ms. Neidermayer worked with BC Trade Development Corporation assisting artists, giftware, sporting goods and apparel manufacturers to export their products to the US, Europe and Asia. Since then she has been actively involved in First Nations training, product development, marketing strategy development and export missions.

Lou Lynn is an instructor at the Kootenay School of the Arts, where she teaches 'Professional Practices for Artists & Craftspeople', a credit course on marketing and business skills.

As a professional artist, her sculpture has been exhibited nationally and internationally as an art consultant she has purchased work for the provincial government and sat as a juror on 14 exhibition and scholarship juries.

If you require further information or would like to register please contact: Katherine Robinson at (250) 724-3131.

Jack Woodward

Barrister & Solicitor
Native Law

957 Fort Street
Victoria
B.C. V8W 3K3

Phone: (250) 383-2356 Fax: (250) 380-6560

Contact: Les Sam (Home: 723-8950 Work: 724-1310)

Contact: Richard Sam (Home: 723-8503 Work: 724-5757)

**LSC THUNDER
2ND ANNUAL
LABOUR DAY WEEKEND
FAST PITCH TOURNAY
12 TEAM DOUBLE KNOCKOUT**

**HUGE RAFFLE
50/50
BEER
GARDENS**

**At Recreation Park
Port Alberni
August 30th, 31st
and September 1st**

**SOCKEYE
SALMON
BAR.B.Q.
(NATIVE
STYLE)**

Everyone Welcome. Bring Your Favourite Music. No alcohol or drugs.

TRUST

See You in North Dakota!

The flags at the 1997 North American Indigenous Games were lowered on Sunday, 10th August after eight days of sport competition and cultural exchange. The two and a half hour Closing Ceremony honored the 2,000 athletes, 3,000 cultural participants, 32 Games staff, as well as government and corporate sponsors and supporters. More than 100,000 people attended the Games, which ran from August 3-10. Phil Fontaine, the newly elected leader of the Assembly of First Nations, was a special guest at the Closing Ceremonies.

Team Saskatchewan received the Team Title presentation at the Closing Ceremonies for accumulating the highest total points in the Games. A carved wooden paddle, painted with a killer whale, was presented by Alex Nelson to the Chef de Mission for Team Saskatchewan, Lorna Arcand. Nelson drew attention to the symbolism of the Killer Whale by saying, "Some people believe the Killer Whale is frightening, but it is a fierce competitor yet gentle, similar to Team Saskatchewan."

The Closing Ceremonies also featured two Indigenous dance groups from New Zealand and Australia: The Maori Te Ata o Tumahina Kaitiwha Whanau Group and The Aborigine Jagera Jarjum Moogeran Group.

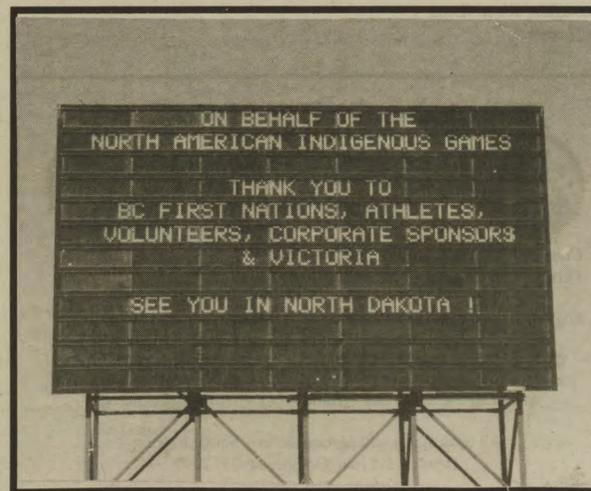
The bronze, silver and gold medals were presented to artist Art Thompson, framed to commemorate his role as the designer of the official 1997 Games logo. Thompson honored Games' cultural coordinator Lou-Anne Glendale for her role in overseeing the Cultural Village, Opening and Closing Ceremonies with dignity and respect for the many First Nations cultures who participated in the Games.

The Coast Salish Tzinqua Dancers, led by Chief Ray Peter, also presented their dances at the ceremony. The Eagle Staff of the North American Indigenous was returned to the Victoria Games Governing Council to be passed onto the organizers of the 1999 Games in Fargo, North Dakota.

The final song of the program was the HooYay song, or Friendship Dance, brought together singer and drummers from the three Vancouver Island Nations, the Coast Salish, Nuu-chah-nulth, and Kwakwaka'wakw. Hundreds of participants in the infield and in the stadium bleachers took part in the dance as it circled the infield.



Art Thompson, Nuu-chah-nulth artist and designer of the N.A.I.G. logo, is presented with a set of Games medals at the Closing Ceremonies



Volunteer Adventure at the NAIG

Hello everyone. On August 4 to August 9, 1997 I was able to attend the North American Indigenous Games in Victoria, BC, as a volunteer...one of many volunteers. What a great experience! Thank you Norman Taylor, Nuu-chah-nulth Tribal Council Executive and Marc Lalonde, Supervisor, for allowing staff permission to attend as volunteers.

My first job was to volunteer at the Nuu-chah-nulth Tribal Council Salmon Barbecue on Monday August 4, 1997 from 9:00 a.m. to 7:00 p.m. I have never cleansed so many potatoes at one time in all my life! Literally thousands of pounds of potatoes and cutting (kutchas) barbecued fish into servings for 4000 to 5000 athletes and their coaches. This took a lot of organization and hard work from the head chef, Vince Bos and all his assistants.

A note about Food Safe

All volunteers were required to have Food Safe. Food Safe is available to all First Nations Communities through Health Canada and it is free. The phone number for First Nations Health is (250) 754-4004. Usually a Health Inspector - Environmental health officer does 1 and 1/2 day workshops. After completing a 50 question test you receive a Food Safe Certificate. I recommend Food Safe to everyone. Many of the Food Safe techniques can be used at home.

Bone Marrow Donors Needed!

The next volunteer job I took was working at the Bone marrow Donor Information Tent. This definitely was a learning experience for me. If you are between the ages of 17-59 years you can qualify to become a Bone Marrow Donor. To become a donor you simply follow these first steps:

- Attend an information session. This is free and can be set up in any community by a Trained Red Cross Representative or attend a session at your local Red Cross Branch.
- Fill out a Bone Marrow Donor Application.
- Red Cross will later contact you as a potential Donor by telephone to set up a time when you can donate a small blood sample. (One small vial of blood). They will not take your Bone Marrow unless a match is found. A match can be found by doing a trace through the DNA from the blood sample. A "match" is if you are compatible with someone else's blood or bone marrow.

Allowing yourself to become a Bone Marrow Donor you could save a life. The following 2 stories are examples of people who are in need of a Bone Marrow Transplant.

Matt Underwood is only 24 years old from the Tsartlip Reserve in Brentwood, Victoria, BC. Matt is engaged to Dawn Frank from the Ahousaht Band. He was one of many coaches involved in Team BC Lacrosse. He is an active Role Model. December 1995, Matt was diagnosed with Chronic Myeloid Leukemia, cancer of the blood cells.

Shashawana William is only 5 years of age. Shashawana is a member of the Hollow Water First Nations in Manitoba. Shashawana was diagnosed as having Fanconi Anemia. Because her blood does not provide the platelets which allow clotting, she could actually die from a simple nose bleed.

If you would like to find out more about how you could help your friends, relatives or fellow First Nations through bone marrow donation call toll free: **The Canadian Red Cross at 1-800-668-2866**

...by Jackie A. Watts (Volunteer)



INTEGRITY

R
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T



Celebrate the Circle
Share the Spirit

1997 North American Indigenous Games

VICTORIA, BC, CANADA
AUGUST 3-10, 1997

Congratulations to all the
Nuu - chah - nulth
Paddlers, Athletes,
Performers & Volunteers
who made us so proud of you
at the
North American
Indigenous Games
in
Victoria
from the
Nuu - chah - nulth
Tribal Council



ROAD SAFETY

NEW PASSENGER RULE



To stem the rising number of people injured or killed while riding in the backs of pickup trucks, a regulation requiring passengers to be securely seated in the passenger compartments of moving vehicles is being broadened. Transportation and Highways Minister Lois Boone said last week.

The regulation which previously applies to open vehicles traveling on municipal roads will apply to vehicles operation on all public roadways in B.C., effective August 1.

A similar regulation makes it an offence to transport an animal in the rear compartment of a vehicle unless the vehicle is equipped with a properly secured cage, carrier or guard rail.

"We estimate more than 250 people are injured or killed every year while riding unsecured in the backs of moving vehicles," said Boone. "Broadening the existing regulation to include moving vehicles on all B.C. roadways will reduce the rate of injury and death associated with this type of accident."

The new regulation has the support of noted wheelchair athlete Rick Hansen, who was made a paraplegic when he was thrown from the back of a pickup truck in 1973.

"The needless deaths and devastating injuries that happen when passengers ride unsecured in the backs of pickup trucks can't be fully appreciated until they occur," said Hansen. "But by then it is too late. Extension of this regulation to all public roadways in B.C. will go a long way towards preventing this from happening in the future."

Under the revised Motor Vehicle Act regulation, any person on or in a vehicle being driven on a public roadway must sit in a seat that has been securely installed in the passenger compartment of the vehicle.

The only exception will be public servants such as firefighters and garbage collectors who must ride unsecured in order to perform their normal duties.

"HAYES DAYS"

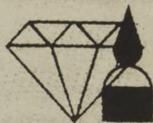
A CELEBRATION OF SEVENTY-FIVE YEARS OF
THE HAYES LOGGING TRUCK.
AUGUST 24, 1997

On August 24, 1997, the Western Vancouver Island Industrial Heritage Society is hosting a celebration to commemorate the seventy-fifth anniversary of the Hayes Manufacturing Company and logging equipment. Members of the IHS will start up the equipment at the Port Alberni Train Station at 11:00 a.m. The trucks will then parade on mass to the Alberni Harbour Commission at 3:00 p.m. This will give visitors an opportunity to view these historical artifact from the Alberni Valley Museum's collection. One of the special highlights includes the pride of the Society's truck collection, a 1947 McLean Hayes that has been restored to its original factory condition. There will also be a 1945 Hayes model (restored to its found condition), and the 1960 Hayes Clipper, a transport vehicle.

These vehicles from private and public collection throughout Vancouver Island will be joining the parade and festivities. A display of original Gene Pasini pen drawings of Hayes equipment will be on display inside the Station. Regularly scheduled steam train rides will run all weekend long. All events take place at the Port Alberni Railway Station at the corner of Argyle and Kingsway, on August 24th, from 11:00 am to 4:00 p.m. Phone 723-2118 for more information.

INDUSTRIAL HERITAGE SOCIETY
3100 KINGSWAY, Port Alberni, B.C. V9Y 3B1

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OWNERS



Specialty Showcase

FINE JEWELLERY & PERFUMES
NATIVE JEWELLERY and ENGRAVING

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(250) 724-2272

4933 JOHNSTONE RD.
PORT ALBERNI V9Y 5L8

JEWELLERY & WATCH REPAIRS

"CORE TRAINING"
FOR CLASS OF 1997 ~ 1998

DATES



September 22-29	Personal Growth and Development
October 20-24	English
November 17-21	Teamwork
January 19-23	Problem Assessment
February 23-27	Basic Interviewing
March 23-27	Community Development
April 20-24	Self Government
May	Graduation

Place: Port Alberni-Somass Hall

For further details, information or registration contact:



Wendy Gallic
Coordinator
Phone: (250) 724-3232 (Work)
(250) 723-7409 (Home)



Deadline: September 8, 1997

A bid for catering lunches for the above dates is now being accepted.

Remember
the Volunteers...

During the Nuu-chah-nulth Thu-piich Games, first aid was provided by staff and volunteers. The staff and volunteers have to be commended for their dedication.

The staff consisted of Lavern Mickey of Huu-ay-aht, Ray Scitcher Jr. of Tla-o-qui-aht and Leona McBride of Ehattesaht, the staff put in many long hours especially when there were two or more sporting events held. They would like to thank the volunteers for their help.

The volunteers consisted of Alex Frank Jr. Of Tla-o-qui-aht, Darlene Taylor of Huu-ay-aht, Nelson Gurney of the Nishga Nation, Sandra Ambrose of Tla-o-qui-aht, Pearl Dorward of Ahousaht. We would like to thank you for the time you put in. Many of you put in long hours, especially Alex Frank Jr. Darlene and Nelson. We thank you for volunteering on such short notice.

Once again, Kleco Kleco.
Ina Thomas

Nuu-chah-nulth Role Model Event



Male Youth Role Model Presentation
Location and date to be announced
Registration Information



Contact: Jacquie Adams (250) 724-3232
Deadline: 4:30 p.m. September 14, 1997

Eligibility: Nuu-chah-nulth Youth, Male Ages 16-21 Born in 1981-1976

Learn Public Speaking * Cultural Teachings and Regalia * Learn Healthy Choices * Gain Confidence * Travel * Have fun * Make new friends * Represent Nuu-chah-nulth * Positive Experience *

All contestants will participate in a Youth Retreat
October 3-5 and October 26-28, 1997
Location to be announced

Remember the registration deadline.

Nuu-chah-nulth Thu-piich Games
Nuu-chah-nulth Tribal Council 5001 Mission Rd. PO Box 1383 Port Alberni
BC V9Y 7M2 Phone (250) 724-5757 Fax (250) 723-0463



POETS' CORNER



I had a dream,
That you were crying,
Helplessly,
Trying,
Apologizing, accepting,
It was so real.
Just like your pain,
Son, mine is deep.
You taught me to cope,
To love, to feel.
Now, you teach me,
What real pain is...
I'm crying,
Helplessly,
Trying,
Apologizing and accepting,
My pain is real...

Mahqwawitlsimka

Levina Williams

PADDLE

May you paddle your way to get to where you want to be
Paddle with ease, take your time
Don't forget to wave at friends even strangers, because they are on the same journey
Stop and visit have a cup of tea and chat awhile the strangers are no more, they are your friends
As you travel you may encounter rough weather, go into a bay, a village
Wait for the storm to pass, rain, wind, sunshine
Don't forget life is a journey

To Harvey Robinson and his canoe companions; Tleco Harvey for stopping in to visit with us before your quest began.

From Helen and Samson Robinson

FEAR & SURVIVAL

The complex nature of life,
Is the balance of fear and survival.
The galaxy moves with changing patterns.
The sun is gradually moving thru light-years.
The earth revolves around the sun and moon.
Spectacular views are transformation of fear,
Longevity creates the pattern of survival.
In each cycle of life measurements,
Are equated thru a variable balance.
The galaxy builds planets, moons and suns.
Earth is a minute verse to the song.
Of the universe being minuscule by nature.
Meteorites colliding instill the natural fear.
The core being volcanic is integration,
Of a sandy beach built over time.
Patterns of survival & fear are envisioned,
With movement transmitted by view.
Nature builds life thru acceleration,
Of time adaptable to light-years.
Acceptance of the balance is measured,
In terms of visual aids versus movement.
Feelings are portrayed by still photographs,
Oral history is transmitted thru waves.
Everything is alive and well,
Everything is one.
Does ALL life originate out there...somewhere?

Moses Smith & Allan Tweedie

"DEDICATED TO ALL THE GENERATIONS OF LIFE"

...A Tribal Journeys Tale - continued from Page 6

Dancers: Nora Peters, Cheryl Johnson Thomas, Jane Peters, Elaine Peters, Karen Young Haugen, Mary Cook, Rosanne Young, Linda Young, Sandra Young, Martha Johnson, Sarah Johnson, Sarah Dennis, Bobbie Dennis, Corie Patterson, Marj White.

Escort Boats: Haiwiith Jeff Cook, Lavern Cook, Shawn Mack, Toby Nookemus, James Nookemus, Eddie Johnson, Dale Armstrong, Andrew Cook, Paulo Johnson.

Evening Meal Preparation: Cheryl Thomas - Coordinator, Nora Peters, Maxine Nookemus, Rosanne Young, Linda Young, Sandra Young, Karen Haugen, Josie Watts, Marie Newfield coordinated the children being fed hot-dogs and drinks, School for Field Study Students.

Morning Meal Preparation: Clara Clappis - Coordinator/Supplier, Molly Clappis, Memory (Phyllis) Williams, Diana Morrissey

Preparing fish and transporting food: Daryl Nookemus, Randy Mack, Steven Peters, James Nookemus, K. John Johnson, Greg Thomas.

Garbage Disposal and Clean-up: Daryl Nookemus, Ralph Doug Johnson.

Monetary Donations:

The Huu-ay-aht First Nation
The School for Field Studies
Center for Coastal Studies
Tyeed Lodge - Coastal Resorts
McKay Bay Lodge
Seabeam Lodge
Kingfisher Marina
Bamfield Inn - Bamfield Sports Fishing & Resort Ltd
Huu-ay-aht Healthy Community Steering Committee
NAIG Main Office
Kids Into Doing Stuff (KIDS)
Ben and Clara Clappis.

Food Fish Donation: Councilor Rick Nookemus (Huu-ay-aht First Nation)

Bamfield and Anacla Community Food Donation: Ralph and Rita Weber, from the TIDES and TRAILS CAFE, greatly assisted in the overflow of hungry individuals for Tribal Journeys. The community members and volunteers, who are too numerous to name, and who donated salads and other food and beverages, we sincerely thank you.

During the Farewell Ceremonies the Huu-ay-aht Tyeed Haiwiith Spencer Peters, presented a drum to the Sqwidiccaa-tx (Ocean Going), Wyaatch (Wayne Green).

The Peters, Cook, Williams, Nookemus, Frank, Johnson, Clappis, Young Families and Angie and Eunice Joe, W. Tom Joe and wife Kerri who live at Anacla offered a place for the Journeyers to stay.

I am proud to work with and for the Huu-ay-aht First Nation. Special Thanks go to Tyeed Haiwiith Spencer Peters, Nora Peters, Jane Peters, Cheryl Thomas, and Victor Williams in assisting me in compiling all this information. If there are any omissions I apologize. I sincerely appreciate having had the opportunity to participate in the festivities. This was a highly motivational and spiritual event for myself and my son.

Diana Morrissey,
Office Manager, Volunteer, and most of all, friend for the Huu-ay-aht First Nation



Ha-Shilth-Sa

Thank You

On November 23/1996 in the afternoon in Ahousaht, Matilda Frank and Grant McCreath were married in the St. Lawrence Catholic Church. Matilda is the daughter of Irene and Archie Frank Sr. of Ahousaht. Grant is the son of Doris and Gilbert McCreath of Chippawa, Ontario.

The bride wore a traditional white gown and the maid of honor was Esther Robinson. Bridesmaids were Genny Frank and Ivey Campbell. Daughter of the bride and groom, Raylene McCreath, was flower girl. The groom's best man was his pal Russell Frank. Ushers were Peter Frank Sr. and son of the bride and groom, Daniel Frank. Ringbearer was the son of the bride and groom, Cameron McCreath.



Reception was held at the new gym in Ahousaht. The guests were served soup, roast turkey, and fish. Due to the passing of the brides grandmother, Ada David, the Frank family acknowledged the David family and there was no traditional dancing. The David family had lost on of their most precious family members.

And I would like to say a special thank you to the people of Ahousaht. Thanks to everyone that contributed in any way for making our day so special.

Special thanks to my mom and dad, Irene and Archie, for everything you did for us. It meant the worked to me and my family.

We would also like to say special thank you to my in-laws, Doris and Gilbert McCreath for traveling so far to be with us on our special day. It made our day more special.

Thank you to my uncles and aunts, Edwin Frank Sr. and family, Cosmos Frank Sr. and family, Louie Frank Sr. and family, Mabel Adams and family, Dave Frank Sr. and family, Vera Little and family, John Frank Sr. and family, Marie Donahue and family. Thank you for everything you did for me and my family. It meant the worked to us.

Special thanks to my sister Esther for everything and all the time you and your husband Wayne took out of your busy schedule, the traveling we done. Thanks sis for making sure I was okay and that everything ran smoothly.

Special thank you to my sisters Val, Karen, Ida, Janice and Genny for all the help you did in the kitchen and the decorating of the gym in setting everything up. And to all my nieces and nephews that contributed in any way.

Special thank you to my Auntie Vera and my sister-in-law, Leona Frank, for the delicious meal and the cooks that helped them.

Special thank you to my brothers Peter Frank Sr., Paul Frank Sr., Derrick Frank, Archie Frank Jr., Danny Frank and Russell Frank for all the help in picking up the guests and the food. I will always be grateful for everything you guys did for me and my family...way to go guys.

Special thank you to Grant's family, Mr. and Mrs. Douglas McCreath, Mr. and Mrs. Richard McCreath, Mr. and Mrs. David Robertson, Mr. and Mrs. Alec Binell, of Chippawa Ontario for all of the beautiful gifts. And thanks to Grant's cousin, Miss Laura Binell. Everything you did for us meant alot to me and my family.

Thanks to Wayne Dolby for everything and traveling all the way to Ahousaht. It meant a lot to us.

Special thank you to Mr. and Mrs. Jan Zacho of Nanaimo for everything you and your family has done for us.

Special Thanks to my coz Melinda Webster and Luke Swan and John Campbell. To John and Melinda for doing the beautiful bouquets.

Thank you to my Auntie Rosie, Roy John, Murray John, Johnny John, Chester John, Lorraine John and families for all the help. It meant alot to us.

Thanks to Bev Robinson for all your help in making the pies with my sisters. They were delicious.

Thank you to my coz Fred Adams and wife Karen for all the help. It made my day more special.

Special thank you to my sister Janice and Darrell for the beautiful cake. It meant so much to both Grant and I.

I would like to say special thank you to my uncle Louie for being M.C. You made the evening more enjoyable.

And to all the boat owners who helped bring the visitors to and from Ahousaht.

And to everyone in Ahousaht, a very special thank you for everything and to everyone that contributed in any way in making our day so special.

And a special thank you to our kids, Daniel, Cameron and Raylene. Thank you for always being there for us.

Love Mom and Dad.

SPIRITWOOD DOLLS

Artist - Norma Ann Webster

I have acknowledged my journey in my life and have received a gift from the Creator, my Spiritwood Dolls. They carry all my history and they are historical, yet they bring my history back to life in a great way. I share this knowledge with your people.



Each doll is made from Cedarwood bark and Swamp grass. A long time ago, every part of the Cedar tree had a purpose. In respect and honor of my heritage and cultural teachings that go back hundreds of years to my great Ancestors and today this knowledge is passed down from generation to generation and will be passed on for many more to come. The doll's traditional regalia, is all made by hand. The bark and Swamp grass have to be dried and dyed. During Sacred ceremonies, all regalia is worn, the masks, the rattles, shakers, head bands, head dresses, Cedar bark aprons, and the base of our drums, all are made of Cedar. Chiefs wore Maquinna hats and our people wore regular hats and all wore their family crests. Mine is of the Eagle/Wolf clan. Many years back, Cleansing Ceremonies would be held at beaches, rivers, and lakes, Cedar boughs would be used with full regalia. It was burned, worn and held to rid any bad Spirits that may be present. Even our dugout canoes, paddles, water bailers, drying racks, hand tools, spears, rope, and our homes are all of Cedar wood. In respect and honor of my culture and heritage and the teachings of my Ancestors, I share this knowledge with my family and yours, as any Guardian Angel would do.

Forward any questions or comments to: Norma Ann Webster #52-650 (S) Terminal, Nanaimo, B.C. V9R 5E2

**ATLEO RIVER
AIR SERVICE**

Bus: (250) 670-9663
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Res: (250) 670-9533

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1-800-622-8536
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**AUDREY ATLEO-WHITMORE • GENERAL MANAGER
TED WHITMORE • CHIEF PILOT**

The Mind Of a Child

The award winning film, *The Mind of a Child*, profiling one woman's ground-breaking work with troubled Aboriginal children, is now available across Canada, thanks to a distribution agreement between the federal Department of Canadian Heritage and the National Film Board.

The Mind of a Child was the 1997 recipient of the Canada Award, presented in recognition of quality programming reflecting Canada's cultural diversity. The Department of Canadian Heritage, sponsor of the award, is now funding the country-wide distribution of the video in both official languages. As of September 1st, seven hundred copies of the one-hour documentary will be available at selected public libraries, school boards, faculties of education and Native Friendship Centers.

For years, First Nations children have been dropping out of school and committing suicide in terrifying numbers. Now, more Aboriginal students are staying in school and graduating in increasing numbers, thanks in part to the pioneering work of Lorna Williams, the subject of this documentary.

Williams, the First Nations specialist for the Vancouver School District, has successfully adapted techniques devised by Israeli psychologist Reuven Feuerstein, noted for his work with child holocaust survivors. Her work is highlighted in the recent report of the Royal Commission on Aboriginal Peoples, and will be featured in a companion book on Aboriginal education in Canada.

The winner of 9 international awards, the film has been televised in Canada, Israel and the Netherlands, and is being used in educational institutions throughout the world, from Zimbabwe to Finland.

The Mind of a Child was directed and produced by Gary Marcuse (associate producer, Lorna Williams) for *Face to Face Media* in association with the NFB, B.C. Film, and the Knowledge Network/Open Learning Agency, with the participation of Telefilm Canada.

To order, call the NFB's toll-free number: 1-800-267-7710

First Aid



The following people are available for providing first aid courses in the Nuu-chah-nulth community.

They can provide an Emergency first aid which is a one day course or the Standard first aid course which is a two day course.

Sandra Ambrose	723-9477	(Port Alberni)
Alex Frank	723-9732	(Port Alberni)
Lavern Mickey	723-9732	(Port Alberni)
Marilyn Peter	723-1391	(Port Alberni)
Gordon Taylor	726-7195/726-7342	(Ucluelet)
James Swan	670-9558/670-9563	(Ahousaht)

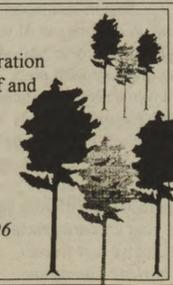
Costs of courses may vary with each instructor but will include the cost of the training book. Other expenses that will need to be considered is travel expenses for the instructor and the cost of the hall. If you have any questions, please feel free to call any of the above.

Ina Thomas

"In our lives there are hills and valleys
On our hills we experience joy, excitement, exhilaration
In our valleys we experience loneliness, pain, grief and sorrow."

In real life the biggest trees do not grow on the mountain tops... they grow in the valleys...

Gary Phillips - Conference presenter, Victoria 1996



LET'S KEEP OUR CHILDREN "GREEN"

Everybody knows that trees are green. But did you know that when it comes to being good for the environment, they are just about the "greenest" things around?

Trees produce food. Some bear nuts and fruits, like walnuts, apples, and bananas, that people eat. And all trees have seeds, which are eaten by birds, squirrels, and many other creatures. Some animals, such as deer, eat twigs and buds off trees. In many countries, leaves are used as fodder to feed cattle.

Trees provide homes for many animals. Birds, chipmunks, and squirrels make nests in trees. Animals such as opossums and raccoons like to live in hollowed-out trunks.

Trees help people breathe. They take carbon dioxide out of the air and give off oxygen. People breathe in oxygen and breathe out carbon dioxide.

Trees store carbon in their wood. This reduces the impact of the greenhouse effect as long as the tree is alive.

Trees take some kinds of pollution right out of the air.

Trees make shade, and their shade is cooler than the shade a building makes! Trees work just like natural air conditioners. A group of trees growing together can cool the air near them as much as 6°C. Houses with shade trees around them use much less energy for air conditioning, sometimes half as much. (And in winter they're protected from cold winds.)

Trees planted as windbreaks prevent topsoil from being blown off farmland.

Trees help prevent floods. Their roots help the ground act like a big sponge, soaking up rainwater and releasing it slowly.

Trees Are Excellent to Have Around

All this sounds great. So what's the problem? The problem is that we are cutting down too many trees too quickly. And we are not planting nearly enough to make up for it. Cutting down trees causes a lot of problems.

Once the tree is cut down, it can't soak up any more CO₂ or make any oxygen for us.

When the tree is destroyed by burning, CO₂ is released, and that adds to the greenhouse effect.

After the trees are gone, the topsoil erodes, it gets blown or washed away. The soil that's left is no longer good for growing things.

When trees are cut down, their roots no longer help the ground soak up rainwater, and floods can occur.

Why Are People Cutting Down So Many Trees?

Many trees are cut down in Canada for lumber, but far more are used to make pulp and paper. Most North Americans use more than 260 kg of paper a year. This means the paper that a family of four throws away in a year weighs as much as a car.

Trees are also being killed, or weakened by acid rain. Trees in cities are often made sick by air pollution, mostly from car and truck exhaust.

A Very Big "Kleco, Kleco"

First of all, I would like to introduce myself. My name is Charlene Thompson and I am from the Ditidaht Tribe, Nuu-chah-nulth Nation. My roots originally come from the Tseshaht and Opetchesah Tribes which are located in Port Alberni. My mother's name is Hazel Lindstrom (Watts), the daughter of Hughie and Grace Watts.

I have been in school for the past six years and I started my educational journey at the Victoria Native Friendship Centre in 1990-91 completing grade twelve. From there I went to Camosun College to begin University transfer Courses. At that time I didn't have a goal, so I enrolled in many different courses such as, Anthropology, Sociology, Psychology, English, History, etc. In 1993 my cousin Charlotte Cote became my educational advisor for the Nuu-chah-nulth Tribal Council and she directed me into the Criminal Justice program at Camosun College. This was a two year program and I ended up completing this program in 1995 with an Associated Degree in Criminal Justice. From there I transferred to the University of Victoria to attend the Social Work Program and I graduated from this program on June 7th, 1997, with a Degree in Social Work.

My educational journey has been some what of an adventure as well as a learning experience. I remember my first semester at Camosun College being a very big challenge and I wanted to quit school several times. However, with family, peer and staff support I stayed in school to challenge myself to the best of my ability. There were many barriers I faced on a daily basis such as, racism, sexism and ageism. I found that overcoming these barriers were a battle in its self however my experience was to continuously challenge myself instead of being defeated. I believe in order to develop self government, we as a native people need to learn the white man's system together with our own traditional system in order to succeed.

At the present time, I have taken a leave from school to enhance my educational skills and I now work as the First Nations Advisor for Camosun College. I started this job on May 15 and I am enjoying every minute. The people I work with are very supportive. I plan on spending one year at this position before I enroll back in to the University of Victoria to complete my Masters in Social Work. If there are any students interested in returning to school feel free to give me a call at Camosun College and I will be more than willing to help you develop a plan in regards to your education. I can not tell you enough how happy I am to see Nuu-chah-nulth people returning back to school; it is so empowering. Everyone has so much to offer and together with an education our people will become more confident and once you have confidence, there is no stopping you!

At this time, I would like to thank a few people for sharing my two day graduation with me on June 6th and 7th. First of all, I would like to thank my very supportive husband **Art Thompson**. Sweetheart if you didn't encourage and support me

throughout the past six years I really don't know where I would be today. I want you to know that I deeply respect you for all of the love, respect, help and encouragement that you have given me. Thank you for the many gifts you've acknowledged me with in regards to my accomplishments. Yes, you do make me sparkle in more ways than one. I also want to thank you with all my heart for the grad dinner you put together for me. I loved how you surrounded me with my family on this special day knowing very well I have been really missing my grandparents; you helped fill that absence.

I also want to thank you for supporting native students on a continual basis by donating art work to native education and encouraging and praising students for staying in school. I can't tell you enough how important this is for the students who need that kind of support. Thank you hun, I LOVE YOU!

I also want to thank my sister **Charlotte Cote** for being one of my biggest supporters throughout my educational journey. You were always there for me, encouraging me, praising me, directing me, challenging me, laughing and crying with me and most of all, spending what little time you have with my family and I. Thank you for being my MC at my grad dinner you did a great job, just like I knew you would, I can't thank you enough sis, you are a remarkable woman who I have the utmost respect for.

I want to also thank my oldest daughter **Alisha Charleson** for the support that she has given me over the years. Daughter I don't know of any child your age that has supported her parent the way you have supported me. I have thanked you many times, however I would like to take this opportunity to tell you once again that I love you with all my heart and without you in my life helping me with your sister and the household, I would have had a very difficult time getting through school. Thank you for the speech you gave at my grad dinner it was very special, just like you.

To my baby girl, **Evelyn**, thank you sweetheart for being patient with mum and understanding why I had to spend most of my time either reading or in front of the computer when you wanted me to do other things with you. Thank you for telling me you are proud of me, that means so much to me. Thank you for being very helpful when I was busy with my studies. You are such a wonderful and loving little girl who I love with all my heart.

To my mom, **Hazel Lindstrom**; mum I can't thank you enough for the wonderful words you have shared with me over the years. Thank you for having the faith in me by sharing with me you pain to answer my many questions. My last year in Social Work was one of the biggest and most learning experiences that I have ever shared with you and I thank you for being honest and being my mom. I really appreciate the many hours we spent on the phone together while I procrastinated doing my home work. I also want to acknowledge that you gave me valuable information over the years that I used in my research papers. You were a great resource because of your honesty. Thank

you for accepting my scholarships over the years, when I was t busy with a paper or exam. Most of all, thank you for encouraging me and being such a proud mom. I love you mum!

To my brother, **Lloyd and Lenny**, I can't tell how happy I am to have such great brothers like the two of you. I love you both can share laughter as well as tears with me. I feel honored to have brothers who want to spend time with me when ever they can. Thank you both for encouraging me when I was feeling down and praising me when I accomplished another goal. I felt so honored to have the two of you attend both of my graduations in June. You guys are very special tme and I love the both of you with all of my heart!

I would now like to thank the following people for attending my graduation, giving gifts and helping out with the many preparations:

* Thank you to my uncle **George Watts** for helping out with the graduation meal. Also, **Matilda, Ceceila, Sonny Boys** and **Robert** for sharing the meal with me.

* Thank you to my auntie **Eileen Haggard** (Missbun) for preparing breakfast for everyone on Sunday morning, cleaning, as ell as sharing my special day with me. I really appreciated your help auntie.

* A big thank you to **Ron Hamilton** for making my beautiful gold Nuu-chah-nulth styled bracelet. It was a big surprise when Art presented it to me at the Big House.

* I would also like to thank First Nations Education at Camosun College for all of the support they gave me while I was at Camosun. I would especially like to thank **Janice Simcoe** for all of her encouragement as well as support over a four year period. Janice whether you believe it or not you convinced me to stay in school more times than one and without your support I don't know that I would have completed the Criminal Justice Program at Camosun College. **Kleco, Kleco!**

* Many thanks to: **Ida and Mike Thompson, Uncle Hector, Auntie Pauline and Uncle Timus Braker, Auntie Millie Watts, uncle Bob Soderlund, Uncle Rudy Watts, Sister-in-law Lynn Plouffe, Sophie Braker, Auntie Minnie and Paulo Sam, David, Joanie and Trisha George, Lisa Watts, Lena and Darryl Ross, Mike, Renee, and baby Hughie Watts, Carmen Thompson, Nona and Barry Thompson, April Thomas, Hughie Braker, Auntie Anita Watts, Karla Point, Deb Degeosbriant, Jerrilyn Stokes, Brenan Gohn, Michelle and Mike Washington, Blair and Mary Thompson, Birgett Rasmussen, Rabina and Paul Thomas, Tracy and Colin Dales, Dave and Val Flowers, Tony Inus and Colleen Charleson, Bonny Charleson, Linda Edzertsa, Betty Lucas, Jordy, and last but not least, (big gifts come in small/short packages, Ha! Ha!) **Pam Watts and Al Williams.****

Kleco, Kleco to you all for sharing my big day with me.
* I would also like to thank the **Ditidaht and Hesquiaht** bands as well as the **Nuu-chah-nulth Tribal Council** for continuously supporting and funding me throughout the years. I really appreciate all of your support as well as your encouragement!
With love and respect,
Charlene Thompson

CIBC LAUNCHES ABORIGINAL WEB SITE

CIBC has just launched an extensive web site dedicated to Aboriginal financial services needs. The site was unveiled at the Assembly of First Nations annual general assembly in Vancouver, and can be accessed on the Internet at www.cibc.com/aboriginal.

The CIBC Aboriginal web site provides financial management information ideas, tools and solutions for First Nations, Inuit and Metis people to help them achieve financial self-sufficiency. "The site is designed around the symbol of the Medicine Wheel, which is shared by many Aboriginal people and reflects CIBC's holistic approach to our Aboriginal customer," said Cameron Brown, national director, aboriginal banking.

The site is educational and entertaining for Aboriginal individuals, businesses and bands. It promotes both economic and cultural development through features such as:

- information on CIBC's Aboriginal business seminars, personal financial planning programs and investment management seminars;
- information on various sources of financing such as government assistance programs and venture capital;
- a directory of Aboriginal-related web sites;
- an on-line version of CIBC's *Winds of Change* Aboriginal newsletter;
- information on the National Aboriginal Achievement Awards;
- a report on employment opportunities for Aboriginal people at CIBC, such as the Aboriginal Internship program;
- a game that tests knowledge on Aboriginal topics and issues.

CIBC claims to be committed to providing its Aboriginal customers with innovative products and services. The Aboriginal web site is a continuation of recent initiatives such as:

- personal financial planning programs, which introduce Aboriginal people to banking services, debt management, wills and estate planning;
- small business seminars tailored to Aboriginal entrepreneurs;
- investment management seminars; commercial credit training programs for Aboriginal Capital Corporation lenders;
- an Aboriginal Internship program designed to increase the representation of Aboriginals in the work place and to ensure that CIBC banking services are accessible and reflect the communities being served.

...report by Chris Beddows

In Loving Memory

Precious Baby Jane Maria-Lee Frank
Born April 5, 1996 in Port Alberni
Left us-May 25, 1996, Vancouver (B.C.C.H)



Our little sweetie pie it's so hard to believe it's been a year since you've passed away

Our sorrow still lingers, You're forever loved and sadly missed. Memories are all we have of our short time together. Your sweet warm smile, soft wavy black hair, dark glazing eyes. Memories that we will cherish, always and forever in our hearts. We love you Baby Jane. Till we meet again our little sweet angel.

Love Always, Mom (Sharon), sister Charlene, brother Edward, Grandpa Eugene, Grandma Cathy, Aunties-Julia and Josephine and Uncle Eugene Jr.

"Loving Memories of my dear father"

Dedicated in memory of my dear father,
Richard F. Webster



Father... words aren't enough to describe how much you meant to me and how much you still mean to me. As your eldest living daughter, I do share the happy memories of you with my children. I love them the way you love me. I teach them when their grandfather Richie walked this earth, he was a chief.

I teach them of our heritage and history that we carry. This is what you would have wanted it to be. I teach them in a healthy and productive way. Respect and honor their grandfather would have taught them. I teach them that in this fast-paced world, in the middle of difficulties also lies opportunity. I teach them the love, goodness, kindness I've learned from you and when the future days lead to my children's children, your great grandchildren, they too will carry this knowledge of our history and heritage.

They will carry all the wonderful things I've learned from you when I was a little child of yours.

I love you dear Eagle/Wolf dancer and I pray our loud to you in respect and honor of my dearest father Richie Webster. Creator bless my father and his son in spirit.

I carry my father's name and let it be known that I will continue to do so in his honor. There are many, many loving memories of him I will treasure and hold within my heart, dear Eagle/Wolf dancer.

*Your daughter, Norma Ann Webster
August 5, 1997
Kelsonat/Ahousaht*

Clayoquot Sound Interim Measures Agreement Receives University Attention

The Clayoquot Sound Interim Measures Extension Agreement (IMEA) is the focus of Tara Goetze's research for her Master's dissertation. Goetze, McMaster University student and teacher, is studying for her Master's degree in Hamilton, Ontario. She spent nine weeks in the area interviewing various stakeholders in and around Clayoquot Sound.

Goetze has researched other co-management and joint management processes around the world. She chose to research the IMEA because, she says, it is unique in that it gives First Nations more substantive decision-making power in the local resource management process.

The IMEA is a resource management agreement between British Columbia and the Central Region First Nations. The central region chiefs of Ahousaht, Hesquiaht, Tla-o-qui-aht First Nation, Toquaht and Ucluelet successfully negotiated an agreement that gives local community members an active role in local resource management.

Goetze's specific research goals are to identify the capacity of such an agreement to resolve conflict between competing interests and with First Nations in particular.

She wants to know what the ability of such an agreement is to promote economic development for First Nations. Lastly, she wants to play a role in recognition and protection of First Nations rights, particularly in pre-treaty environment.

"What I really want to know about the IMEA is what nobody asks... What do First Nations think about the agreement?" Goetze said that many studies have been done on the IMEA but none focus on First Nations' perspective. "It's important," says Goetze, "because First Nations must live and work with the agreement."

Goetze's impressions of the IMEA are based on what people have said to her. She believes that the IMEA has had a positive impact for First Nations in the Sound. She feels that the IMEA has what it takes to be a real model of decision-making process in areas where there are competing interests for resource management.

Goetze returned to Ontario on July 21. She will transcribe her interviews and prepare a rough draft of her thesis. She will forward a copy of her rough draft to the Central Region Chiefs for their review and feedback. She says that forwarding her work to the interviewees is not standard practice but it is something she strongly believes in. She will read and defend her thesis by May of '97 and, if successful, will receive her Master's degree.

Tara would like to express her gratitude to the people of the Central Region. She thanks Jack Little and his family for establishing contacts for interviews and allowing her to stay at their house.

Goetze says that she "really enjoyed her stay here, not just the research but also the generosity of the community and the respect." She has learned some things about NCN protocol which she will be passing on to her students.

Goetze also thanks the Central Region First Nations for welcoming her and making her feel at home. She is grateful for the new friendships established here and will be back.

Tara would like to thank all those that took the time to speak to her. She says she will always be indebted to the community. Kleco, Kleco!

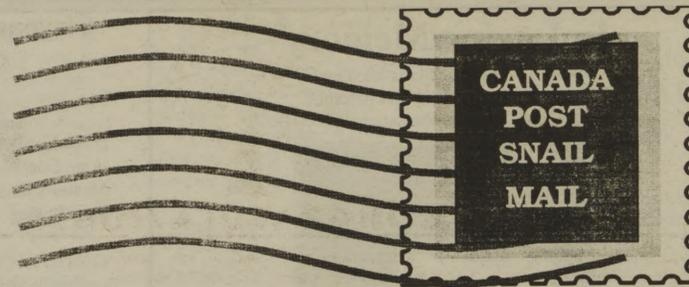
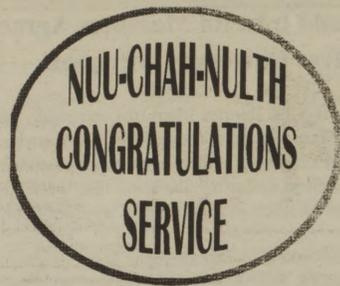
... Report by Denise Ambrose - Central Region Reporter

Dan Legg, C.G.A.
Jay R. Norton, F.C.G.A.

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Happy Birthday to my dear nephew, Willie Mack, I lost track of your age there nephew, but enjoy this day and many more to come. Happy Birthday to a dear granddaughter Kayla Lucas. Enjoy your day wherever you may be.
Love Auntie/gramma Hil. John.

Happy 10th Anniversary to Mr. and Mrs. Lyle Campbell on Aug. 29th,
from your friend Carol John.

Happy 7th Anniversary to Mr. and Mrs. Rick Donahue on Aug. 30th.
Love Carol, Don and kids. Many more to come.

To my two wonderful sisters Selina Frank and Phyllis Charles, "Happy Birthday girls, I mean old farts." Hey Phyllis "What do you say about getting old?" To my wonderful sisters, I would like to say a special day to you both. Phyllis and Selina thank you ever so much for being my pillar, also for looking after our son, your nephew, I sure appreciate it. Anyway you chicks act your age. *With love your baby sister Ramona C.*

To our brothers Rick Lindholm, and Roye John, happy birthday on your days. Hey you young fellows are so special to the Campbell family, so have a nice day. *Ramona Campbell and family.*

Happy 1st Anniversary to Luke and Melinda Swan. Have a nice day.
Ramona C.

Happy Birthday to our son Stephen Lucas. 17 yrs old on July 25th.
Happy Birthday to our baby Lareina Lucas 15 yrs old on July 31.
Love from Mom and Dad.

Aug. 12th-Happy Birthday to a friend, pal and buddy: Carol John. Many more to come, have a nice day!
From: your cuz, Annie, Eddie and family.

August 13th-Happy Birthday to a friend: Darnel Dick. Have a nice day! Many more to come!
From: Annie, Nancy Titian, Eddie, Nancy, Dorianna, Wesley and Paul Smith.

August 13, 1986 2:05 p.m. My first born came into this world 11 years ago. I cannot believe how fast you've grown, how much you've matured and how beautiful you are. May you have a wonderful and nice day on your 11th birthday daughter. We all love you.
Love from: Your Mom, Eddie, sister Dorianna, brothers Wesley and Paul Smith.

August 20- Happy Birthday to my cuz, Catherine P.F.I. Thomas. Have a nice day! *From cuz Annie, Ed, Nancy, Dorianna, Wes and Paul Smith.*

September 23, 1992, my son Wesley Richard Thomas Clarence Smith was born 5 years ago. Sure I labored 4 days son but it was all worth the wait. Happy 5th Birthday lil' llumshpa. We all love you.
Love from Mom, Dad, sisters Nancy, Dorianna, and brother Paul Smith.

First of all I'd like to wish our son Gibb a very happy birthday to Gibb John. Happy Birthday Son, I hope you will have a nice day and the very best to you. Take care of yourself for me. Thank you for the wonderful things you done for me. You stayed with me the 2 yrs I needed you after the 4 strokes I've had. You are truly a very good son. Kleco. We sure miss you. It's not so bad living here. We've made new friends. It sure gets hot though, it's only 9 a.m. and it's really, really hot. I miss the ocean and fresh fish. Oh well that couldn't be helped hey.
Cho. Take Care, Love you, Happy Birthday on Aug. 19. *Love Mom and Dad and Gerry and Harry and boys.*

Hi Len. John, Give the girls a big hug and kiss for Nanny. Love you son. Miss you all.
Mom

Also a very Happy Birthday to a very special little girl Mel. Happy Birthday Melissa John. Don't eat too much chamus OK? Love you bab are you Mel Gibson? Happy Birthday to you, Happy Birthday to you, Happy Birthday dear Mel and Gibb, Happy Birthday to you.
From Nan and Mom.

September 1st—Happy 10th Birthday to my niece mermaid Alisha Titian. I hope that you will have a great day. Save a cake for me.
Love ya; Auntie Trudy Rose Smith, Uncle Bill, Jackie and Randy Alexander

September 7th—Happy Birthday to my brother Ron Johnson, Happy 37th, I want to thank you for being here for me when I needed you. Have a great day bro.
Love sis always; Trudy and Bill Smith, Jackie and Randy Alexander

September 10th—Happy Happy 18th Birthday to my niece Flower Daisy Johnson. Hope you have a great day forever. You are very special to me and I love you niece.
Love Auntie (Rose) Trudy and Bill Smith, Cuz-Jackie and Randy Alexander.

September 10th—Happy Anniversary to Chance and Dawn Amos. I congratulate you both on your 9th year and best wishes to come.
Love Auntie and Uncle Bill and Trudy Smith, cousin-Jackie and Randy Alexander

I would like to wish my baby girl Imelda Rose Maquinna a Happy 10th Birthday on August 9th.
Love from your mom and your brother

August 4th: A very, very special birthday wish to Auntie/Grandma Selina Frank. *Love you always from your niece Dana Atleo and grandchildren Selina Rebecca, Julia, Madeline Atleo and Shamrock, Ernest, Edward Atleo*

August 16th: A very heart filled birthday wish to my little sister Richelle D. Thomas (nee Charles).
Love your sister! From Dana Atleo and your niece Selina and nephew Shamrock.

August 16th: Happy Birthday Daughter Richelle.
Love Mom and Dad

Happy Birthday to our cousin, nephew, son, grandson Lanny Ross Jr. on September 2nd,
from The Livingstone family and Ross Clan.

Happy Birthday to our dad, grandpa Cyril on September 3rd,
Love from your wife Gina, daughters Carrie, Sherry and Melanie, and from your granddaughter Tia, grandsons- Vincent and Carlito (Curly Toes)

Happy Birthday Aug. 5 - Harvey Dick. Happy Birthday Aug 15 - Dorothy A. Wilson,
From Marvin and Family

Congratulations to Amber & Will. Have a great and happy life together.
With much love from Dad and Sandra and all the Lantzville Gang.

I love you "Mom," Happy Birthday to a very special mother, Matilda "Mar" Webster. Have a great day and many many more to come. Aug. 15/97.
Love Larry, Gena, Boys and Kellie Mar

Happy Birthday to Uncle Roye John - Aug. 18, Cousin Willie Jack - 18th, niece Kayla Lucas 18th, nephew Coburn Webster Tom - 20th.
From Larry Gena, boys and Kellie Mar

Congratulations to a wonderful husband Larry on your 5 months of sobriety. Love you!!
Love your wife G.Swan

Congratulations to Luke and Melinda Swan on your 1st Anniversary of marriage, many more to celebrate. Happy Birthday to a real good friend Ina Louise Dick. Have a great day many, many more to come.
From Gena Swan

I'd like to wish my son "Little Champ" Christopher Williams a Happy 2nd Birthday on August 20th.
Love always Mommy

Ian McPhee a Happy Birthday also on August 20th, *From Molly and Christopher*
Happy 17th Birthday to my bro-uncle Chuck on August 23 "Come Visit"
Love always sis Molly nephew Christopher

Happy Belated Birthday to "Bald Eagle Davie" on August 6,
your buds Molly and Christopher

Off to college: I'd like to wish my best friend Crystal Clappis all the best in college hope you reach your goals we'll miss you and Ayanna, Moesha alot.
Lots of love Molly and Christopher

**Sometimes we turn to Creator
when our foundations are shaking,
only to find it is Creator who is shaking them...**



Happy Birthday to my nephew Linus T. Whitmore and my niece Alanda M. Atleo, Carmen Hayes and Trudee-Lynn Paul whose birthdays are in August. Congratulations to my nieces and nephews, recipients of scholarships: Lawrence A. Whitmore, Linus T. Whitmore, Courtenay C.A.A. Louie, Nellie P. Atleo, Trudee-Lynn and Tommy Paul Jr., Billie Hayes, Amy Jack. I'm really proud of all of you. Maintain this level of achievement and you'll find your way to great places.
Thanks, Miss Anne Atleo

I would like to wish my sis Matilda a Happy Birthday on Aug. 15. Have a nice day Mutt. Happy Birthday to Darlene Dick - Have a good day!! Aug. 13. Happy Birthday to my bro-in-law Francis John, Enjoy your day, Aug. 18 Happy Birthday to my neph, Willie Mack, Aug. 18 Hope you all enjoy your birthday and many more.
Love Lil.

I'd like to take this time to congratulate my daughter Melinda on her journey with the canoe pullers (Ahousaht Warriors). Way to go!! Melinda I'm sure this trip will be worthwhile and I'm sure you'll enjoy it. I'd also like to take this time to wish my daughter Melinda and Luke Swan a very Happy 1st Wedding Anniversary on Aug. 17. Congratulations to you both and many more to come.
Love M.O.M

Happy Birthday Jamie Manson and Richard Mundy on Aug. 12,
from Auntie Pearl and cousins Sandra, Leanne, Sara and Bruce Billy Jr.

Happy Birthday sis Rita Mundy on Aug. 16.
Love your sis Pearl, nieces and your nephew.

Happy Birthday to my on Bruce Billy Jr. On Aug. 21,
Love from Mom and sisters.

Happy 5th Birthday to my son Bruce Billy Jr. On Aug. 21 *Love from your Dad (Bruce Billy Sr.)*

Happy 5th Birthday to Jordan Benson on Aug. 20th *from Auntie Pearl and cousins.*

Happy Birthday C.C. Aug. 9th, Hope you have more to come,
From Uncle Roger.

Happy Birthday Roni-Lee on Aug. 28th, Have lots of fun *Happy Birthday Rita Mundy, from Uncle Roger.*

Congratulations Floyd Tate and Cheryl McKay on the birth of a baby girl born July 15th
from Peggy Tate and family.

Congratulations to my son Christopher Darryl Tate for receiving a scholarship I'm so proud of you son, keep up the good study habits.
Love Mom and brother and sisters.

Happy belated Birthday to daughter Marquel Lee-Ann on July 29th Happy Birthday to my cousin Shelley Annette Cherster on Aug. 18th. *Love Peggy Tate and family.* Happy Birthday to my nephew Dakota Blue on July 30th *from Auntie Peggy, Uncle Kev and cousins.*

Happy Birthday to my Uncle Oye John on August 18th, many more to come uncle, we love you so much.
Love your niece Carol John and kids.

Happy Birthday to my sister Greta Fanny John on August 24th, also to Kevin Titian on the same day.
Love from Carol John and family.

Happy Birthday to my dearest, loveliest, gorgeous mother on Aug. 29th, many more to come mother dear. *Love always your daughter Carol John and your grandchildren.* Also to my Auntie Helen Charleson, and my nephew Eric John and Anna Thomas my niece. Happy 32nd Birthday to William Mack on August 18th.
From a friend Carol John and your wife Janet Titian.

Happy 48th Birthday to my money on August 18th, Roye John.
Love you a whole bunch, your darling wife Hilda John.

Happy Anniversary to Mr. and Mrs. Thomas Paul of Ahousaht
from a friend Carol John, Don and family relatives.

I would like to acknowledge my friends of Ahousaht Hilda John, Gina Swan, Mena Webster, Sam Adams, Roberta Adams, Rita Driver, Clarence Smith, Fred Adams and my in-laws, Mr. and Mrs. Rick Donahue who used their phone to call all over in concerns to our daughter Samantha, my nieces heather, Brooke and my son Nicholas. They were found, but not lost, yet we were all totally concerned. So with all support and concern of Ahousaht members Kleco Kleco!
From the bottom of my heart Carol John, Donald Mattersdorfer and kids. Thanks for being my friend.

I am sorry for the loss of Aaron C., Condolences to my dear cousin Martha Swan, I will pray for you and pray that you get strength from the Creator. Take care of yourself you are #1.
Love your cuz, Carol John.

To Bev John-McQuen, your sister loves and misses you very much.
From your sister Carol John.

Congratulations to all those who participated in the Indigenous Games in Victoria, quite the challenge, but be proved of your talent.
Carol John Ahousaht Band Member.

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Please let us know if you move or change your address. Give your full name, including middle name or initial (some members have the same name), address, postal code and First Nation. Returned papers are deleted from the mailing list.

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N.E.D.C. BUSINESS PROFILE

Hilda's Store

"The best part about owning a convenience store is the pride and hard work you put into it."

In 1984, Hilda Hanson's entrepreneurial endeavors came to light when she decided to start her own business. The village of Houp-si-tas (Kyuquot First Nation) did not have a store and the community relied heavily on spending their money at the store across the bay and off reserve. Not only was it inconvenient, it was also costly for band members to shop there.

As a result, Hilda purchased a 1972 Travelaire Trailer for \$1,250. She displayed her shelves with small commodity items such as canned goods, candies, sodas, etc. and advertised by word of mouth, the opening of a business called "Hilda's Store". All her inventory had to be shipped in, and with the eagerness of the youth in the community, each freight day was a task looked forward to. Everyone went away with a sense of being helpful which was well appreciated by Hilda.

With the support from the community and impressive sales, she decided to expand the business and meet the needs of her customers by constructing an addition to her home. This was to accommodate the expanded line of inventory of meat, produce, bread, dairy products and ice cream which is the biggest seller with the children and younger generation who are the main customers.

In order to finance her plan, in 1985 Hilda approached the Nuu-chah-nulth Economic Development Corporation (N.E.D.C.) for financial assistance. To meet the cash equity requirement, Hilda had to invest \$3,000, and put up her 1976 Ford Van and herring punt as collateral. N.E.D.C. approved a loan for \$14,700 to be paid over a five year period combined with a financial contribution of \$11,800 from a special A.R.D.A. fund.

Hilda repaid her loan to N.E.D.C. fully by 1990 with a good record of never being late with the monthly payments. After she paid her loan off she felt a great relief of pressure and a sense of independence. However, the success of her business is influenced with the present economy of the village. According to Hilda, it shows who are working. Basically the business is seasonal; when people work and contribute back to community her sales go up. When people don't work her sales go down or remain stagnant. Hilda believes every \$1.00 spent in the community becomes re-invested in the economy, thereby creating and strengthening self-sufficiency.

The most difficult part of owning a business is bookkeeping and keeping a budget. Hilda learned that her management and business practices were restricting the growth of the business by operating without any accounting system. It is important to separate your business venture books from your personal household expenditures. However, Hilda has adopted her own style of bookkeeping by keeping a daily record of her sales, expenses, cash balances and purchase orders.

When you think about it, as long as you are keeping records and understand how your money is being spent, this is what is important. Hilda and I both agreed, although she may not be keeping with the formal bookkeeping practices of maintaining a *General Ledger, Accounts*, etc. she does keep records.

Another difficult part about owning a business is offering credit. At the moment many people owe her money. These outstanding accounts obviously affect the cash flow of her business because she has to absorb these expenses along with others such as salary, telephone, office supplies, repairs & maintenance, insurance, travel and freight charges. Unfortunately because of this situation she can no longer provide credit.

As an entrepreneur, Hilda feels it would be beneficial to have a banking institution in the community where she would be able to do her weekly banking. It would also give her the discipline and incentive to keep proper bookkeeping, allow her to give credit by accepting postdated cheques for that week and make daily cash deposits. It would also allow her to get proper credit with her suppliers by working with a bank as a reference. Best of all, it would allow her the flexibility to separate both her personal savings from her business account and gain interest on her money.

Hilda is still self-employed and continues to operate her store. When she has time, she also operates a taxi boat business during the summer months that keep her incredibly busy. She caters to the Kayakers and also does tours and acts as a fishing guide.

"The best part about owning a convenience store is the pride and hard work you put into it."

However, Hilda said she sure can do without the headaches. If she had to do it all over again, she would make long-term goals and visualize what her business would look like down the road (five to ten years) and put those thoughts in her business plan. If Hilda knew then, what she knows now, she would have built a bigger building and not give credit.

When asked, "What advice would you give to a Young Entrepreneur, starting a business?" she replied with three important key factors.

1. To follow your dreams and be dedicated to your business
2. Plan your business carefully and think it through
3. Try hard to help make your community self-sufficient

YOUR NEDC CONTACTS

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Tsaxana/Gold River, BC
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Economic Development
Officer:
Sharyn Stacey

Hilda has many plans for the future of her business, including a potential expansion for additional products, new equipment and processing orders for weekly grocery items. With her stamina, strong dedication and will to succeed, Hilda truly has the traits of a successful entrepreneur.

FINANCIAL TOOLS FOR SUCCESS

NEDC and CIBC are co-sponsoring the 'Business Seminar Program,' a two day workshop developed by CIBC for First Nations entrepreneurs.

Over the two days participants will learn financial management, from developing a budget to planning and implementation and how to assess financial performance - reading an income statement, knowing your cost, profit planning and cash flow. The workshop will also include capital - finding it, getting it and working with banks, and using your business plan as a management tool.

This workshop is set for October 29 & 30, 1997 at Tin Wis Resort.

The registration fee is \$125 per person and includes all workshop material and lunches.

If you would like to register or require further information please contact:
Katherine Robinson at (250) 724-3131.