



Ha-Shilth-Sa

Canada's Oldest First Nations Newspaper - Serving Nuu-chah-nulth-aht since 1974

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Ahousaht Ha'wiih Sort Seats in Preparation for Treaty

By Denise Ambrose
Central Region Reporter

Maaqtusii - With treaty questions in the air and the lack of understanding of traditional versus modern governance, Ahousaht Ha'wiih met with their muschim to explain the history of their chieftainships. From November 12 - 15 the Ha'wiih and their speakers each stood before their people to explain where the chieftainship came from and the line of Ha'wiih that came before them.

With treaty questions in the air and the lack of understanding of traditional versus modern governance, Ahousaht Ha'wiih met with their muschim to explain the history of their chieftainships.

The presentations not only illustrated a long, rich, traditional history, but also demonstrated to individual Ahousaht members that they belonged to a house and their family had important roles in the Chief's house.

The exercise was also an attempt to sort out Chieftainships in question, an issue that would understandably raise emotions. With this in mind, organizers strongly suggested the meeting be carried out under the guiding principles issakstalh, hahopstalh, hipitstalh and ya akstalh, generally speaking with respect for one's self, one's teachings and one another.

The goal, organizers said, was to rebuild traditional roles for the next generations and to show the family ties and connectedness as Ahousahts. "Even though we have differing views of our history we will attempt to work toward unity with respect toward one another,"

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Nelson Keitlah receives medal

By David Wiwchar
Southern Region Reporter

Parksville - Central Region Co-chair Nelson Keitlah was presented with a Commemorative Medal last week for his decades of service in both the political and social issues arenas.

Central Region Co-chair Nelson Keitlah was presented with a Commemorative Medal last week for his decades of service in both the political and social issues arenas.

The medal commemorating Queen Elizabeth II golden jubilee was presented across the country last week celebrating the achievements of the many Canadians who give of themselves for the betterment of others.

"It meant a lot to me to be selected and recognized," said Keitlah. "It is recognition for years of involvement in helping create a better environment for all Nuu-chah-nulth," he said, adding he was proud to be included with such a distin-

guished group of recipients from the west coast of Vancouver Island.

Other medal recipients were: Howard, Elmer Thoms, Clifford Coulson, Dr. Garnet Reynolds, Vera Seydel, Wolfgang Zimmermann and Ken Gibson.

The receiving of the medal was the first in a chain of recognition ceremonies for Keitlah, who was honoured by his family the following night.

"My family gave me a recognition supper and that was a very important thing for me too," said Keitlah. "I'm very fortunate to have my family with me," he said.

As Nanaimo-Alberni MP Dr. James Lunney presented Keitlah with the medal (pictured above), Lunney's executive assistant Jim Chutka read the following biography:

A member of the Ahousaht Band, Nelson Keitlah is a man of many talents. To some, Mr. Keitlah is known as a traditional native singer of exceptional ability.

Throughout the Alberni Valley and beyond his songs have spread the history, culture and stories of his people,

providing inspiration and joy to all. To others, Mr. Keitlah is best known for his involvement in social issues and regional politics where he continues to be very active.

He has been co-chair of the Central Region of the Nuu-chah-nulth Tribal Council since 1989 and was Commissioner on the Pacific Salmon Commission. Previously he was Chief Councillor of Ahousaht for seven years and chair of the Native Friendship Centre in Port Alberni for five years.

In 1993 Mr. Keitlah chaired that negotiations with the Provincial Government which led to the Interim Measures Agreement and the Central Region Board.

He has been involved for decades in fisheries issues, including ten years on the executive of the Native Brotherhood, the oldest native organization in Canada, where he was Chair of the Indian Fisherman's Assistance program.

Be it his involvement in community issues or his traditional singing Nelson Keitlah expresses passion and conviction in everything he does.

Ladies and gentlemen - Nelson Keitlah.

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DEADLINE

Please note that the deadline for submissions for our next issue is 4:30 pm on **Friday, Nov. 29, 2002**. After that date, material submitted & judged to be 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. Articles can be sent by e-mail to hashilth@island.net (Windows PC).
- Submitted pictures must include a brief description of subject(s) and a return address. Pictures with no return address will remain on file. Allow 2 - 4 weeks for return. Photocopied or faxed photographs cannot be accepted.

COVERAGE:

Although we would like to be able to cover all stories and events we will only do so **subject to:**

- Sufficient advance notice addressed specifically to *Ha-Shilth-Sa*.
- Reporter's availability at the time of the event
- Editorial space available in the paper
- Editorial deadlines being adhered to by contributors

LETTERS & KLECOS

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 on it. Names can be withheld by request. **Anonymous submissions will not be accepted.**

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 or issues that are critical of Nuu-chah-nulth individuals or groups.

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.



Andy Callicum Memorial Potlatch

By David Wiwchar
Southern Region Reporter

Campbell River - The late Andy Callicum was honoured last weekend as more than 700 people came from as far away as California to remember a man who dedicated his life to helping others. The Campbell River bighouse was filled to capacity as the Jack and Callicum families hosted a memorial potlatch for Andy Callicum who died last year after being hit by a car while walking near his Oakland, California home.

For the past 30 years, Callicum worked throughout BC, Washington and California

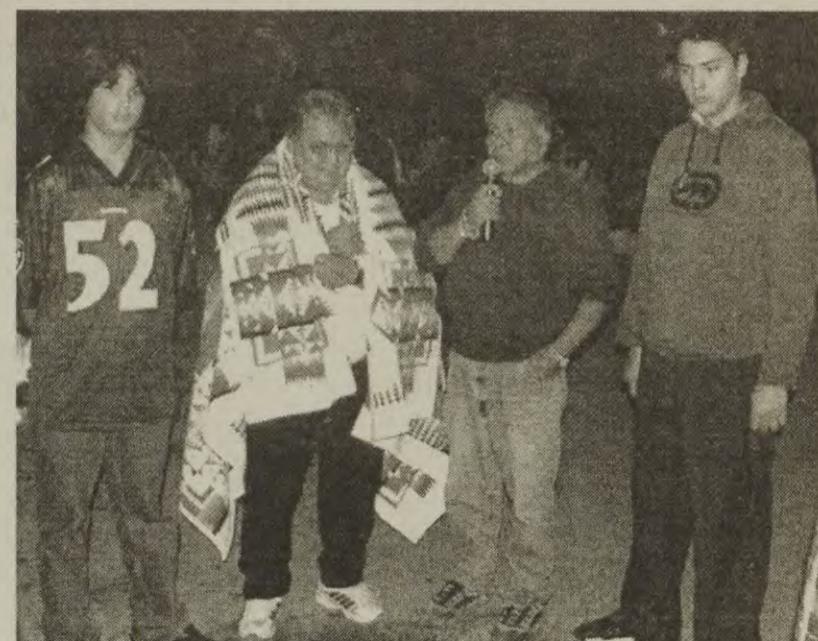


"We thank the Creator for providing us with this gift to know Andy, even for this brief period of time," he said.

Andy also worked with school children in the Oakland area at the American Indian Public Charter School where he worked in traditional arts classes. Andy was scheduled to teach a two-week

seminar at the University of Copenhagen, Denmark this past summer, as he had done at other universities around the world. Andy was the

The late Andrew Callicum always remained keenly interested in issues facing Nuu-chah-nulth and would often drive great distances to attend treaty update meetings in Seattle such as this one held two years ago.



Andy Callicum's Namquis relations brought out numerous masks for the potlatch

nia as a substance abuse counselor, with his last position being at the Native American Health Centre in Oakland. Many of Andy's California co-workers made the trek to Campbell River to honour their friend, as did people from Tahola and Nah Bay Washington who felt equally blessed for knowing Andy. "Andy walked his talk and he walked very softly on this earth and others recognized that he was a very special and spiritual person," said Health Centre executive director Martin Waukazoo.

first NTC Northern Region co-chair, serving in the position from 1989 to 1993. He also headed up numerous Nuu-chah-nulth language projects as he worked tirelessly to help keep the language alive. Andy moved to California a few years ago seeking the relief of dry weather because of his arthritis.

Aaron Callicum, Jerry Jack, Kelly John, and Andy Callicum Jr. accept gifts from the Tahola Tribe

At the Memorial potlatch in Campbell River, Andy's two sons along with other family members gratefully accepted gifts, songs, and speeches of remembrance from people from up and down the coast. Andy Callicum will be greatly missed by all who knew him.

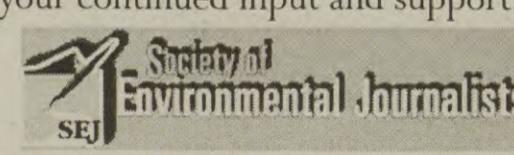
Ha-Shilth-Sa

Ha-Shilth-Sa belongs to every Nuu-chah-nulth person including those who have passed on, and those who are not yet born.

A community newspaper cannot exist without community involvement; If you have any great pictures you've taken, stories or poems you've written, or artwork you have done, please let us know so we can include it in your newspaper. Also, if you have any thoughts or concerns about making your newspaper better, let us know that too! This year is *Ha-Shilth-Sa*'s 28th year of serving the Nuu-chah-nulth First Nations. We look forward to your continued input and support. Kleco! Kleco!

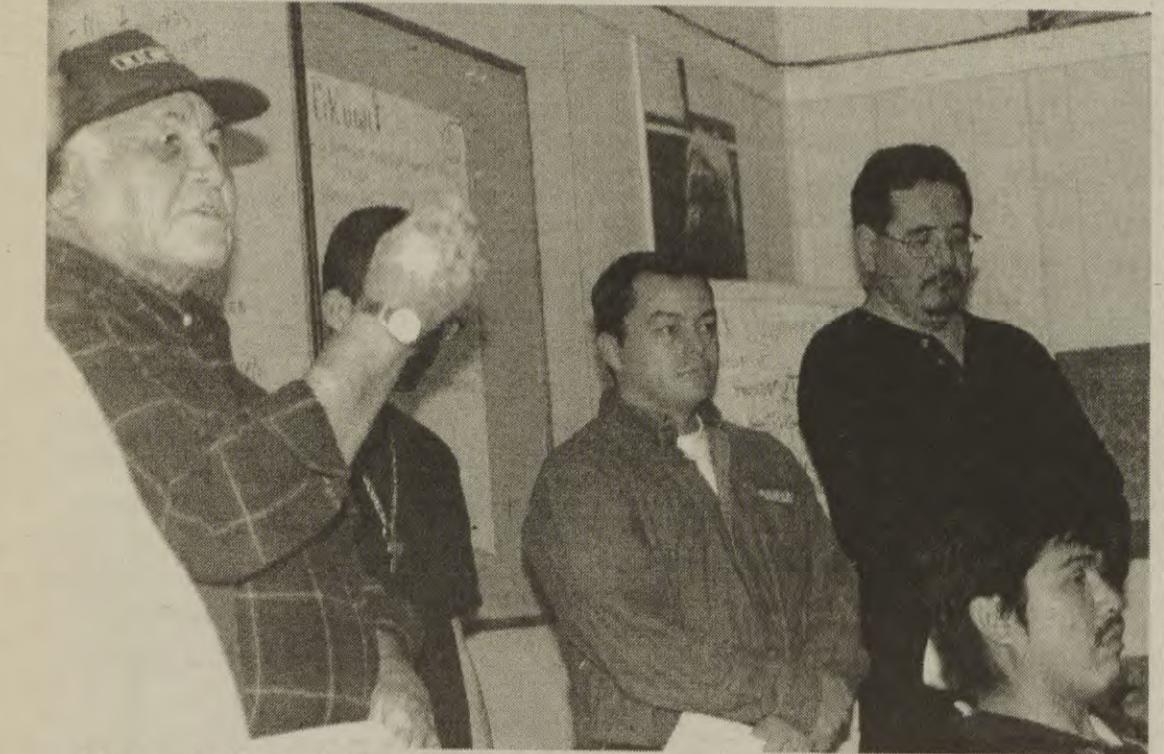
David Wiwchar, Editor / Manager

Native American Journalists Association



Next NTC Regular Meeting:
Nov. 25th - 26th
Maht Mabs Gym
Tsahaheh

Below are some tidbits of tradition, quotes heard at the meeting:



Ahousaht Elder Stanley Sam tells of the history of Chief A-hin-chut
(Shawn Atleo)

Ahousaht Ha'wiih

con't from page 1

said Chief Shawn Atleo.

The meeting was to start at 9:00 am but, probably due to confusion about the start time, people didn't start arriving until after 10:00 am. When they started to arrive, they arrived in droves. It was not long before the room was filled to capacity and organizers considered moving the meeting to the gymnasium.

Over four days more than a dozen Ahousaht Chiefs and their speakers told of their lineage and history. They described where they came from, the resources in their Hahulthhi, and the families that belong in their houses.

Over four days more than a dozen Ahousaht Chiefs and their speakers told of their lineage and history. They described where they came from, the resources in their Hahulthhi, and the families that belong in their houses.

Time was set aside to deal with one Chieftainship that is under dispute. It was intended that the dispute would be settled once and for all by the end of the meeting.

Sadly, news that Ahousaht elder, Irene Thomas passed away Friday morning caused the Chiefs to reconsider. They announced a special meeting would be called at a later date to deal with this issue.

The Ahousaht Chiefs plan to host a feast where they will be properly seated in the traditional style. Neighboring tribes will be invited to witness.

The Ahousaht Chiefs plan to host a feast where they will be properly seated in the traditional style. Neighboring tribes will be invited to witness.

Below are some tidbits of tradition, quotes heard at the meeting:

"Muschim is not a chief and does not have a seat but is part of the community. The Chief supports his muschim, earning their respect and they in turn, support their Chief. A Chief is only as strong as the respect his muschim have for him." -Cosmos Frank

"Without Naas (Creator) we are nothing...always remember the Chieftainships come from Naas...We weren't taught to be accusatory. We ask you to go forward in a good way; carry one another, help one another, lift one another up. Tearing each other down is not our teaching." -David Frank II

"It is Nuumak (taboo, a no-no that brings grave consequences) to fight over these things (seats) but it's also Nuumak to let it go on." -Dave Jacobson

Did you know that Flores Island has

110 Indian place names. Meares Island has 50 names alone from Ahousaht.

Co-chairs meet with RCMP

By David Wiwchar
Southern Region Reporter

Port Alberni - Following the RCMP raid of John Rampanen's house last month, and a subsequent motion from the NTC Table for the co-chairs to meet with the local head of the RCMP, Inspector Rick Taylor was invited to a meeting at the NTC Boardroom last week.

In the private meeting between Taylor and NTC Co-chairs Nelson Keitlah, Archie Little, and Richard Watts, many issues were discussed, but the focus of the meeting remained with the raid on Rampanen.

tions, including how a judge could give such an order to search a home based on hearsay," said Keitlah.

Taylor said the sealed warrant was approved by a judge in Vancouver, so he was not in a position to answer questions on the warrant.

"We showed we were quite annoyed by what they did to one of our people as it seemed unnecessary," said Keitlah. "Rick Taylor explained that the local RCMP had little to do with the raid as they were there simply as back up," he said.

"It's part of an ongoing investigation and Judges don't issue these things frivolously," said Taylor. "In order for the police to satisfy a judge to the extent that they would issue a search warrant to forcibly enter a private residence, they make damn sure the information is sound in terms of its credibility within the judicial system," he said.

"This didn't have a detrimental effect on our relations with First Nations communities," said Taylor. "We were doing a job that we're sworn to do and we will continue to do regardless of whether they're from the First Nations community, Caucasian community or Indo-Canadian community," he said.

Taylor said he will be meeting with John Rampanen and Judith Sayers to discuss outstanding concerns remaining from the September 21st raid on his rural home west of Tsahah.

"I'd be happy to meet with anybody from the community who has concerns about this thing, because I want to correct any misinformation that's out there and set the record straight insofar as how the Port Alberni RCMP was involved in that particular situation," said Taylor.

NUU-CHAH-NULTH TRIBAL COUNCIL

TOLL FREE NUMBER
1-877-677-1131

Nuu-chah-nulth Leadership have now established a toll free number to assist membership with any question they may have regarding treaty related business.

Upcoming Meetings

Meeting Schedule

Meeting	Date	Place
Treaty Planning	Nov. 21-22	Tin Wis
Vancouver Update	Dec. 6, 4 - 9 pm	VAFC
Victoria Update	Dec. 8, 12-6 pm	(location tba)
Port Alberni Update	Dec. 9, 5-10 pm	Echo Ctr, Cedar Rm.
Nanaimo Update	Dec. 11, 5-9 pm	Nanaimo Curling Club, 106 Wall St.
Seattle Update	Dec. 21, 12-5 pm	Pearl Warren Ctr.
Campbell River Update - Details unavailable at this time.		

All Nuu-chah-nulth-aht Welcome

Fisheries

Nitinat Hatchery saves chum run

By David Wiwchar
Southern Region Reporter

Malachan - An indescribable stench rose off Nitinah Lake for four days last week as the small of dead fish combined with hydrogen sulphide gas after the lake turned, killing almost everything living in the 50 kilometre-long fjord. According to Nitinat Hatchery Manager Rob Brower, most of the life in Nitinah Lake lives in the top 30 metres of the 200 metre-deep inlet. The lower water, which accounts for 90% of the water in the lake is "dead water" as it contains almost no oxygen.

An indescribable stench rose off Nitinah Lake for four days last week as the small of dead fish combined with hydrogen sulphide gas after the lake turned, killing almost everything living in the 50 kilometre-long fjord.

With the long summer dry spell, there was very little oxygenated water coming from the Nitinah River, so the life-bearing surface layer had shrunk to only a few metres. Then along came a strong north wind, pushing the top layer down to the bottom of the lake. This allowed the anaerobic bottom layer to rise to the top at the head of the lake, flipping the water layers.

It's like sitting on one side of an inner-

tube in the water. You are balanced on top of it, then along comes a wave or you move back a bit and all of a sudden you're upside down underwater and the inner tube is on top instead of under you. "Everything in the lake was trying to get out," said Carl Edgar Jr. "All the sculpins, blennies, crabs, and little fish were thrashing around on the beach trying to get out of the water," he said.

According to Arlene Suski, the sign lets travellers that drive over Sutton Pass know they have entered the Kennedy Lake Watershed, a place of importance to the Tla-o-qui-aht First Nations people and a place of spectacular scenery, spirit and salmon.

The invitation to the unveiling reads: The history of Kennedy Lake is rich with stories of beauty & bounty, scenery & salmon.

Over the years some extraordinary people have dedicated their valuable time and energy to enhancing the partnership we have with the lake and watershed. Even today, we see people venturing to the streams and shorelines to restore damaged fish habitat, helping to rebuild fish populations. People have dedicated their time to teach and train others on how to live and work in partnership with the watershed. How can we say "thank you"? One way is to ensure that we never take for granted

Kennedy Lake sign to be unveiled

By Denise Ambrose
Central Region Reporter

Taylor River - The Regional Aquatic Management Society (RAMS) announced that it will host a sign unveiling at the Taylor River rest area between Tofino and Port Alberni on November 20, 2002. The sign was made in honour of the people working to restore the watershed and to remind people about the importance of the lake.

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The invitation to the unveiling reads: The history of Kennedy Lake is rich with stories of beauty & bounty, scenery & salmon.

Literally, the hundreds of thousands of people who visit this area each year drive the winding highway along the shoreline of Kennedy Lake never to realize the lake's importance to us.

With this "Welcome to the Kennedy Watershed" sign we want to let people know that they are entering a place of "spectacular scenery, spirits, and salmon".

The lake has been the reason for gatherings of harvest, planning, research, restoration and recreation. Please join us for a small gathering of celebration.

RETURN OF THE RIVER

Hishuk Tsawak: Everything is One; Everything is Connected

Vancouver Premiere
Friday, November 29 @ 7:00 pm,
Discovery Theatre, Plaza of Nations - free admission

strong leadership and the will of the people, can move mountains...and rivers.

"Restoring the Sarita watershed and resources has a phenomenal impact on the cultural revival and the re-birth of our nation. If you want to help First Nations people and have them as contributing members of western society, then help us restore our resources." - Tom Happynook, Huu-ay-aht Hereditary Whaling Chief

"Following the mandate of my people, the council and I have given watershed restoration and salmon enhancement top priority. As a proud community, we are determined to restore and enhance our 35 salmon streams. We are ecstatic to see our work succeed and see over three thousand Chinook return this year... 'return of the river' truly does apply." - Chief Robert Dennis, Huu-ay-aht First Nations

"The Huu-ay-aht have created a new model for sustainable logging and working together with corporations, but on their own terms." - Peter von Puttkamer, Director

Return of the River is written and directed by award-winning Vancouver filmmaker Peter von Puttkamer and produced with his partner Sheera von Puttkamer of Gryphon Productions Ltd. The 57 minute documentary is produced with the participation of the Aboriginal Peoples Television Network, and will be broadcast in April, 2003. A Los Angeles screening takes place on December 5-8, 2002, when "Return of the River" is shown at the NAFATA Film Festival.

Attention All Hesquiaht Membership RE: ELECTIONS

**Hesquiaht Voting Day is scheduled for November 22, 2002.
Polling stations are set up in the urban areas of
Vancouver, Victoria, Nanaimo, Port Alberni,
and Hot Springs Cove.**

If you would like a mail ballot, please contact Donnale Edgar at 1 888 781 9977 and she will forward a mail package to you. A list of all candidates running for the position of Chief Councillor and 6 Council Members can be requested from Donnale.

It is very important that the Administration Office has your current address so that you may keep informed of all important issues. Please contact the Administration Office at 1-877-232-1100 to update your mailing, phone, fax, and email address.

ADDRESSES FOR POLLING STATIONS AS FOLLOWS:

Hot Springs Cove - Homist Office
Nanaimo - Nuu Chah Nulth Healing Center - #204 - 96 Cavan Street
Port Alberni - Port Alberni Friendship Center - 3555 - 4th Avenue
Victoria - Best Western Chateau Granville - 1100 Granville Street
Victoria - Nuu Chah Nulth Healing Center - 853 Fisgard Street

Polling Stations will be open from 9:00 a.m. to 8:00 p.m. on November 22, 2002.

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- Dan Legg, CGA, CAFM
- Jay R. Norton, FCGA, CAFM
- Cory McIntosh, CGA, CAFM

Bus.: (250) 724-0185
Fax: (250) 724-1774

Eagle Rock hosts Open House

By David Wiwchar
Southern Region Reporter

Port Alberni - More than 35 people came to the Port Alberni Friendship Centre for an evening meeting to find out about the proposed aggregate quarry near the Alberni Canal, and ask questions on everything from environmental to economic impacts.

More than 35 people came to the Port Alberni Friendship Centre for an evening meeting to find out about the proposed aggregate quarry near the Alberni Canal, and ask questions on everything from environmental to economic impacts.

The part-First Nations company Eagle Rock Aggregates and Eagle Rock Materials is a joint venture between Polaris Minerals and the Ucluelet and Hupacasath First Nations. The company is preparing to launch a major economic venture in the region shipping out millions of tons of granite aggregates to the United States, mostly the California home and road construction industries.

"We are a company of uncompromising values and standards, and this project will feature a number of unprecedented technical and environmental standards," said Polaris representative Marco Romero. "We take environmental standards very seriously. No creeks in the area will be affected by the operation," said Judy Sayers, chair of Eagle Rock Materials. The area where the mining is to occur is a triple overlap area between the Huu-ay-aht, Tseshah, and Ucluelet First

Nations. It is unknown whether Tseshah will be involved in the project.

The project will provide many jobs to both Native and non-Native people in the area, and will inject thousands of dollars annually into the local economy. "We'll favour local businesses, and on top of that we'll favour local businesses with First Nations employees, and on top of that we'll favour First Nations businesses," said Romero. "We have a true bias towards First Nations," he said. The company is already looking for First Nations people to train for doing the environmental assessment work and the project as a whole.

"We want to see First Nations employment through this project, and key jobs will include equipment operators and maintenance personnel," said Romero, adding a complete list will be posted within the next few weeks.

"We'll favour local businesses, and on top of that we'll favour local businesses with First Nations employees, and on top of that we'll favour First Nations businesses," said Romero. "We have a true bias towards First Nations," he said.

The Eagle Rock company is divided into two parts with one company being in charge of processing (Eagle Rock Materials - chair Judy Sayers), and the other wing will head up marketing efforts (Eagle Rock Aggregates - chair Norman Taylor).

If all the environmental assessment work is completed on schedule, the company hopes to begin working on the site early next year.



Polaris' Marco Romero (standing) speaks at the open house while Judy Sayers (left) and Tyson Touchie (right of Romero) listen.

Weyerhaeuser Builds on Economic Opportunities with First Nations

Weyerhaeuser announced that Hayes Forest Services Limited will take on the company's logging activities at the Franklin Operation of West Island Timbers near Port Alberni starting in the new year.

The agreement, supported by the Industrial, Wood & Allied Workers of Canada (I.W.A.), means Hayes will be the new employer for Weyerhaeuser's 300-person hourly crew at the Franklin Operation.

"Our relationship with Hayes is structured to ensure that Franklin is a safe, competitive and environmentally sound business moving forward. We believe this option will create the most stability for workers and the community."

Including additional economic opportunities for First Nations is an important part of Weyerhaeuser's new approach to the management of Tree Farm Licence 44.

"With the dramatic changes taking place within T.F.L. 44, there will be

additional economic opportunities for the Huu-ay-aht First Nation. Therefore, we can support the Hayes successor agreement," said Tom Happynook, Hereditary Chief and Treaty Negotiator.

Added Huu-ay-aht Chief Councilor and Chief Treaty Negotiator Robert Dennis, "Weyerhaeuser has satisfied us with their consultation process and we look forward to finalizing our business arrangement with both Weyerhaeuser and Hayes by November 30th."

Weyerhaeuser said it is also currently discussing the opportunity of other local First Nations partnering with Coulson Forest Products to be the successor contractor for the Sproat Lake Operation of West Island Timbers.

"Weyerhaeuser is giving local First Nations and Coulson a major opportunity. It is now up to us to deliver Weyerhaeuser with a business plan that meets their expectations," said Wayne Coulson, President/CEO of the Coulson Group of Companies. "We look forward to meeting this challenge."

Apply for a grant

2002/2003

BC Hydro Aboriginal Business Partnership Program

Whether it's startup or expansion, we want your business to succeed.

BC Hydro's Aboriginal Business Partnership Program provides grants of up to \$15,000 to eligible applicants to help you start or expand your business.

The program also offers information about other sources of funding and business resources.

By assisting Aboriginal people in building strong businesses, we help build stronger communities, and ultimately, a stronger British Columbia.

Closing date for applications

January 31, 2003

For more information or to request an application guide please contact:

BC Hydro Aboriginal Relations Department

333 Dunsmuir Street, 14th Floor
Vancouver, B.C. V6B 5R3

Telephone	604 623-4435
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Fax	604 623-3716

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BC hydro

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*eligible applicants will be selected by an independent evaluation committee

Lisa Young Still Missing

By Denise Ambrose,
Central Region Reporter

Nanaimo - After four long months the family of Lisa Young have no clues as to her whereabouts. Lisa was last seen at the Jingle Pot Road Area in Nanaimo in the early morning hours of June 30, 2002.

Young left the Jungle Nightclub at closing time with a group of her friends. She attended a house party in the Jinglepot area and was last seen leaving with a man in a red Jaguar. RCMP spokesperson, Constable Eubank says Young's movements were traced a short time after she left the party, then she disappeared without a trace.

Lisa is 21, 5'4" and 115 pounds. She has a tattoo of a band of roses on her right upper arm. She has long, dark hair and brown eyes.

Lisa's family have been conducting searches at their own expense, sometimes following advice of psychics. The searches have yielded no new information, leaving the family financially and emotionally drained. With no leads and no money, the family has little choice but to sit and wait.



The RCMP say they have conducted one large search in the Jinglepot area and nothing was found. Without leads, the RCMP have little choice but to wait for more information. They say that the Jaguar and its driver have been located and questioned intensively. The owner of the Jaguar has also been questioned and police say both people are clearly important to the investigation. While there have been no significant developments lately, Eubank says the file is still very much open.

Lisa's mother, Joanne, plans to hold a candlelight vigil in Nanaimo on December 7, 2002. Lisa's high school friend and singer-songwriter Allison Crowe will perform a song written for Lisa. The song is available on compact disc. For more information about the vigil, contact Carol Martin at 250-725-3389.

International Forest Products Limited West Coast Operations

2003-2012 Proposed Forest Development Plan

FLA 19235- Wallace Creek/Effingham River/Mooyah Bay/Stewardson/Handy Creek
Chart F Administration Area A59276 Vernon Bay Planning Areas
TFL 54 Escalante/Lostshoe Planning Areas (Outside Clayoquot Sound)
TL T0174 Mooyah Bay Planning Area

Salvage Operations TFL 54 (Outside Clayoquot Sound)
Salvage Operations TL T0174, FLA 19235 and Chart F Administration Area A59276

Notice is hereby given that International Forest Products Limited (Interfor) will hold a public viewing of the 2003-2012 Proposed Forest Development Plan for Forest Licence A19235 Wallace Creek/Effingham River/Mooyah Bay/Stewardson/Handy Creek/Planning Areas; Chart F Administration Area A59276 Vernon Bay Planning Areas/TFL 54 Escalante/ Lostshoe Planning Areas (Outside Clayoquot Sound); Timber Licence T0174 Mooyah Bay Planning Area and Salvage Operations TFL 54, FLA 19235, Chart F Administration A59276 and TL T0174.

The Forest Development Plan Amendment shows the location and orderly development of proposed harvesting, road development, maintenance, deactivation, basic silviculture and salvage as identified on accompanying prescriptions. This plan also has information on the protection of other resource values in the planning areas. It is made available for review and comment to all resource agencies, native bands and the public before the Ministry of Forests considers approval of the plan. All approved Operational Plans and any Higher Level Plans that encompass the Development Plan will be made available during the review and comment period upon request at the Interfor office. All completed assessments (Sections 13 to 17 of the OPR) are available upon request from Interfor during the review and comment period.

The Forest Development Plan will be available for review at International Forest Products Ltd., West Coast Operations, 1865 Peninsula Road, Ucluelet, B.C. and the Ministry of Forests, South Island District, 4885 Cherry Creek Road, Port Alberni, B.C. from Wednesday November 20, 2002 until Monday January 31, 2003 during normal business hours (9am to 4pm Monday to Friday).

THE PUBLIC REVIEW PERIOD FOR THIS PLAN WILL BE FROM WEDNESDAY NOVEMBER 20, 2002 TO FRIDAY JANUARY 31 2003

A representative of International Forest Products Ltd. will be available at the West Coast Operations Office and the Open Houses to review and discuss the proposed plans. The proposed plan may be amended as a result of written comments received by January 31, 2003. Written comments regarding this proposed FDP are to be forwarded to Zoltan Schafer, R.P.F. at International Forest Products Ltd., West Coast Operations.

If interested parties are unable to review the plan during those times, arrangements can be made to review the plan at a time that is convenient for them. Please contact Zoltan Schafer, R.P.F. Area Engineer, International Forest Products Ltd., West Coast Operations, 1865 Peninsula Road, Box 789, Ucluelet, BC V0R-3A0. Phone: 250-726-7748 Fax: 250-726-3647

OPEN HOUSES WILL BE AS FOLLOWS:

Port Alberni:	Barkley Hotel	Tuesday December 3, 2002	10:00a.m. to 7:00 p.m.
Ucluelet:	Village Courtroom	Wednesday December 4, 2002	10:00a.m. to 5:00 p.m.
Gold River:	Anne Fiddick Aquatic Centre- Meeting Room #2	Thursday December 5, 2002	10:00a.m. to 5:00 p.m.
Port Alberni:	Uchucklesaht/Tseshaht/First Nation Offices	Friday December 6, 2002	10:00a.m. to 5:00p.m.
Ucluelet:	Interfor Office	Saturday December 7, 2002	10:00a.m. to 5:00p.m.

Lisa's Song

I want to be the one
To say that I found you safe
And held you in my arms
I want anyone else in the world
To tell me
That they did too
And took you home
Across the field and to your door
And said, hey baby it's cool,
There's a reason to be scared anymore
Took you home
And held you in, held you in, held you
in.
Just stay home
Don't come outside to play
Circumstance beyond control
I feel so helpless
Mind is racing and breaking
Me into a million pieces
Because I can't
Take you home
Across the river and to your door
Take you home and darkness
You don't have to cry anymore
Take you home
And hold you in, hold you in,
Take you home
Across the sea and to your door
Take you home
But I'm so scared
That home isn't here anymore
Take you home
And hold you in
Though the nightshade and under the stars
And hold you in...

Written and performed by Allison Crowe

ADSS CHRONICLES:

GET INVOLVED!

November 28, 2002 ADSS students have their first report card coming out for the first semester. Please become involved with your child's education! Ask to see their report card! If they haven't received their report card, phone the school and they will direct you to someone who can access your child's marks.

Following this date, parents will also have the opportunity to meet with teachers on November 28, 2002. This will give parents the chance to address any concerns and plan together for your child's educational future. Stay involved! It is important if your child is to succeed in today's society. More business operators are asking new job applicants have at least a grade 12 education. Research has also shown that motivated people attribute their success to their parents being involved with their education.

GRADUATION 2002

The next scheduled parent's meeting is December 4, 2002 in the learning centre. Volunteers are needed. Various committees can use your assistance to fundraise for the grad ceremony.

Please note that volunteer service can be used towards reducing the cost of your child's grad tickets. If you want to help, contact the school and ask for Paul Richardson. He will direct you to the grad committee chairperson where you can sign up for the committee of your choice.

Ahousaht Tyee Ha'wilth Supports Usma Workers

By Denise Ambrose
Central Region Reporter

deserve; they are there because the parents are drinking. Maybe we need to look at Usma through the eyes of a ten year-old," said the Chief.

Speaking in support of his wife, Louie Frank Junior had this to say, "The Usma workers are not fighting to take away the children, they are fighting to get them back with their natural parents. That is where they belong."

Corbett George, Ahousaht Tyee Ha'wilth, pledged his support for the beleaguered Usma, which is about protecting our children.

Calling the Usma workers forward, Chief George implored his people to support the work that Sal Frank and Barb Atleo do. "It is not about protecting the parents. We need to look at Usma from both sides before we criticize the program. The kids under Usma's care are not getting what they



Ahousaht Tyee Ha'wilth Corbett George salutes USMA workers.

Social Assistance Reform

By David Wiwchar
Southern Region Reporter

Social Assistance has been cut off by the government. Now what? Can individual communities do to eliminate dependence on welfare? This is the scenario and subsequent questions are being asked at a series of regional meetings in discussing Social Assistance Reform.

Social Assistance has been cut off by the government. Now what? What can individual communities do to eliminate dependence on welfare? This is the scenario and subsequent questions are being asked at a series of regional meetings in discussing Social Assistance Reform.

The purpose of the seminars is to strengthen capacity of First Nations for the development and implementation of reformed income security programs and to assist people in achieving individual well-being and financial independence to the greatest possible extent.

Nuu-chah-nulth Nations are the only ones in the province who administer their own social assistance programs. All other BC First Nations SA programs are administered by the Department of Indian Affairs and Northern Development (DIAND).

Nuu-chah-nulth Nations have suffered from the downturn in commercial fishing and forestry sector employment, and as a result many rural communities have become crippled by a 90% unemployment rate.

To help turn this around, the NTC

commissioned Umeek Development to write a Human Resource inventory last year which resembles a census in determining populations, age ranges, skill sets and other factors needed to best determine strengths and weaknesses of any given area.

With the HR inventory in place, NTC is now co-ordinating the development of a database to house the information making it easy to update and access.

"The database will assist in community planning and development and can be a foundation for feasibility studies and funding applications," said NTC Social Development Co-ordinator Nene Van Volsen. "This is all part of the strategic management plan designed to get the wheels turning to think about ways of getting community members off social assistance and providing employment," she said.

The federal and provincial governments are cutting back on the amounts they pay out in Social Assistance right across the board. The Ministry of Human Resources plans to cut as much as \$500 million from its \$1.8-billion budget over three years. These changes will have an impact all around the province affecting both Native and non-Native peoples.

Through the ongoing NTC work, it is hoped that Nuu-chah-nulth will have the necessary tools to weather the storm and show resiliency in the face of difficulty.

Van Volsen and Debbie Foxcroft will be facilitating workshops throughout Nuu-chah-nulth territories, starting with a meeting in Gold River on November 21st, Tin Wis on December 12th (tentative) and Port Alberni on January 16th (tentative). Meeting times will be from 10 am to 3 pm for Social Assistance Workers, and from 5 pm to 7 pm for Chiefs and Councilors.

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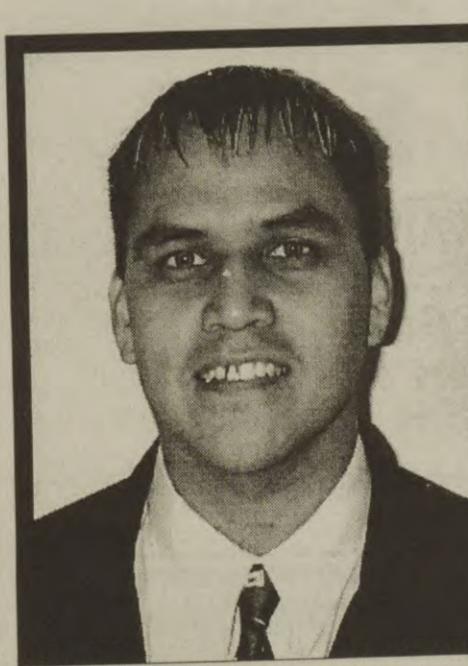
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Last Gas on Hwy 4 before the West Coast



Children in care fall behind in school, report says.

Children and youth in continuing care of government have a harder time succeeding at school than the general student population, according to a report released today by B.C.'s acting children and youth officer, Paul Palian.

"This study shows that kids in care are falling behind and suggests how we can help them achieve their educational potential," he said. "Solutions as simple as arranging placements so children do not have to change schools, ensuring youth have an adult to talk with about their career goals or having them play an active role in planning their education will help kids achieve their full potential as adults."

The study found that Aboriginal children in continuing custody generally scored lowest in all academic indicators, and that Aboriginal children not in care still scored below the general student population.

The study also found that Aboriginal children, as well as facing the same issues as other children in continuing care, face issues related to their cultural identity.

The study, a comprehensive look at children in the public school system in 2000, was conducted by the former Children's Commission with the co-

operation of the Ministry of Children and Family Development and the Ministry of Education. It was completed by the new Office for Children and Youth.

These findings were included:

- Nearly half of the children in continuing care were enrolled in some form of special education, compared with one in 10 for the general population.

- One in three had a behaviour disorder, severe learning disability or mild intellectual disability, compared with one in 20 for the general population.

- More than half of the children in continuing custody were behind a grade in grades 10 and 12, compared with less than one-quarter in Grade 10 and a little more than a third in Grade 12 for other students.

- In grades 4 and 7, children in care were almost twice as likely as other students to be below expected outcomes in reading, writing and numeracy.

A summary of the report and the full report are available on the Web at <http://www.gov.bc.ca/>

Office for Children and Youth. They can also be obtained by calling 250-356-0831 in Victoria or 1-800-859-1441 elsewhere in B.C.

TOURNAMENTS

LSC Thunder Ballhockey Ice Breaker Tournament

November 29, 30 and Dec. 1, 2002

Maht Mabs Gym

Prize: \$1000.00 1st Place based on 8 teams

Contacts: Les Sam - phone (250) 723-8950

Richard Sam - phone (250) 724-5757 (days)

(250) 723-8503 (evening) E-mail mailto:samsr@shaw.ca

Co-Ed Basketball Tournament

November 30 & December 1, 2002

Wameesh Gym, Tsaxana Reserve

Start: Saturday 10:00 am

Entry Fee: \$10.00 per player, 7 players per team

1 girl on the floor at all times.

Concession available.

Proceeds go towards a Park for our children.

For more information, please contact Adrienne Amos at 250 283-2012 (w) or 250 283-2067 (h) after 4:30 p.m.

Loonie Toonie Auction

Thursday, December 12th, Hupacasath Hall, 7 p.m.

Some items include: Silver bracelet, ring, carved wooden spoon, book bags, etc. Please come out and support Hazel Cook's trip to Spain and Portugal as part of the Women's Native Indian Football Association from August 14 - 31, 2003

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National Addictions Awareness Week

By David Wiwchar
Southern Region Reporter

Port Alberni - More than 40 people braved the cold, blowing rain this week to march from the Harbour Quay to the Port Alberni Friendship Centre in recognition of National Addictions Awareness Week.

Led by RCMP Constable Simard in his police truck, the group walked to honour and acknowledge the people in their lives who are, or who need to be on their personal journey to overcome drug or alcohol addictions. The "Walk for Someone you love" was organized by NTC Prevention Worker J'net August, Tseshah First Nations' Gail K.Gus, and the Port Alberni Metis Association and Friendship Centre and was a walk to pay

respect to those loved ones who have died as a result of their addictions.

The walk wrapped up at a cross cultural information fair at the Friendship Centre where numerous information booths and displays were set up to help people understand addictions, the dangers associated with addictions, and various places where they can find help.

Other events happening throughout the week include a daily pancake breakfast at the PAFC from 8:30 am to 10 am from November 18th to 22nd, and a family dance at PAFC on Saturday November 23rd featuring Tat Tatoosh's Sly Dawg Blues Band.

Certificate of Sobriety applications are being accepted for those family members who would like to honour anyone's clean time. Call J'net August at 724-5757 for more information.

January 31st, 2003

NTC Post Secondary Application Deadline

NTC Post Secondary Application Deadline is approaching. All students must reapply if they wish to attend Post Secondary studies during the May 2003 to April 2004 school year. Applications are available from the First Nations Coordinators at Malaspina, Camosun, North Island College or from the NTC website at www.nuuchnulth.org.

We advise all applicants to contact the NTC P/S Counsellor, Kelly Johnsen or the NTC P/S Advisor Vicki Watts for information on program eligibility. Please note that there will be changes to this years application and process.

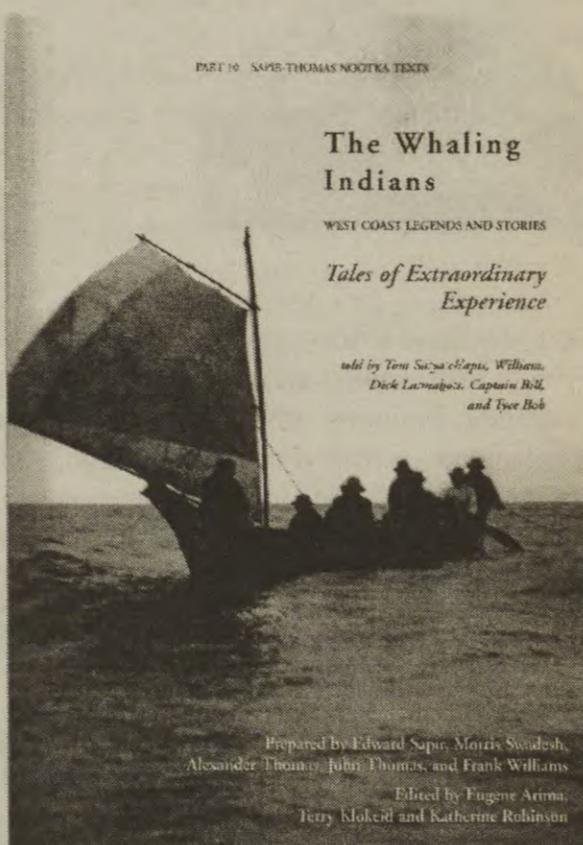
We can be reached by phone at (250)-724-5757 or by fax at (250)-723-0463. Alternatively you can reach us by email at kellyj@nuuchnulth.org or vwwatts@nuuchnulth.org.

The Whaling Indians: West Coast Legends and Stories Tales of Extraordinary Experience

Told by Tom Sa:y:a:ch'apis,
William, Dick La:maho:s,
Captain Bill and Tyee Bob

Prepared by Edward Sapir,
Morris Swadesh, Alexander
Thomas, John Thomas,
and Frank Williams

Edited by Eugene Arima,
Terry Klokeid and Katherine
Robinson



\$40.00

For more information, please contact:
Bonnie Gus @ Tseshah Treaty Office
5000 Mission Road
Port Alberni, British Columbia, V9Y 7M1

Ph: 724-4229, Fax: 724-4245
Toll Free: 1-866-724-4229
Monday to Friday, 8:00 a.m. - 4:30 p.m.

Addressing Diabetes: the Nuu-chah-nulth Initiative

By Lynn West
NTC Northern Region Nurse

Inuit Health, and First Nations Chief's Health Committee) is comprised of three education teams whose members vary in each of three NTC geographic regions but include a registered nurse, registered dietitian/nutritionist, Community Health Representative, Home Care Support Worker, and a Regional member who has diabetes.

The Team travels to each of the 14 member nations at least twice a year and addresses care & treatment; prevention & promotion; and lifestyle support.

The mission of the NTC Diabetes Initiative is to address the high rate of diabetes and its complications and to develop harmonious, trusting and cooperative relationships among team members, individuals with diabetes, their families and service providers involved in care.

The team travels to each of the 14 member nations at least twice a year and addresses care & treatment; prevention & promotion; and lifestyle support.

During the visit, ophthalmoscopic retinopathy screening is offered by two NTC nurses trained by Dr. Iain Begg. In the past, a core group of Nuu chah nulth

people with diabetes - Tee Cha Chitl (Getting Well Again) - traveled throughout the territory. This group has been revitalized and incorporated into the team. Although this Diabetes Initiative is a Nuu-chah-nulth program, the services of the team are offered to all individuals living in remote communities, both First Nations and non-

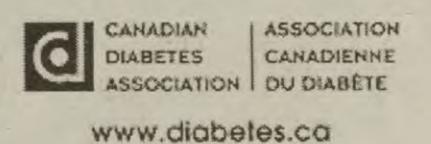
First Nations. Working together as a team and partnering with individuals, families and communities has been rewarding and challenging.

The NTC Diabetes Initiative has proven a successful way to address diabetes in the Nuu-chah-nulth territory.

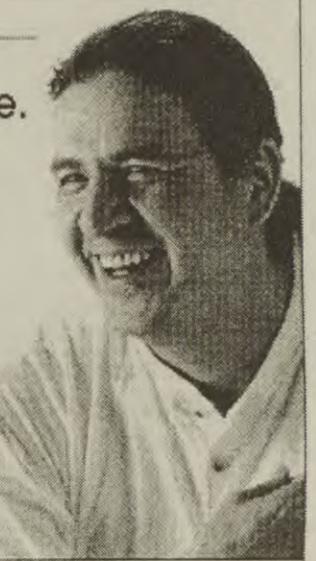
"Traditions are a big part of my culture.
Unfortunately, so is diabetes."

Bernie, First Nations counsellor

HELP SOMEONE YOU KNOW. CALL 1-800-BANTING



www.diabetes.ca



Tseshah First Nation Cultural Resource Centre

Open to anyone interested in learning more about
Tseshah history.

Located at 5000 Mission Rd. -
Chi-chu-aht House/ Tseshah Treaty office.

Hours of operation:

Monday - Friday 8:15 a.m. - 4:30 p.m. (Except holidays)
For more information contact us at
(250) 724-4229 or toll free at 1-866-724-4229.

Thank you!

to the voters of Kyuquot and Nootka for re-electing me as
Regional District Director. I will continue to work on behalf
of everyone in Electoral Area G, to the best of my ability.
Please call on me anytime, on any matter, at 332-5287 or
334-8838, or e-mail me at tpater@rdcs.bc.ca.

Sincerely, Tom Pater
Director for Area G (Kyuquot and Nootka)
Regional District of Comox-Strathcona

Community First Responders Seminar

J'net August, NTC Southern Region Prevention worker is planning another 10 hour training session for Community First Responders. The trainees will learn peer support skills, problem solving, suicide prevention, resource referral to support people in their respective communities. Youth are especially encouraged to participate.

The Tseshah First Nation has agreed to host this training session for Southern Region community members. The training will take place in 4 evening sessions for 2 1/2 hours each night.

DATES: Wednesday, November 27th,

Thursday, November 28th,

Wednesday, December 4th,

Thursday, December 5th,

TIMES: 6-8:30 pm each evening

PLACE: Tseshah Treaty Training Room (the former Ha-ho-payuk School)
POTLUCK dinners and snacks are encouraged!

Participants will need to commit to the entire four evenings to receive a certificate.
Reserve your seat today by calling J'net August @ NTC 724-5757

toll free: 1-877-677-1131

email: jauast@nuuchnulth.org

Gillian Trumper

MLA Alberni - Qualicum

Community Constituency Office

3075 - 3rd Avenue

Port Alberni, BC V9Y 2A4

250-720-4515

email: gillian.trumper.mla@leg.bc.ca

TOLL FREE: 1-866-870-4190

FAX: 250-720-4511



t aatnee?is daycare/preschool

6000 Santu Drive, Port Alberni, B.C. 724-3631

We are now accepting registration for our Fall program !!!!

We are a First Nations Headstart program that focuses on the First Nations culture, language and song and dance. We offer Daycare as well as preschool and are open Monday to Thursday 7:30 to 5:30 and Fridays 7:30 to 1:00.

MONTHLY RATES:

PRESCHOOL:

2 days a week - \$60/month

3 days a week - \$80/month

5 days a week - \$120/month

*Preschool times are Mon. to

Fri. 9 a.m. to 11:30 a.m.

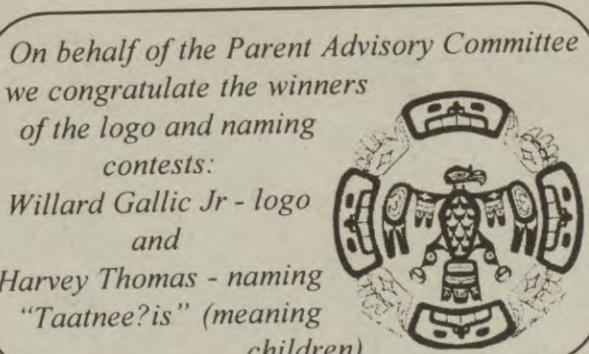
DAYCARE:

Full Time Daycare- \$400/month

Part Time Daycare- \$200/month

DROP-IN: Full Day- \$24 a day Half Day- \$12 a day

*Children in group Daycare are automatically included in preschool.
Please call Claudine at 724-3631 or come and visit us behind haahuupayak school.

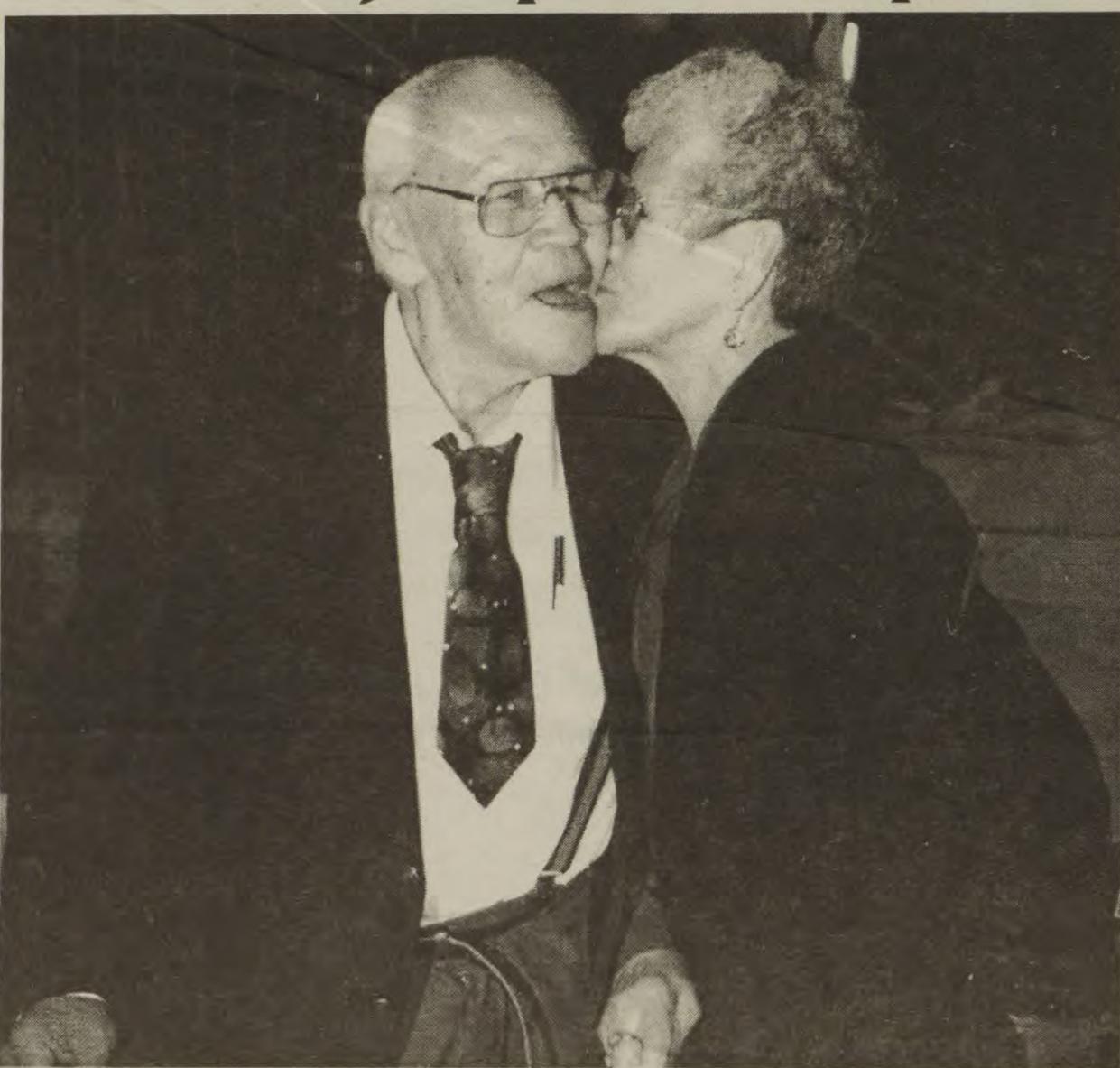


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Earl and Josephine Maquinna-George celebrate 25th



The Bradley Centre in Coombs was filled to capacity as friends and family of Earl and Josephine Maquinna-George celebrated 25 years of marriage.

"You are a positive example to all people for your dedication to each other, your dedication to self-improvement through post-secondary education, and your dedication to your Nations and your families," said Dr. Richard Atleo.

After dinner Ahousat and other Nuu-chah-nulth Nations performed songs of celebration for the happy couple.



25 Years Ago in Ha-Shilth-Sa

Vol. 4., No. 6. October 14, 1977
Historic Day in Nitinah



Nitinah carver Art Thompson works on the wolf crest.

Several hundred people travelled to Nitinah on October 15th to witness a historic totem pole raising and pollatch in memory of the tribe's late Chief, Webster Thompson.

Art Thompson, son of the late chief, designed and did the initial carving of the 35 foot pole and he was later helped by carvers Bo Dick, Steve Brown, Lorne White, Joe David and Ron Hamilton.

Four traditional crests are represented on the pole: the whale, the wolf, the thunderbird and the lightning snake.

The log from which the pole was carved was originally going to be turned into a racing canoe by Webster Thompson and his late father.

A small canoe was attached to the thunderbird so Chief

Thompson now has both his canoe and a pole standing in his honor.

Several Chiefs and leaders from visiting tribes finished the work on the pole by attaching the canoes to the thunderbird and by putting the top of the pole and the fin on the whale.

Given credit for completing the pole by attaching these parts were Wes Modeste of the Cowichan Tribe, Paul of the Tsartlip Tribe, Lucas of the Hesquiat Tribe, Big David of the Clayoquot Tribe and Hugh Watts, Opetchesaht Tribe.

Andrew Callicum led a group who chanted a "pulling song" while the men lugged on the ropes and the pole slowly made its skyward journey.

A feeling of excitement filled the air as it was the first time most of the spectators had seen a pole raising.

The last time a large pole was erected on the west coast was in 1917 at Grays Bay, across from Nuchatlitz.

The tension mounted as the pole wavered slightly after every muscle straining if straightened itself out.

Chief Wilson Bob of the Nanose Tribe dropped in the first rock to anchor the pole.

When it was firmly in place the people went into the hall where a memorial pollatch was given by the Thompson family.

Details of this pollatch will be covered in the next issue of the Ha-Shilth-Sa.

On the personal note: I'd like to add that Barb Atleo and Sal Frank hosted this dinner and they do a lot for the clients. So I take my hat off to them. Written by Carol Matternsderfer Ahousat First Nation

Holistic Centre hosts potluck for clients

The Holistic Center had an open potluck dinner for all clients

It was a real honour to be at this potluck dinner. There was plenty of very delicious food. I would like to share that on behalf of my precious father, my friend, my dad ~ my loving dad. I had to acknowledge my dad. My dad had faced so many things in Esperanza. I can tell and it shows he worked on himself.

I am very proud that he had done it for himself. It is a nice feeling to hear from my dad saying, take care daughter and I love you! Those words are very meaningful, and I can tell he changed a lot. Way to go my dear father. For the creator has given me gifts to share with others that I am the proudest daughter you can imagine.

There were a lot of excellent speakers and the clients had a lot to offer, and their wisdom, and their change will help others grow.

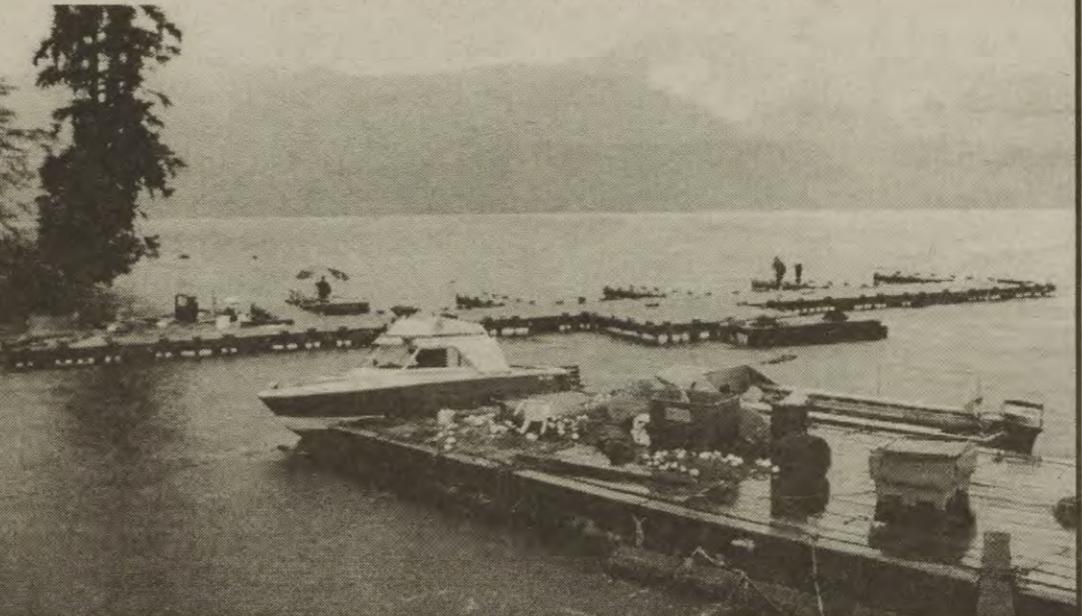
It was nice to hear Paul Robinson he has been sober for 7 months and going to church. Murray John JR, 13 years. "Wow" and my cousin Russell is following his heart and maintaining his sobriety. Way to go to one and all. Words alone can't say enough listening to those clean and sober individuals had touched my heart, Congratulations.

On the personal note: I'd like to add that Barb Atleo and Sal Frank hosted this dinner and they do a lot for the clients. So I take my hat off to them. Written by Carol Matternsderfer Ahousat First Nation

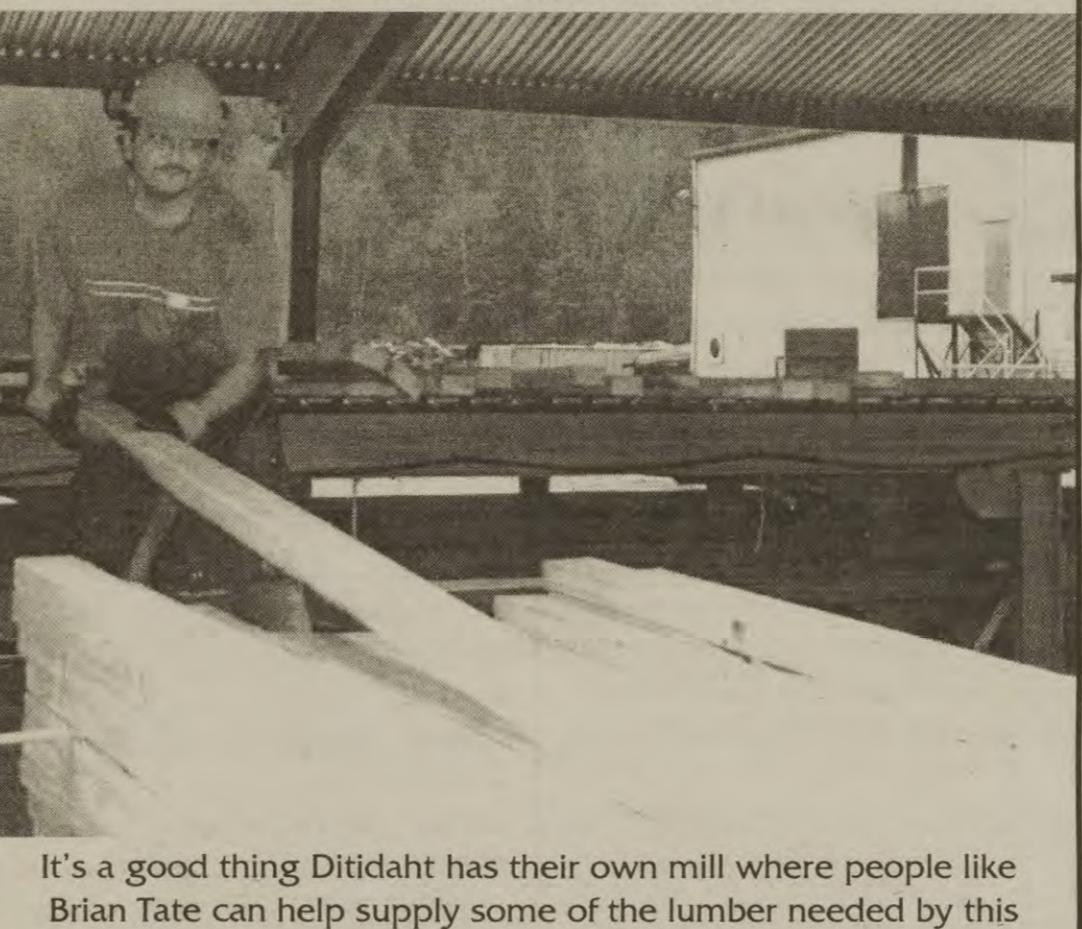
Ditidaht on the grow



The Ditidaht village of Malachan is a hive of activity as construction crews work to build a new school ...



... and a new multi-berth dock.



It's a good thing Ditidaht has their own mill where people like Brian Tate can help supply some of the lumber needed by this community on the grow!

Donations Urgently needed for a family of 5 who have lost everything in a house fire on Tuesday October 15, 2002.

Needed are the following Any House Hold Items i.e.: kitchen dishes, furniture, clean bedding, clean towels, clean winter jackets & clean mattresses.

Children's Clothing Approximate Sizing as follows:

- To fit adult female size: "m" shirts, "m" or 9 waist jeans
- To fit adult male size: 1 or XL shirts, 35 waist jeans
- To fit one 7-year-old girl wearing size: 6x or 8. To fit one 11 year old girl wearing size: 16
- To fit one: 10 month old baby girl wearing size: 24 month

2nd Donations Urgently needed for a family of 6 who have lost almost everything due to smoke damage on Tuesday October 15, 2002 Needed are the following Any House hold Items i.e.: Kitchen Dishes, Furniture, clean bedding, clean winter jackets, clean towels & clean mattresses.

• Children's clothing approximate sizing as follows:

- To fit one adult female size: m shirts, 29/30 waist jeans
- To fit one adult male size: m shirts, 36 waist jeans
- To fit one 9-year-old boy size: 12
- To fit 13-year-old girl size: m shirts, 16 or 28 waist jeans
- To fit one 8 year old girl size: 7 or 8
- To fit one 17-year-old boy size: XXL shirts, 36 waist jeans

CONTACT NTC AT 724-5757 TO ARRANGE DROP OFFS

Safety Measures Protect Lives

and check for damage or leaks.

- Keep eavestroughs clear and in good repair so water does not drip on the meter or pipes and cause ice buildup.
- Clearly mark where the meter is before removing snow around your home
- In-floor radiant heating - Have a licensed gas contractor inspect the boiler, vents and chimney every year if your home is heated by a radiant system. If any of the following signs are present, turn off the gas supply and have a certified gas contractor inspect and service the boiler:
 - Pilot light outages or yellow or wavering flame.
 - Continuous or intermittent smell.
 - Boiling noises when the boiler starts up.
 - Dying house plants.
 - Condensation on the inside of the windows.
 - Symptoms of carbon monoxide poisoning.
- Gas furnace cleaning and servicing - This work should always be carried out by a licensed gas fitter, as specified by the Gas Safety Act. Qualified people will be glad to produce their licences when asked for proof of certification.

Escaping natural gas can emit a strong rotten egg odour. If you smell gas, open doors and windows, shut off the main gas valve, get everyone outside and away from the building and phone your gas supplier immediately.

- Natural gas meters - To prevent explosions and house fires resulting from snow and ice buildup on natural gas meters:
- Remove snow around the meters

For more seasonal safety tips, visit the ministry Web site at <http://www.gov.bc.ca/mcaws/>

More Heart Attacks attributed to Anger than High Cholesterol or Smoking

Hostility levels may be a better predictor of heart disease risk than "traditional" factors such as high cholesterol, high blood pressure, smoking, and being overweight, suggests a new study.

Researchers found that heart attacks, chest pains, or other signs of heart disease occurred much more frequently among men who measured as hostile on a personality test than in men who clearly had more traditional risk factors.

In fact, the only such measurement that predicted heart disease risk more accurately than hostility was HDL "good" cholesterol levels.

"On the one hand, we're not surprised by our results because there's a lot of evidence suggesting that hostility plays a big role in heart disease," says researcher Avron Spiro III, PhD, of Boston University School of Public Health. "Of course, the finding that it's the biggest predictor of heart disease might be surprising if you look at these results at face value."

Unique and one of a kind Christmas Gifts at the 14th Annual North American Native Art & Crafts Fair, Dec. 14-15, 2002.

14th Annual North American Native Arts and Crafts Festival is going to be held December 14th-15, 2002 at the Vancouver Aboriginal Friendship Center, 1607 East Hastings Street, Vancouver, BC. 11:00 am to 6:00 pm each day. Admission: \$1.00 gives you chances for wonderful door prizes. 40 tables, carvings, plaques, beadwork, gold and silver jewelry, dream catchers... you name it you'll find it here! Lots of native foods: smoked and dried salmon, fried bread and Indian ice-cream! Performances throughout the day. For info: Call (604) 253-1020.

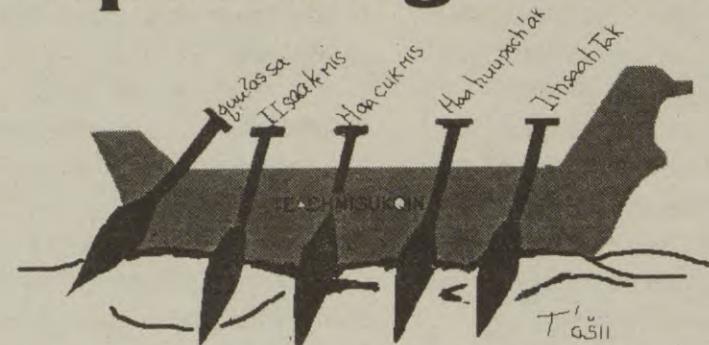
Tseshaht Treaty Office

has a toll free number available for Tseshaht members (which also houses our membership and Natural Resources Office. If you want your addresses included for treaty updates and Tribal bulletins call us (email cap@tseshaht.com) with your address.

1-866-724-4229

Nuu-chah-nulth Healing Project

Upcoming Events



EVENT	DATE	LOCATION
Suicide Awareness Workshop	Sat. Nov. 23, 2002 9 am - 4 pm	Nanaimo, 204 - 96 Cavan St.
Suicide Awareness Workshop	Wed. Nov. 27, 2002 9 am - 4 pm	Campbell River, 441 - 4th Avenue
Native Art Therapy Workshop	Thur. Nov. 28, 2002 9 am - 4 pm	Victoria, 853 Fisgard St.
Vancouver Support Group Meeting	2nd & last Monday 6 pm - 9 pm	Vancouver Aboriginal Ctr 1607 E. Hastings St.
Women's Support Group Meeting	2nd & Last Thurs/ea.month 6 pm - 9 pm	Vancouver, Aboriginal Centre 1607 E. Hastings St.
Support Group Meeting	2nd & last Tues. of each month @ 6 pm	Campbell River, 228 S. Dogwood St. St. Peters Anglican Church
Cultural Night Storytelling, Language, Singing, Dancing, Crafts, etc.	Last Thurs of ea. month 7 pm	Nanaimo, 204 - 96 Cavan St.
Support Group Meeting	2nd & Last Tuesdays 6 pm	Victoria, 853 Fisgard St.
Elders Luncheon	Once a month	Victoria, Date & Time To be announced
Support Group Meeting	Last Mon. of ea. month 6 pm	Duncan, Hiye'a Le Lum Native Friendship Centre, 205 - 5462 Trans Canada Highway
Christmas Celebration Feasting & Sharing of NCN Culture	Mon. Dec. 16, 2002 4 pm - 9 pm	Victoria, 853 Fisgard St.
Christmas Celebration Feasting & Sharing of NCN Culture	Mon. Dec. 16, 2002 4 - 9 p.m.	Vancouver Aboriginal Centre 1607 E. Hastings St.
Christmas Celebration Feasting & Sharing of NCN Culture	Tues. Dec. 17, 2002 4 pm - 9 pm	Campbell River, 228 S. Dogwood St. St. Peter's Anglican Church
Christmas Celebration Feasting & Sharing of NCN Culture	Thurs. Dec. 19, 2002 4 pm - 9 pm	Nanaimo, Community Services Bldg. 285 Pridgeaux St.

For more information contact Nuu-chah-nulth Healing Project Staff: Vina Robinson @250-731-6271, Michael McCarthy @ 604-254-9972 or 604-312-6539, Shawn Sinclair @ 250-616-3674, Gerald Kiesman @ 413-7303.

The Nuu-chah-nulth Healing Project have moved!

Our new address is:

5120 Argyle St., Port Alberni, B.C.
(Next to United Carpet)

Contact Numbers will remain:
Phone: (250) 724-3233
Fax: (250) 723-6010

Healing Project Staff that are moving include:

Joe Tom, Project Coordinator
Ray Seither, Senior Facilitator
Philip Lucas, Southern Region Facilitator
Gloria Peters, Southern Region Support Worker (Casual)
Clorissa Croteau, Administrative Assistant

Alcohol I am your disease

I hate meetings,
I hate Higher Power,
I hate anyone who has a program.
To all who come in contact with me?
I wish you Death and Suffering.

Allow me to introduce myself. I am the disease of Addiction. Cunning, baffling, and powerful. That's me. I have killed millions, and I am pleased. I love to catch you with the element of surprise. I love pretending I am you friend and lover. I have given you comfort, have I not?

Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I WAS THERE! I love to make you hurt.

I love to make you cry. Better yet, I love when I make you so numb you can neither hurt nor cry. You can't feel anything at all. This is true glory. I will give you instant gratification and all I ask of you is long-term suffering. I've always been there for you. When things were going right in your life, you invited me. You said you didn't deserve these good things, and I was the only one who would agree with you. Together we were

able to destroy all the good things in your life.

People don't take me seriously. They take strokes seriously, heart attacks, even diabetes, they take seriously. Fools that they are, they don't know that without my help, these things would not be possible.

I am such a hated disease, and yet I come invited. You have to choose me. So many have chosen me over reality and peace.

More than you hate me; I hate all of you who have a 12 Step Program. Your programs, your meetings, your HIGHER POWER. All weaken me and I can't function in the manner I am accustomed to.

Now I must lie here quietly. You don't see me, but I am growing. Bigger than ever. When you only exist - I may live. When you live - I only exist. But I am here..... and until we meet again, if we meet again..... I WISH YOU DEATH AND SUFFERING!!!!

Submitted by Gloria Peters,
Residential School Healing Project

Nuu-chah-nulth Healing Project

Southern Region Conference: "Where Am I Going from Here?" (After the awareness of Residential School)

Dates: November 29 & 30, 2002

Start: 9:00 a.m. each day

Location: Hupacasath Hall, 5323 River Road, Port Alberni

Registration is free! Everyone Welcome!

Funding is available for travel and accommodations,
please contact your Band Office for details.

Lunch will be provided on both days, and dinner on November 29.

Deadline for registration is **noon Friday, November 22, 2002.**

Please contact Philip Lucas or Gloria Peters
to register, or for more details at (250) 724-3233.

First Nations House of Healing Intertribal Health Authority 1145 Totem Road, Nanaimo, B.C. V9R 1H1

Program Name	Start Date	End Date	Intake Deadline	Intake Review
Two Spirited Healing Program	Jan 4	Jan 10	Dec 9	Dec 11
Couples Workshop	Dec 4	Dec 8	Nov 17	Nov 18
2 wk Male Intergenerational	Dec 9	Dec 20	Nov 25	Nov 27
3 wk Female Intense Healing Program	Jan 13	Jan 31	Dec 18	Dec 18
3 wk Male Intense Healing Program	Feb 3	Feb 21	Jan 20	Jan 22
2 wk Sexual Abuse Female Program	Feb 24	Mar 7	Feb 10	Feb 12
Community Workers Training	Mar 10	Mar 14	Feb 24	Feb 26
Elders Training	Mar 10	Mar 14	Feb 24	Feb 26
2 wk Sexual Abuse Male	Mar 17	Mar 28	Mar 3	Mar 5
Program to be announced	Apr 14	Apr 18	Mar 17	Mar 31
Professional Development	Apr 18	Apr 20	Apr 2	
Single Parents Retreat	Apr 22	Apr 25		

If you are interested in any of these programs, please contact Gloria Peters or Phillip Lucas at the Nuu-chah-nulth Healing Project (250) 724-3233.



CHILDHOOD OBESITY

Submitted by Jeannette Watts

During an Early Childhood Forum held last February 2002 in Quebec, Dr. Frederick Turgeon gave a presentation on childhood obesity. The following is a summary of his seminar. Obesity is a major factor for various diseases, but it can be avoided. The statistics below illustrate the current situation in the world:

REGION	% OF OBESE INDIVIDUALS
Western Europe	10-25%
United States	20-25%
Eastern Europe and the Mediterranean	40%
Aborigines, inhabitants of Pacific Islands and Latin American	Even higher, but there are no exact figures
Island of Nauru in Micronesia	70% of women 65% of men

The prevalence of obesity among children is rising rapidly and obese individuals die at a younger age. In 1998, the World Health Organization (WHO) stated that the fundamental causes of the obesity epidemic are related to behaviour and lifestyle, particularly around diet.

THIS IS A LIST OF THE CAUSES OF OBESITY:

- Genetic predisposition (evolution of inherited behaviours and lifestyles)
- Conducive Environment (fatty foods and/or sugar are large part of diet, etc.)
- Maternal obesity
- Excess calories
- Lack of physical activities
- Television

HERE ARE SOME FACTS ABOUT OBESITY:

- In children, the maximum growth of fatty cells occurs between the ages of 5 and 7 years
- If between 0 and 6 years, a child is obese, he has 50% chances of staying obese as an adult
- If the person is obese as a teenager, he has 70% to 80% chances of staying obese as an adult
- Among Aborigines, it has been observed that a child born from an obese mother has already started to accumulate her reserves of fat.

EFFECTS AND CONSEQUENCES OF OBESITY/RISKS

- Physical:**
- Higher risks of all causes of mortality

- Diabetes
- Certain cancers
- Various respiratory problems (among others sleep apnoea)
- High blood pressure
- Imbalance of fat in blood
- Arthrosis (joints wear out)
- Cardio-vascular disease
- Psychological Effects:
- Vary according to culture
- Poor self-image
- Low self-esteem/guilt/disgust
- Feeling of exclusion/misunderstanding
- Depressive states

Social Effects:

Depending on environment: rejection, discrimination, poor quality of life

TREATMENT PRINCIPALS

1. Recognize problem in community
2. Prevention is always the best treatment
3. Prevention begins in childhood
4. Maintain an open, constructive and positive in the family, support the individual and be willing to talk about it to decrease stress
5. Maintain an open, constructive and positive in the community

DIET

- Make smart choices
- Decrease fat consumption
- Increase consumption of fresh fruit, vegetables and high fibre foods
- Drink lots of water
- Look for hidden fats: trans - fatty acids, hydrogenated oils, shortening

THESE ARE SOME EXAMPLES OF TYPICAL FAT CONTENTS:

- 5 French Fries = 1 square of butter
- 5 Chips = 1 square of butter
- 1 Donut = 1 square of butter
- 1 Croissant = 5 to 7 squares of butter
- 1 Biscuit = 1 square of butter
- Extra lean hamburger: 10% fat
- Regular hamburger: 35% fat
- 1 McDonald trio = 1800 calories, i.e. the average amount of energy required in a single full day.

PHYSICAL FITNESS

When you gain weight, insulin does not function properly. Physical activity can both improve and delay diabetes. 20 to 30 minutes a day of physical activity in addition to regular activities are recommended for children going to school. Spend as little time as possible in front of TV or at video games.

FAMILY ADVICE

- Recognize the problem
- Prevention is the best treatment
- Eat meals as a family
- You are not obliged to finish your plate
- Don't reward children with sweets or

Diabetes brings silent threat of amputation

1,000 British Columbians suffer diabetes-related amputations each year

Vancouver - The British Columbia Association of Podiatrists is warning B.C.'s 200,000 people living with diabetes that it's what they can't feel that can hurt them.

Each year, more than 1,000 British Columbians suffer diabetes-related amputations. B.C. podiatrist Dr. Timothy Kalla says many of them don't even realize there's a problem because they suffer from diabetic neuropathy - an impairment of nerve function due to increased blood sugars. This often results in a loss of feeling in the feet.

"The nerves to the feet are like burglar alarm sensors. When the nerves function normally a foot injury will activate a pain alarm and alert the person about a foot problem. Neuropathy is like having broken alarm sensors, which means that foot injuries can go undetected," says Kalla. "If left untreated, foot injuries like sores and blisters could quickly turn into serious infections that could travel up the leg and result in leg loss."

Fortunately, many diabetes-related foot problems are predictable and thus preventable. People with diabetes should have an examination with a podiatrist to determine - and reduce - their risk of developing diabetes-related foot complications. Risk factors include loss of feeling in the feet, loss of circulation to the feet, foot deformity and prior history of foot troubles.

"The key to reducing the risk of amputations is regular foot screenings as well as

early recognition and immediate treatment of any foot related problems," says Kalla. In addition to check-ups, there are warning signs that people living with diabetes should be aware of so that they may be identified and called to the attention of their podiatrist or family physician.

If you have diabetes and suffer from diabetic neuropathy, the B.C. Association of Podiatrists offers the following tips for taking care of your feet:

- Visually inspect the feet daily and look for sores, blisters, signs of infection or changes in your feet.
- Do not cut your own toenails or trim corns or callus. Have your podiatrist do it for you.
- Call your podiatrist if you have ingrown toenails. Do not dig them out yourself.
- Do not check the temperature of water in a bathtub with your feet. Your feet (and hands) may not sense that the water is too hot and you could sustain a serious burn. Test the water with your elbow instead.
- Always wear properly fitting shoes to prevent injury and to protect your feet.
- Bring new shoes to your doctor to be checked for fit.
- Each time you put on your shoes, use your finger to feel inside for foreign objects.

Patients do not need a referral from their family doctor to see a podiatrist. For the location of a podiatrist near you, call 1-866-611-FEET (3338).

Ahousaht Holistic Centre

upcoming events:

- * Monday night at the Ahousaht Holistic Centre, AA starts at 7:00 pm
- * Suicide prevention workshops: Wednesday, December 11, 2002, 10:00am

Birthdays, Anniversaries & Congratulations!



Our grandson Sebastian Jack 7 months now and crawling. Happy belated birthday to: Oct. 1 - gramma Iona Jack (Keithsmaht/Ahousah); Oct. 10 - Aunty Aleta Cooper (Keithsmaht/Ahousah/Mohawk); Oct. 17 - Leona Louie - Ladysmith; Oct. 30 - uncle Lawrence Jack/Louie (late: Doug Jack son - Ladsmith); Nov. 17 - gramma Maureen Jack - Keithsmaht/Ahousah. Baby Sebastian Jack gathered 13 of us at uncle Willies in Victoria to wish his aunty Aleta Cooper on Oct. 10. A very happy birthday! Stay in school aunty! Uncle Lawrence Jack/Louie plays lacrosse for Nanaimo Raiders. They've one 3 games now against Victoria. Go uncle go! Michelle Cooper's in grade 11 - Esquimalt High - Aleta Cooper grade 10 in Esquimalt. Mikey Cooper grade 8 in Middle School Rock Heights. Congrats to Marc Jack on graduation. Nephew Bobby Jack, Aunty Iona Miss's and loves you. I'll come to Vancouver soon to see you Bobby! Aunty Iona still works for Bayshore 4 years now! Keep smiling! This birthday wish is from all of us Jack/Cooper/Louie Michelle, Frances, Sebastian, Mikey, Iona Jack and their father Mike and our new son in law Jon Marshman.



Happy Birthday Aleta Cooper on Oct. 10 written Oct. 9 by Michelle Cooper of Keithsmaht, Ahousah, Mohawk, she was asked to read aloud to grade 11 class: 15

But, you take care of yourself and each other. I hope your smiling today. Until have a better day ahead of you and be mindful, that I care about you my dear friend. Happy Birthday and many more to come. From your friend Carol (Fred).



We would like to thank friends and family who shared our special day with us on October 19th. We would like to especially thank our maid of honour, Eunice Joe; best man, Frank Cartilage; bridesmaids: Patricia Jimmy, Judyann Jimmy, Veronica Williams, Renee Fred, Melanie Fred, Alicia Jimmy; groomsmen: Matthew Fred, Ozwald Felsmen, Lawrence Harris, Gilbert Felsmen, Harry Fred, and Richard Sam Sr. Thank-you all for helping and making our day extra special. We would also like to thank Judy Joe, Cheryl Amos, Ron & Marlene Dick, Lillian Jensen, James Dick & Regina, Catherine Watts, Tim & Norma Taylor, Sharon Tate, Jenny-anne Dick, John McInnes, Martin Watts. We apologize if we have missed anyone. We appreciate everyone's help and hard work. From Thomas Fred & Bella Joe (Fred).

Wedding Announcement

Tammy Nookemus' wedding time and place has been changed to November 23, 2002, 2:00 p.m. @ Maht Mahs.

Donald Michael Mattersdorfer
Proud son of Marie Donahue of Ahousat

November 22, 2002

Happy Birthday to my one and only on this day we stand together, you and I forever...

You took my heart away, And I will keep yours close to me every day...

You are a gift from the creator my darling husband I love you ever so much Happy Birthday to you.

I still love you Donald Michael Mattersdorfer
Yours truly, your wife Carol Mattersdorfer and our children we have together.

Written from the bottom of my heart
Carol R. John-Mattersdorfer
Dedicated to one and all

Written from the bottom of my heart, Carol Mattersdorfer.

To another beautiful day to have my children beside me, behind me and in front of me. I love you all!

Until then take care of yourself and each other.

Written from the bottom of my heart, Carol Mattersdorfer.

and will always be the best Mom there can ever be.

I thank you for teaching me everything that I know.

For being patient and having the ability to forgive me,

when I hurt you the most.

For teaching me about all my responsibilities for being a parent and a respectable person.

I especially thank you for teaching me my culture.

Remember When...

Remember when I was a toddler?

You sang to me every day on your way to work.

I remember the songs you sang.

Remember when I was a teen and we had troubles.

Not to walk away and forget.

You are a very special person in my life and I am very grateful to you for always being by my side to lecture or just to sit and talk.

Because I understand now that it is hard work to be a parent.

I am very sorry for all the hurtful things that came out of my mouth while I was growing up.

Love always Tracy

Happy belated Birthday to Iona Jack on Oct. 1, Aleta Cooper on Oct. 10, Lawrence Jack/Louie on Oct. 30, Leona Louie on Oct. 17, Maureen Jack on Nov. 17.

Nov. 9 - Happy Anniversary to my son Jason Williams on Nov. 21. Happy Birthday to my nephew Lawrence Thompson Jr. Nov. 18. Also to Jason Edgar on Nov. 16. From Mom, auntie Linda W.

Happy Birthday to little sweetie girl, the little angel, smiley, grand-niece/granddaughter Destiny Livingstone-Hamilton on Nov. 28. Hugs and kisses from Grandma Annie, Grandpa Dave and family.

Nov. 30 - Happy Anniversary to Norma & Tim Taylor. From Wesa family in Bowden, AB.

Dec. 4 - Happy 22nd Birthday to my loving daughter Kristin Wesa of Calgary, AB. From Mom & Wade & Jared.

Dec. 13 - Happy Birthday to Vanessa Amos of Calgary, AB. From Wesa family in Alberta.

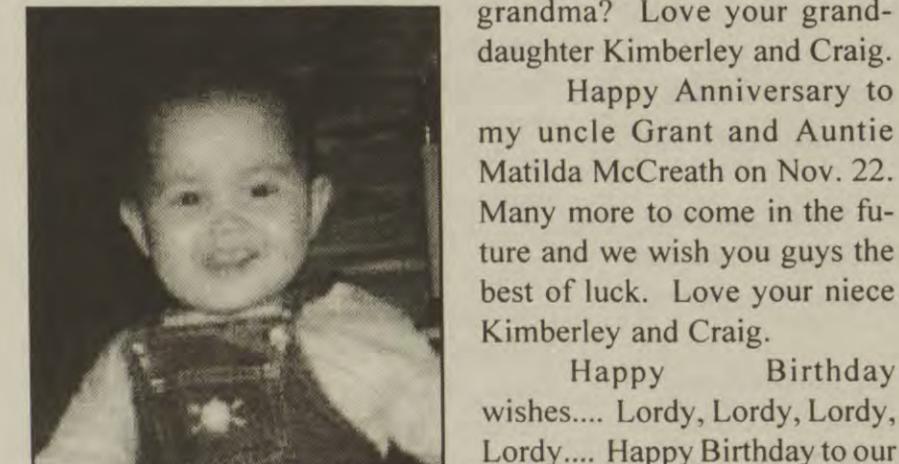
Dec. 21 - Happy Birthday Lisa Cartilage. From Wesa family.

Jan. 4 - Happy Birthday Sis! Norma Taylor. From Wesa family.

Jan. 8 - Happy Birthday cousin Thomas Fred. From Wade, Kristen & Jared Wesa.

Jan. 8 - Happy Birthday my nephew Thomas. From auntie Geri Wesa.

I would like to wish my dad Tony Dick Happy Birthday on Nov. 16. Have a awesome



Happy 1st Birthday!! Love Daddy, Mommy and big sister Kristen. * Happy 1st Birthday Destiny our little cutie pie! From the Livingstone and Ross grandmas, grandpas, aunts and uncles and cousins!



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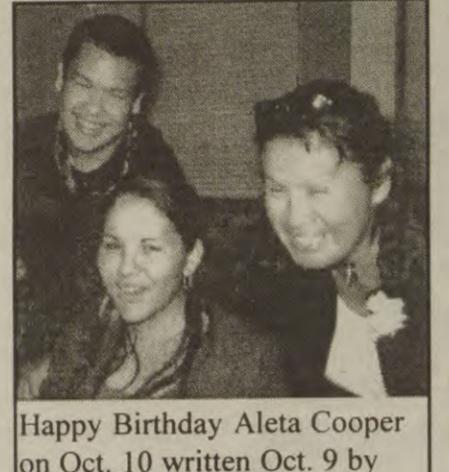
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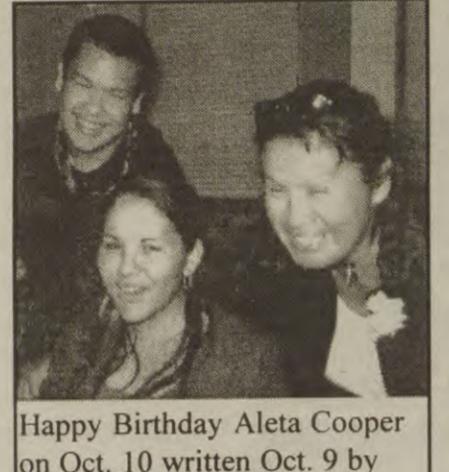
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Announcements ʔu-yaqh-mis

Attention Nuu-chah-nulth membership...

- Please notify your First Nation if you have any events that happen in your life such as Marriage, Divorce, Birth, Death, Name Change and especially "Transfers".
- Submitting these documents to the Nuu-chah-nulth Tribal Council office is just as important as submitting these documents to your First Nation.
- Being on the D.I.A. list does not mean you are on your First Nation's Registry Band List, you must apply for Band Membership.
- Your First Nation needs your current address and phone number so they can contact you regarding Treaty developments, letters and bulletins.
- First Nation phone numbers and addresses are listed below for your convenience.

Ahousaht

(250) 670-9563 Fax: (250) 670-9696

General Delivery Ahousaht, B.C. V0R 1AO



Ehlettesaht

1-888-761-4155 Fax: (250) 761-4156

PO Box 59 Zeballos, B.C. V0P 2AO



Hupacasath First Nation

(250) 724-4041 Fax: (250) 724-1232

PO Box 211 Port Alberni, B.C. V9Y 7M7



Ka:yu:k'th'/Che:k'tles7et'h'

(250) 332-5259 Fax: (250) 332-5210

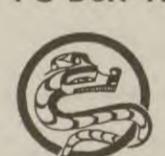
General Delivery Kyuquot, B.C. V0P 1J0



Nuchatlaht First Nation

(250) 332-5908 Fax: (250) 332-5907

PO Box 40 Zeballos, B.C. V0P 2AO



Tla-o-qui-aht First Nations

(250) 725-3233 Fax: (250) 725-4233

PO Box 18 Tofino, B.C. V0R 2Z0

Toquaht Nation

(250) 726-4230 Fax: (250) 726-4403

PO Box 759 Ucluelet, B.C. V0R 3AO



Tseshaht First Nation

1-888-724-1225 Fax: (250) 724-4385

PO Box 1218 Port Alberni, B.C. V9Y 7M1

Uchucklesaht Tribe

(250) 724-1832 Fax: (250) 724-1806

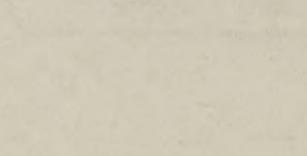
PO Box 1118 Port Alberni, B.C. V9Y 7M7



Ucluelet First Nation

(250) 726-7342 Fax: (250) 726-7552

PO Box 699 Ucluelet, B.C. V0R 3AO



Mount Currie Band Members

Chief and Council Elections January 27, 2003, with nominations on December 15, 2002. OFF RESERVE members please submit a current mailing address before December 22, 2002 to receive a ballot. Submit to MCB Office: PO Box 602 Mt. Currie, BC V0N 2K0 or call 604-894-6115 OR 604-894-1733 (Janice Pierre) E:mail mcb@whistlerweb.com

Ucluelet First Nation members

There will be a General Band Meeting
1:00 p.m. @ Band Hall
Sunday, December 1, 2002

EHATTESAHT

Ehlettesaht Tribe is preparing for a Nomination Meeting to elect Chief and Councillors.

If you live off-reserve and want to receive information so you can take part in the election, make sure your name and address are registered with the Band Office.

Call today, (250) 761-4155 or write:
Electoral Officer, Ehlettesaht Tribe, Box 59, Zeballos, B.C. V0P 2AO

Important Notice to all Nuu-chah-nulth First Nations members, Band Managers, CHR's, Health Clerks and Band Membership Clerks:

MEDICAL COVERAGE NOT AUTOMATIC

Reference: Recently, many bills were received at the NTC (Non-Insured Health Benefits Section) (NIHB) from parents requesting payment under this plan. If a child is not registered with Indian Affairs and the province there is no medical coverage. Therefore, **FULL RESPONSIBILITY FOR PAYMENT OF MEDICAL VISITS, X-RAYS, ETC. WILL FALL ON THE PARENTS!**

Indian Affairs cannot and WILL NOT PAY any bills without full coverage. Remember, unless a child is REGISTERED with both Indian Affairs (Status Card) and the provincial medical plan (MSP Card) two very important medical factors apply:

- The child is covered under the parent medically, for only three months; and
- Once the child reaches 1 year of age then they are no longer covered under the NIHB program for: equipment; supplies; drugs; dental; and optical.

Normally, a child reaching 19 years of age requires (her or his) own medical care card. A child can maintain medical coverage up to age 25 when in full-time attendance at a post secondary institution, that is approved by the provincial medical commission.

It takes 6 – 8 weeks to obtain these coverage cards! Start the process immediately! Do not assume it is done! Follow up with this until you have both cards! Questions to be directed to the Band Membership Clerks, or the NTC Registry Office 724-5757.

Robert Cluett, CD - NTC NIHB Program Supervisor

MAILING HA-SHILTH-SA TO NUU-CHAH-NULTH MEMBERS

Ha-Shilth-Sa is looking for addresses of Nuu-chah-nulth (NCN) members who are NOT receiving the paper. Ha-Shilth-Sa is free for Nuu-chah-nulth members. If you want to receive Ha-Shilth-Sa please send name (including your middle name or initials) to:

Ha-Shilth-Sa
Moving? Mail directly to Ha-Shilth-Sa
or e-mail to:
hashilth@nuuchahnulth.org

First Name: _____ Initial: _____ Last Name: _____

Mailing Address: _____ Apt. #: _____

City: _____

Postal Code: _____

List your NCN First Nation: _____ Phone: _____

Change of address (what is your Previous Address)
New Subscriber? It's up to you to keep us informed of your address!
Reminder ~ Returned papers are automatically deleted from the mailing list.

Career Opportunities - q'w-i-cah-ta-mis

Ahousaht Fishing Corporation

General Delivery
Ahousaht, B.C. V0R 1AO
Ph. (250) 670-2338 Fax (250) 670-2339



EMPLOYMENT OPPORTUNITY

The Ahousaht Fishing Corporation is now seeking a crew for the Spawning-on-Kelp Fishery 2003.

Please note that there are changes in this notice, it should read as follows:

Requirements for the Skipper:

- Must meet the Insurance Company approval
- Must have a Driver's license - Class '5'
- Must have experience on a Seine Vessel and experience in Commercial fishing (Spawning-on-Kelp)
- Must keep track of hours of casual labour (i.e. harvester)
- Must keep a log book of daily activities
- Must have MED A1 and A2 plus Radio Certificate
- Must have first Aid Ticket - Level 1 (St. John's) - The requirement will be at least 2 crew members with this ticket
- Must be available from Day 1 to one month after harvesting & Clean-up/storage of gear
- Must have own gear for the fishery
- Must adhere to AFC Personnel Policy
- Must work with the Administration Manager/Board Member
- Knowledgeable of WCB requirements
- Must be on vessel at all times (if there is not alternate)

Requirements for the Crew:

- Class '5' driver's license (preferred - we need at least 4 crew members with a driver's license)
- Must have experience in commercial fishing (Spawning-on-Kelp)
- Must have good seamanship (i.e. tieing knots, tying up vessel, etc.)
- Must have own gear for the fishery
- 1st Aid Ticket - Level 1 (St. John's) - The requirement will be that at least two crew members will have this ticket
- Diver's Certificate - WCB Certified (preferred)
- Must be available from Day 1 to one month after harvesting and the clean-ups/storage of gear
- Must adhere to the AFC Personnel Policy

Board members will short list the applicants. The Administration Manager will contact only those on the short list. There will be interviews for the Skipper and crew members. The interviews will take place in the Res. Tech room in Ahousaht. Each applicant will be reviewed according to experience in the commercial fishery.

Please put all this information and your skills on your resume, as this will help the Board members decide on the shortlist. The Board members will also meet with the selected skipper and crew members prior to the fishery.

Requirements for Harvesters:

- Must notify the Administration Manager of availability if interested. These are on-call positions. (The Board members will not interview the harvesters but will select a list for the Administration Manager to follow).

Requirements for Kelp Harvesters:

If you are in the business of Kelp Harvesting. Please contact the office in writing with your price. It has been decided that if you are an outside contractor for the Kelp Harvesting, then we would like to draw up an agreement between the AFC and the Kelp Harvester.

Requirements for the Cook:

We will be hiring a cook for the Spawning-on-Kelp season. Please send in your resume with a 1 week sample menu.

- Cook - need to ensure that there is food for all three meals as well as snacks throughout the day.
- Ensure that there is enough pots & pan, cutlery, plates, etc.
- Order food (to work along with the Administration Manager).
- Cleans - ensures that the whole area is clean, as well as the dishes, Pots & Pans, etc.
- Must adhere to the AFC Personnel Policy
- Flexibility of working days. The pay will be \$150.00 per day. (There may be days when the vessel is tied up, the crew is working around home or travelling to pick up gear. This will be at the discretion of the skipper).

The Ahousaht Fishing Corporation is guided by principles set up in our Policy Manual: (a quote from the policy manual):

- Fishing opportunities will first be provided to members of Ahousaht First nation; second, to Nuu-Chah-Nulth member Nations; third, non-N.T.C. member Nations.

Please drop off your resume at the Ahousaht Administration office or fax/send to the Ahousaht Fishing Corporation, Attention: Marion Campbell/Administration Manager.

Deadline Date for Skipper: November 22, 2002
(Interview Date: November 29, 2002).

Deadline Date for Crew Members: January 6, 2003
(Interview date: January 10, 2003).

Nuu-chah-nulth Tribal Council DIRECTOR OF FINANCE

The Nuu-chah-nulth Tribal Council requires a professional accountant skilled in directing, managing, and continuously improving the accounting, budgeting, financial reporting, fiscal planning and control of a large organization. Headquartered in Port Alberni, the position also acts in a "global" support and development role to 14 member First Nations and subsidiary entities.

Reporting to the Executive Director, this senior management position is part of a team responsible for the efficient operation of the Tribal Council. This includes the management of multiple funding agreements; long-term strategic planning; and, provides analytical support to departmental managers and the Executive of the Tribal Council.

The successful candidate must be a CA, CGA, or CMA with 5 to 10 years of relevant "hands on" experience. The position requires excellent public speaking and written communication skills as well as demonstrated computer knowledge of financial software applications. Experience working in a First Nations environment would be considered an asset.

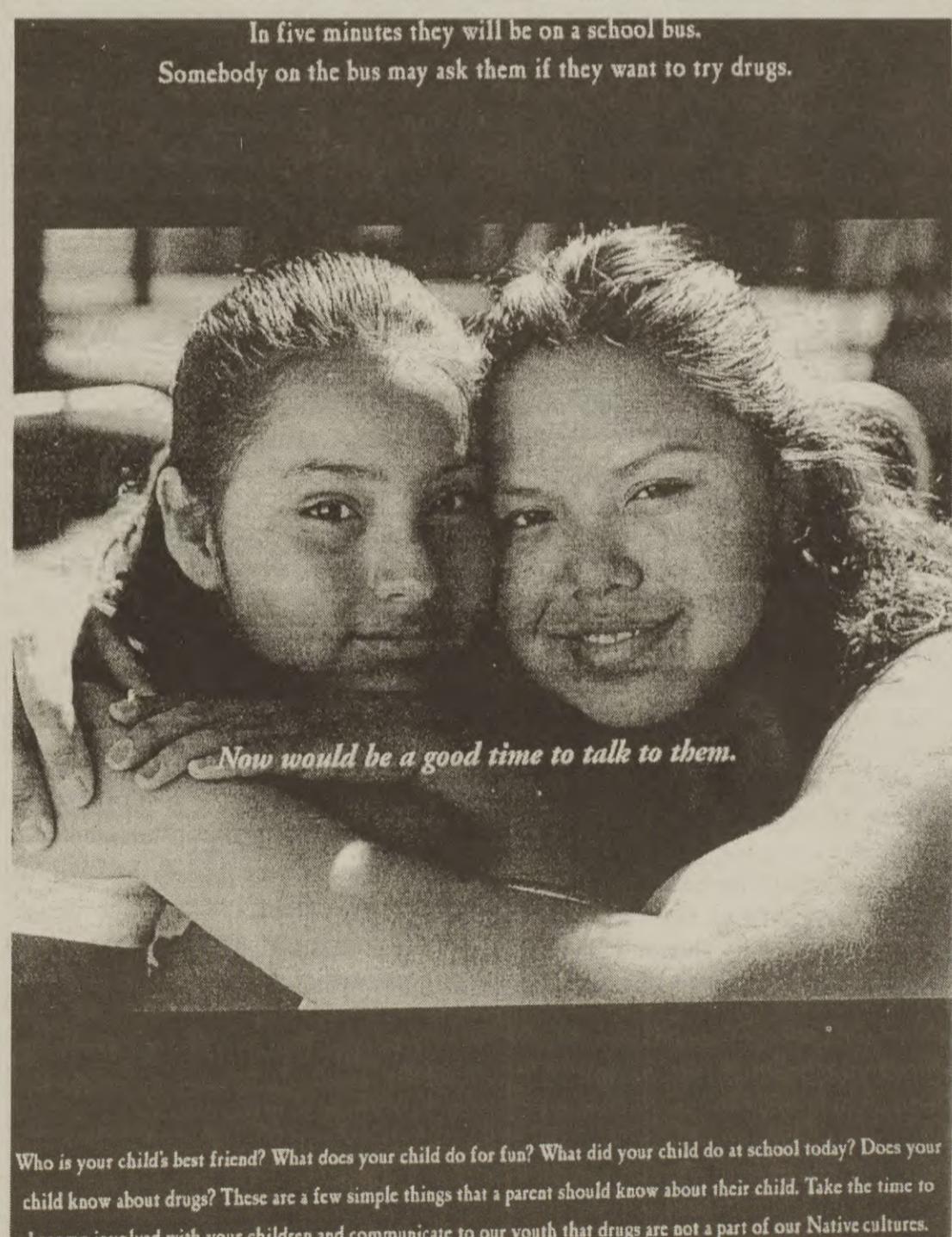
Qualified candidates are requested to submit their resume, references and, salary expectations no later than 4:30 pm, October 29, 2002 to Florence Wylie, Executive Director, either by Fax: (250) 724-1907 or email: hr@nuuchahnulth.org (Word 97 attachments accepted) or delivered to P.O. Box 1383, Port Alberni, BC V9Y 7M2

Nuu-chah-nulth Tribal Council INVITATION TO TENDER NTC Staff Christmas Party

Closing date: November 28, 2002 at 12:00 noon

The Nuu-chah-nulth Tribal Council CHRISTMAS PLANNING COMMITTEE will be accepting bids from groups/individuals to provide set up and clean up of the Maht Mahs gym for the NTC Staff Christmas dinner on Thursday December 5, 2002. (Clean up will be to the conditions as outlined by Tseshahat rental agreement). Tenders must be in a sealed envelope and received by the Christmas Planning Committee at the NTC Office by November 28, 2002, 12:00 noon.

Disclaimer: The Lowest Tender will not necessarily be accepted.
Phone: 724-5757 Drop off bids to NTC Office (5001 Mission Rd).



Klecko's - Klecko**A Thank You Note!**

I, Sharon Charlie, of Ahousat Band, would like to thank the following people: Parents Frank Charlie & Bertha Elliott; Brothers: Michael Charlie and wife Tracy; Reggie Charlie; Sister: Connie Charlie; My kids: Aaron Charlie, Bryton & Shanic Smith. All my cousins, friends, and other family members for the support and love you have shown me for the last 8 months while I was attending Sprott-Shaw Community College. November 22, 2002 I will be graduating from my Medical Office Assistant Program; therefore, I will receive a diploma. A big thank you to my dad for picking me up and driving me to class everyday. My

In Respect, Sharon Charlie

Kleco! Kleco! Ahousaht First Nation

On September 3, 2002, our son Swann Campbell was injured while helping his dad work on the boat. He was going to get tools for his dad and fell 12 feet and hurt his foot and his head.

We would like to thank our parents: Louie and Eva Frank and Angus and Brenda Campbell for all the support shown to us. Thank you Louie for driving Frenchie to Victoria and staying with us. Thank you Eva for supporting us, sitting with us when he was in the hospital. Thank you Brenda for meeting Swann and I at the hospital - it lifted the load greatly knowing I wasn't alone there. Thank you Angus for being there.

Many thanks to: Fred Adams for responding so quickly, Gord Campbell for helping carry Swann, James Swan for driving the ambulance, Sky-lark George for driving the boat, Joe and Anita Campbell for taking us shopping, Louie and Sal Frank for all the help, Moe-Hap Frank for watching the girls,

Sincerely, Francis and Michelle Campbell, Swann Francis Campbell

I want my sons Todd, Craig, Scottie, my parents Brian and Marge Amos, my sisters Adrienne, Roberta and Tracy to know that I am thankful for all of you being there for me all the time. I know that I have put you all through a lot of sleepless nights. Always wondering if I am o.k. or if I am even alive. I am so glad I never got the told you so's because I know I couldn't have handled that. I love every single one of you and I am proud that you are my family. Mom, dad, I love you for always looking after me. Taking me in every time I was hurt. Adrienne, I love you for being my big sister. Always phoning, checking, listening, and understanding me. Roberta I love you for not judging me on

When I had fun on the boat!

We went on a boat I had fun then everytime we went on a wave I had fun my dad had fun too. My mom was scared and so was my brother, I could not wait tell we got to Ahousat. I got to see my grandpa Edgar, I got to see my grandma Rhoda and I saw my grandpa Hudson and a dog her name is Lady. I saw my grandpa Brian and my grandpa Willy and my grandma Hilda and my grandpa Stere and my grandma Jan to and I saw Josh and I saw Patsy. I saw my uncle Keith and I saw Darleen and Pam. I went on a ferry and just a boat. In Victoria I saw Courtney I saw Trina and Christian and my uncle Sam and my auntie Ramona. On the other side I have a picture of me and my mom on the boat.

By Shantel Charlie.

Dear Ha-Shilth-Sa.

I would like to take this time to thank you for sending me the Ha-Shilth-Sa. Because, we live so far away from family and friends and our cultural heritage, it is a pleasure to have some sort of communication, so we aren't totally lost. Living away from home is not an easy task, here in Alberta there are so many jobs, and it isn't like us to turn down work. But we all miss our family and friends in the Port Alberni area. Kleco Kleco Klecko

Geri Wesa
Bowden, Ab.

"Nearly 70% of those with ADHD

Community Events and Celebrations

An invitation to all Nuu-chah-nulth-aht,
THOMPSON FAMILY NAMING CEREMONIES
(Art Thompson and Amy Thompson "Campbell")
at the Alberni Athletic Hall in Port Alberni
November 23, 2002 starting at 11:00 am

Atleo Family Reunion 2003

The Atleo Family is planning a Family Reunion! It has been 13 long years since our last Family Reunion. We would like to get together again, to renew family ties, meet 'new' family members and just reconnect. Any family members from the 'late Victor Titian Sr.', 'late Roy Haiyupis', 'late Edna Joseph' and George Shamrock Atleo please contact: Rebecca Atleo by e-mail atleo@cedar.alberni.net or 670-2390(evenings), Keith Atleo at 670-9614 or Anne Atleo at 670-9580. Let's make it an event to remember. The tentative date would be the May Day long weekend. Please let us know what you think!

To the descendants of the late John Thomas.

A reunion dinner will be held starting at 4:00 pm on December 7, 2002 at Susan Johnson's home in Victoria. Contact 250-726-7721 for more information.

For Adults, ADHD Can Stunt Life

Fidgety, lazy, impulsive, unable to hold a job - are these signs of ADHD? If you're an adult, they are. And to many adults go untreated.

If your idea of someone who has attention deficit hyperactivity disorder (ADHD) is a school-age boy or girl who can't sit still in class, can't complete assignments, distracts other children, talks inappropriately, and has poor impulse control, then you're missing a big part of the ADHD picture.

"About 5% of school-age children have ADHD, but this is a chronic condition, it doesn't go away, and what we see is that as many as two-thirds of children with ADHD will become adults with ADHD," says Oscar Bukstein, MD, associate professor of psychiatry at the University of Pittsburgh Medical Center's Western Psychiatric Institute and Clinic.

For adults, untreated ADHD is a particularly nasty condition. Children with behavioral problems may get poor marks and have difficulty fitting in with others. But many adults with ADHD have to deal with difficulty holding jobs, financial problems due to poor decision making, substance abuse, and troubled interpersonal relationships.

Trouble at Home and Work

"Most adults with ADHD are not hyperactive, but they may seem fidgety and verbally impulsive," says Bukstein. "Family troubles are common because these people may say stupid things and forget birthdays and anniversaries and have trouble at work. We often see ADHD combined with other problems, such as depression and learning disability."

According to the report, which used data collected in 1997-98, about one-half of the 1.6 million school-aged children diagnosed with ADHD have been identified with an accompanying learning disability. And this also appears to hold true of adults.

"This report reinforces what the leading scientific institutions have been telling us all along," says Clarke Ross, CEO of Children and Adults with Attention-Deficit/Hyperactivity Disorder, or CHADD, a nonprofit support group.

simultaneously cope with other conditions such as learning disabilities, mood disorders, anxiety, and more."

"Many people with ADHD are labeled lazy, incompetent or stupid," says says Bukstein. "The tragedy here is that many people still don't know that this very treatable problem can affect adults," says Bukstein. "It's even worse than adults who have high blood pressure or diabetes without knowing it because these people live with the ongoing damage their whole lives."

Classifieds

continued from page 19

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Email: ladybrave05@hotmail.com

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Port Alberni, B.C.
Call Renée Newman 723-2843

Arts

FOR SALE: Made to order silver and gold jewelry, nails, bolo ties, hand carved with west coast designs. Tim Taylor 1-250-735-0924, 1034 Ecole Place, Port Alberni, B.C.

FOR SALE: Native designed jewellery; silver, copper, gold engraving, stone setting. Contact Gordon Dick by phone 723-9401.

FOR SALE: Carvings for sale. If you are interested in native carvings such as: coffee table tops, clocks, plaques, 6" totem poles, canoes, leave message for Charlie Mickey at 724-8609 or c/o Box 40, Zeballos, B.C. V0P 2A0

WANTED: Hide for school projects. Call Julia Landry @724-0512 (8-4pm weekdays).

FOR SALE: Black Hair - 12" to 18". Phone: 830-0468.

NATIVE BASKET WEAVING made by Kathy Edgar. Show case of all sizes of baskets. Weaving classes are held throughout the year. For more information phone 416-0529. Address box 863 - 8140 York Ave, Crofton, B.C. V0R 1R0.

FOR SALE: Genuine Authentic basket weaving grass. Linda Edgar, phone 754-4462.

BASKET WEAVING FOR SALE: Grad Hat Regalia, Baskets, Weaving material, specializing in Maquinna Hat Earrings. Available to teach at conferences and workshops. Call Julie Joseph (250) 729-9819.

Joe Martin TRADITIONAL DUGOUT CANOES
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Box 453, Tofino, B.C. V0R 2Z0
Telephone: (250) 725-2121
33' Dugout for sale



James Swan - *Wihayaqacik* - Traditional Artist
Original paintings, carvings (small totems and plaques). Watsin's prints and few t-shirts available. Ph: (250) 670-2438, Cel: (250) 735-0790 Or e-mail: wihayaqacik@yahoo.com

George C. John Jr.
Traditional Artist: Masks, Paddles, Plaques, Glass Etching, Original Paintings, Clothing Designs put on vests, hats, jackets etc. Box 108, Ahousaht, B.C. V0R 1A0 Telephone: 250-670-9546 Work #: 250-670-9555/9589

For Sale: carved whale teeth, whale bones and bear teeth. Wanted: whale teeth, whale bones, mastodon ivory and russia blue cobalt trade beads. Lv. msg. For Steve & Elsie John at 604-833-3645 or c/o #141-720 6th St, New Westminster BC V3L3C5.

For Sale: Native painting. Call Bruce Nookemus (250) 728-2397

FOR SALE: Knitted sweaters, vests toques. Will take orders. Please call Yvonne Tatoosh @250-748-1411 (Duncan)

ANITA'S ALTERATIONS: Sewing, hems, etc., etc. Ph. 723-8890.

GENA SWAN CEDAR ARTS AND CRAFTS & floral arrangements for weddings/grads etc. Call 250-723-8819 or email: lady_sky_58@hotmail.com

CLASSIFIEDS**Automotive****D&M Autoclean****"We'll do your dirty work"**

Automobile cleaning and renewal
CARS - TRUCKS - RV'S - BOATS
7429 Pacific Rim Highway
Phone 720-2211

FOR SALE: 1999 GRAND AM: 51,000 km, V6, new tires, new rear brakes, still under warranty, \$15,000. Call 723-0687 for more details.

FOR SALE: 1989 Honda Civic Si, sunroof, red, 5-speed. \$4500 obo. 724-4383

2001 Chev Silverado 5sp.V6 - Dark blue, Low mlg. Warranty. Call 250-670-9549 after 3:30 p.m. Karen Frank.

FOR SALE: 1997 GMC Safari van.

\$10,000. Call Bill at 724-3809 or 720-7191

FOR SALE: 1997 GMC Safari van. \$10,000. Call Bill at 724-3809 or 720-7191

FOR SALE: 1992 Rustler 5th Wheel, 27 1/2 feet long. Sleeps 6. Good cond.

\$12,500. Call Bill at 724-3809 or 720-7191

FOR SALE: 1997 GMC Safari van. \$10,000. Call Bill at 724-3809 or 720-7191

FOR SALE: lap top computer (w/MSword no cd), coffee table, std sz. computer stand (black), 14" AST computer color monitor, round kitchen table with 2 chairs (excellent condition). Port Alberni area only. Call after 4:37 pm (250) 723-9706.

Westcoast Transition House Emergency Shelter

For Abused Women and their Children on call 24 hours 726-2020

Port Alberni Transition House call 724-2223 or call the nearest local shelter or crisis center.

Help Line for Children - 310-1234

Wanted: Nuu-chah-nulth women that would like to join my exciting team of Mary Kay Independent Sales, not pyramid. For more information please phone me, Rosalee Brown @ (250) 385-9906.

FIRST AID TRAINING: Canadian Red Cross Certified First Aid Instructors Laverne and Alex Frank are available to teach First Aid to your group, office, or community. Classes can have up to 24 students. Phone (250) 725-3367 or (250) 726-2604 for more information.

NUU-CHAH-NULTH NATIVE LANGUAGE: Transcribing in phonetics - for meetings, research projects, personal use. Hourly rates. Phone Harry Lucas at 724-5809.

BOARDROOMS FOR RENT: At the Tseshat Administrative Buildings, Port Alberni. For more information call the Tseshat First Nations Office at (250) 724-1225.

Find out what your billing agencies won't tell you about De-regulation and Privatization - What does it mean to You? Call 724-4441 and attend a presentation if interested in a business opportunity or savings!!! Submitted by Sharean Van Volsen.

Day Industrial Sewing: Ceremonial Curtains & Drum bags, Boat tops, Awnings, Custom Orders. Quality work @ the Best Prices on the Island! Free estimates. Christine & Luke Aday 723-6956.

CO-OP CASH - Need Cash between paydays. We loan \$100, \$200, up to \$500 dollars. 100% owned and operated by First Nations. Phone (250) 390-9225. Or (250) 741-6070 cel. 401 Harvey Road, Nanose Bay, B.C.

Nitinah Lake Motel is under new management. New Manager is Lucy Edgar. I can be reached at 250-745-3844, 250-745-3290, fax 250-745-3332. PO Box 160, Port Alberni, BC, V9Y 7M8

Miscellaneous

FOR RENT: A non-profit organization has rooms to rent, by the day, week or month. Very reasonable rates for Room & Board. Also, there is a Boardroom available for rent. For more information phone 723-6511.

HOUSE FOR SALE to TFN member on Esowista Reserve. Good condition, views of ocean & forest. Quiet area. \$110,000 Call for more info: (250) 725-3482.

Wanted Medical Equipment such as wheelchairs etc., Can be dropped off at the Tseshat Band Office. 5000 Mission Road, Port Alberni. Contact Gail K. Gus at 724-1225

FRESH BREAD FOR SALE: or made to order, also buns & pies. Pick up or delivery in P.A. 723-6983.

For Sale: Beautiful Native Design Dress. New condition. Size 5-7. 724-3049
13" x 14 1/4" x 23" & 13 x 14 1/4" x 35" **CREOSOTE TIMBERS.** Laminated. Could be dismantled. 7 1/2" x 12" x 16' & 7 1/2" x 12" x 19" Timbers. 6" x 26" totally laminated. All creosoted wood. 100' piling 1 piece. Call Willie Sam (250) 723-2145.

Computers for sale: Acer aspire, w/16 MB



N.E.D.C. BUSINESS NEWS



"Making Possible a Dream" by Honouring a Commitment

The NUU-CHAH-NULTH TRIBAL COUNCIL (NTC) and INDIGENOUS COUNCIL OF HAUSTECA VERACRUZANA (CIHV) Partnership

In 1999, as a result of an invitation from the Council of Huasteca Veracruzana (CIHV), a Nuu-chah-nulth delegation of three made their way to Mexico to learn more about CIHV, their members, and their situation.

"We want to express our gratitude for everything you have done and for making possible a dream we have had for many years," writes Antonio Hinojosa Saldana, CIHV General Coordinator, in his letter to Nuu-chah-nulth.

The Teeneek and the Nahuatl are the Indigenous Peoples who make up the 8,500 members and 40 communities of the CHIV; they are also Nuu-chah-nulth's indigenous partners in Mexico. Their origins go back many thousands of years to Nahuas (men of knowledge) and Teeneeks (men of here), descending from two cultural mothers, the Mayans and the Toltecas.

Though their circumstances are very different from ours, their concerns and challenges echo the past and current concerns and challenges of the Nuu-chah-nulth people:

- The abuse of natural resources, the low return of monies from the resources to the indigenous communities and the loss of harmony between man and nature
- Illiteracy and lack of training in traditional and alternative areas of

employment

- High unemployment and poverty
 - Loss of indigenous community values, including family and community cohesion
 - Problems of leadership and solidarity
- In the year 2000 NTC partnered with the CIHV to promote inter-indigenous socio-economic development and establish communication links. As a result, three partnership objectives arose.
1. There needed to be an information exchange between each NTC and CIHV community. This would help partners to understand their twin communities better.
 2. At an NTC meeting, the tribes agreed to support CIHV's endeavour to purchase a school bus.
 3. Nuu-chah-nulth agreed to seek out opportunities for economic support and partnerships.

On June 04, 2001, three representatives from the CIHV arrived in Port Alberni to begin an intensive three-day tour of the Nuu-chah-nulth region. The Húu-ay-aht, Ditidaht, Ahousaht, Hesquiaht, and Tseshah treated our Mexican partners to a generous dose of Nuu-chah-nulth hospitality. The visit was also an excellent opportunity to discuss various aspects of the partnership. It was at this time that CIHV opted to purchase two microbuses instead of one large bus in order to benefit more students over a larger area.

Overcoming many challenges and barriers, we were finally able to assist CIHV in purchasing two microbuses this past summer. Since the beginning of this school year, students living in Santa Fe, El Armadillo, Rancho Nuevo Limon, El Cardon, and El Chijol, who would normally walk the long journey to their schools in the communities of Aguacate Terrero and Rangel, enjoyed rides on their buses.



Since the beginning of this school year, students living in Santa Fe, El Armadillo, Rancho Nuevo Limon, El Cardon, and El Chijol, who would normally walk the long journey to their schools in the communities of Aguacate Terrero and Rangel, enjoyed rides on their buses.

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"We want to express our gratitude for everything you have done and for making possible a dream we have had for many years," writes Antonio Hinojosa Saldana, CIHV General Coordinator, in his letter to Nuu-chah-nulth. He also goes on to say, "The CIHV promotes the development of affiliated communities and education is the strategic sector utilized in the achievement of objectives. You are now participating in our development."

In addition to the letter from Mr. Saldana, we also received thank you's and acknowledgements from community representatives and the students who are enjoying the buses.

Finally, we have received many community profiles from our Mexican partners, which are currently being translated. We are still awaiting many Nuu-chah-nulth community profiles. If

you know the contact information for the person to attain a profile for your tribe or would like to submit your tribe's community profile, contact Caledonia Fred at the NEDC office or e-mail caledonia@nuuchahnulth.org

The Nuu-chah-nulth tribes that are paired with the communities mentioned are as follows:

**Sante Fe - Hesquiaht
El Armadillo - Tla-o-qui-aht
Rancho Nuevo Limon -
Ka:yu:k't'h'
Che'k'tles7et'h'
El Cardon - Ucluelet
El Chijol - Ucluelet
Aquacate Terrero -
Ahousaht
Rangel - Ucluelet**



CIHV opted to purchase two microbuses instead of one large bus in order to benefit more students over a larger area.

NEDC Contacts:

MAIN OFFICE:

Mailing Address:

P.O. Box 1384,

Port Alberni, BC V9Y 7M2

Phone: (250) 724-3131

Fax: (250) 724-9967

CAMPBELL RIVER OFFICE:

Mailing Address:

918 Island Hwy,

Campbell River, BC

V9W 2C3

Phone: (250) 286-3155

Fax: (250) 286-3156

Nuu-chah-nulth Economic Development Corporation

7563 Pacific Rim Highway, (next door to Tseshah Market)

Office Hours: MON - FRI: 8 am to 12 pm, 1 pm to 4:30 pm, SAT, SUN, & HOLIDAYS: CLOSED

The purpose of NEDC is to promote and assist the development, establishment and expansion of the business enterprises of the Tribes and Tribal members of the Nuu-chah-nulth Tribal Council.