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Ha-Shilth-Sa

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

Vol. 30 - No. 21 - October 23, 2003 haašiłsa "*Interesting News*"

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NTC Treaty Planners meet under stormy skies

By Denise Ambrose,
Central Region Reporter

Tofino – Nuu-chah-nulth Treaty planners met at the storm swept Tin Wis resort for two days of meetings. Despite heavy rain, flooding and wind a large group of people showed up for the meeting that was twice postponed due to tragedies.

The opening prayer was offered by Jerry Jack and Elmer Frank welcomed the delegation on behalf of the host nation, Tla-o-qui-aht.

Routine matters such as adoption of the agenda and review of the minutes of past meetings were quickly taken care of.

Treaty Process Manager Cliff Atleo Jr. presented the Treaty Status report saying many things have happened over the past few months. The NTC treaty table met with Miles Richardson of the BC Treaty Commission on September 25th to air concerns over the implications of Maa-nulth's treaty negotiation on NTC's. "They are negotiating quite aggressively," said Atleo, "meeting several times a week." Maa-nulth filed their own Statement of Intent on September 26th, effectively commencing steps for formally severing the two treaty tables.

Treaty funding to the NTC table has been reduced as a result of the split and new promissory notes will need to be signed. Negotiation funding will be available after the notes are signed. Further Maa-nulth and Nuu-chah-nulth must negotiate new separate financial arrangements for the remainder of the year.

Atleo warned there would be some budget implications due to the reduction in treaty funding that would probably be addressed at a future NTC General Meeting.

With respect to the status of treaty negotiations, Atleo said they have been in 'effective suspension' since the ten NTC Nations filed the fisheries writ. At a September 2nd Tripartite Meeting NTC refused BC and Canada's request of an abeyance agreement. BC and Canada are in the process of legal review.

NTC have made it clear they are willing to re-engage in negotiations and have stated issues such as Governance and Fisheries need to be worked on Atleo reported.

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"They've been coming to the table for ten years with the same positions, they're just trying to wear us down and force their way on us," complained Richard Watts, Tseshaht negotiator. "We have Aboriginal Rights and Title and we have to protect and use them, if we had nothing we wouldn't be at the table."

While there were no Away From Home treaty update meetings, NTC treaty staff will update Nuu-chah-nulth-aht at urban centers during the Christmas season

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Tseshaht Treaty Team Richard Watts, David Watts Sr., Darrell Ross and Darleen Watts in Tin Wis.

Former NHL enforcer Gino Odjick signs a Canucks jersey for 8-year old Ben Fred at Ha-ho-Payuk School.

NHL tough-guy teaches life lessons to kids

By David Wiwchar
Southern Region Reporter

Tsahaheh - Recently retired hockey star Gino Odjick came to Ha-ho-Payuk School this past weekend to talk with area children about staying out of trouble, and working towards their dreams.

Hockey star Gino Odjick came to Ha-ho-Payuk School this past weekend to talk with area children about staying out of trouble, and working towards their dreams.

NHL enforcer for the past 13 seasons, Odjick played a total of 605 NHL games, wore the jerseys of the Vancouver Canucks (1990-1998), New York Islanders (1998-2000), Philadelphia Flyers (2000-2001) and Montreal Canadiens (2001-2003), scored 64 goals (of which 13 were game winners), and provided 73 assists. Odjick, whose fists were feared throughout the league, amassed an incredible 2567 penalty minutes, which means he spent nearly 43 hours (more than an entire work-week) sitting in the penalty box.

Today, Odjick spends most of his free time teaching First Nations children about the dangers of substance abuse and crime.

"I do this all over North America, six to eight days a month, for the past few years," said Odjick. "There's always a great response, and it makes a lot of people happy," he said.

"It's hard to break out from a life on a reservation and make it on the outside, and a lot of our kids fall through the cracks," said Odjick. "If you want to make it in the NHL you have to leave your home, your community, and your family, which is often particularly hard for Native kids."

The Vancouver Canucks at the urging of their head scout Ron Delorme, a Metis former NHL star, drafted Odjick in 1990. "I was the only Native in the NHL back then. There was just me," said Odjick. "We became better represented over the next ten to 15 years," he said. Today, there are eight Aboriginal NHL'ers, down from 18 last year.

Odjick, who is from the Kitigan Zibi (formerly called River Desert) Algonquin Nation of Quebec, was joined by Peter Leech, of the St'at'imc First Nation in Lilloet, who played professional soccer in the Pacific Coastal Soccer League and Minor

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DEADLINE:

Please note that the deadline for submissions for our next issue is 4:30 pm on **Friday, October 31, 2003**. After that date, material submitted & judged appropriate, **cannot be guaranteed placement** but, if still relevant, will be included in the *following* issue.
In an ideal world, submissions would be typed, rather than hand-written.
Articles can be sent by e-mail to hashilth@nuuchahnulth.org (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 and KLECO'S

***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.

Retired athletes teach life lessons

continued from page 1.

Hockey with the Canucks farm team Kansas City Blades of the International Hockey League (IHL).

Odjick and Leech led a series of workshops on setting goals and making achievements, and Leech facilitated sessions on effective communication, relationships, self-esteem, fear and shame, and drug and alcohol awareness.

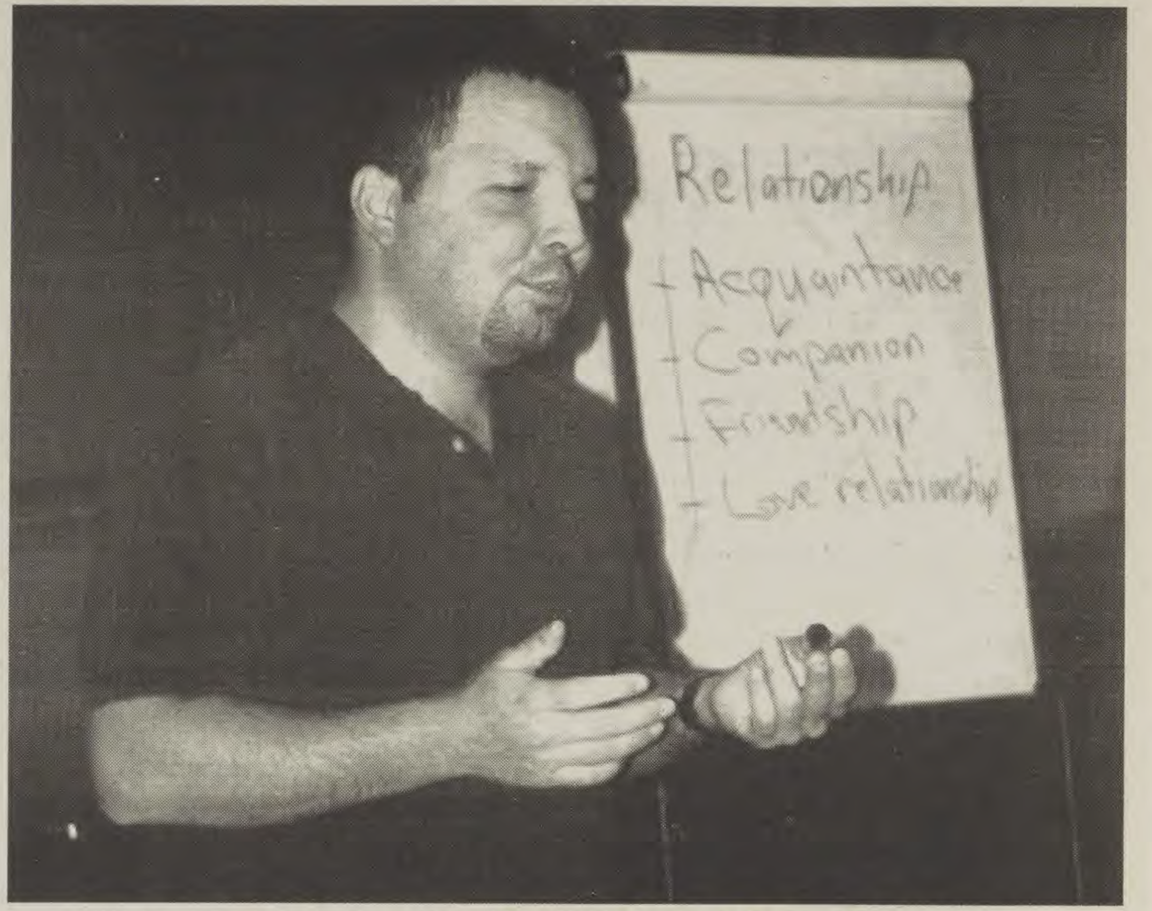
Odjick, who is from the Kitigan Zibi (formerly called River Desert) Algonquin Nation of Quebec, was joined by Peter Leech, of the St'at'imc First Nation in Lilloet, who played professional soccer in the Pacific Coastal Soccer League and Minor Hockey with the Canucks farm team Kansas City Blades of the International Hockey League (IHL).

"We're here because the Tseshaht Chief and Council brought us out to do a workshop on lifeskills in the community," said Leech. "First Nations youth are faced with many huge issues on a daily basis. Drugs, alcohol, unemployment, and lack of education, it's more important than ever to reach out to youth," he said.

"I'd really like to thank Gail [K. Gus] and Gina [Pearson] for putting this on," said Odjick.

Funded through the National Child Benefit Fund, which is intended to promote wellness, to build self-esteem, and promote family togetherness, Gus stressed that another goal of the workshop was to promote cross-cultural diversity. "We as Tseshaht are going to share our resources with everyone. This is not only about having Gino Odjick here, but also about sharing him with the whole community," she said.

"Everyone was invited: native or non-native, and other nations," said Tseshaht Chief Councillor Dave Watts. "It's important to reach out to all youth. It's so important to help youth to understand themselves and life, and to have role models around. How often do you see Gino Odjick come in and do a workshop? It's a real privilege," he said. "Leech doesn't hide anything from the youth. I wished people like that were around when I was a youth," said Watts, who pointed out how Odjick "has got some kids that are attached right to him, he's made some kids really happy."



Peter Leech talks about building positive relationships.

The heaviest autumn rains in almost a century had raised river levels to dangerous levels. (above) the Somass River swelled to record levels and left nets and boats on the edge of Highway #4.

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.
This year *is Ha-Shilth-Sa's* **29th 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
Society of Environmental Journalists
caj The Canadian Association of Journalists L'Association Canadienne des Journalistes

Correction:

In the last issue of *Ha-Shilth-Sa*, Tyee Ha'wiih Christine Cox (Ka:'yu:'k't'h') and Francis Gillette (Che:k'tles7et'h') were incorrectly identified.
We sincerely apologize for the error.

Upcoming Social Issues Forums

Since the Annual General Meeting held in Tsaxana, on September 29, 30, 2003, there have been several calls to the NTC Administration, seeking information regarding both the upcoming Social Issues Forum, and the Youth Forum, scheduled to be held in November 2003.

Therefore, we are providing the wording of Motion #10, that was passed unanimously by the NTC Leadership. Arrangements have been made to hold these forums at the Maht Mahs Gymnasium, in Port Alberni (9 a.m. start daily). Community & Human Services Program staff will be working closely over the next couple of weeks with the NTC Executive to prepare for this important session.

Florence Wylie, Executive Director

NTC Annual General Meeting
September 29 & 30, 2003
Tsaxana, Gold River, B.C.
Excerpt from Summary of NTC AGM 2003 Motions

Motion #10

Whereas, the NCN Muschim in attendance at the 2003 Annual Assembly have stated very clearly, that there is a need to acknowledge the problems that exist within NCN communities in regards to the various forms of drug and alcohol abuse;

There are many social problems that exist with NCN communities, as a result of Drug and Alcohol Abuse (including drugs such as Cocaine, Crack Cocaine and Marijuana), Violence, Drug Dealers in our communities, Suicide Attempts, Survivors of Suicide;

All of these social problems have a devastating multigenerational impact to NCN of all ages – newborn babies, children, youth, adults, and the Grandparents and Elders;

It has been stated that it is time for leadership to work collaboratively to begin addressing these problems aiming at developing solutions;

Therefore, be it resolved that:

1. The NTC Executive, (with direct involvement of C&HS), coordinate a Social Issues Focus Group for leadership, including other external agencies such as RCMP, to discuss these issues, develop an action plan with results (recommendations), to be held on November 3, 4, 2003;
2. That NTC Executive will ensure update report at next NTC Meeting scheduled for November 20, 21, 2003;
3. That NTC Program Staff coordinate a further Gathering Group with participation of NCN youth and NCN of all ages, for November 24, 2003.

Moved: Darleen Watts, Tseshaht
Seconded: Mike Maquinna, Mowachaht/Muchalaht **Motion Carried**

Upcoming Meetings

Meeting	Date	Place	Start time
Treaty Planning	Oct 20 - 21	TinWis	9 a.m.
Social Issues Forum	Nov. 3 & 4	Maht Mahs	9.a.m.
Treaty Planning	Nov. 6 - 7	Vancouver	Time & Location To Be Confirmed
NTC Meeting	Nov. 20 & 21	Maht Mahs	9 a.m.
Youth Forum	Nov. 24	Maht Mahs	9 a.m.

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 questions they may have regarding treaty related business.

A-in-chut (Shawn Atleo) receives Masters down under

By *David Wiwchar*
Southern Region Reporter

Before his convocation ceremony in Sydney Australia, Central Region co-chair Shawn Atleo mixed with other Master Degree recipients wearing a ceremonial cedar bark whaler's hat. As he stepped up onto the podium to receive his degree, he was wearing the ceremonial tassled mortarboard.

"I have full respect for the traditions of dress," said Atleo, who was awarded a masters of education in adult learning and global change from the University of Technology in Sydney (UTS). The "beauty and difficulty" of change was captured on his sash; adorned with a "human undecided whether to become an eagle or a killer whale; it's a snapshot of transformation," wrote Matthew Thompson, who wrote a story on Atleo's graduation for the Sydney Morning Herald.

Atleo is the first student to complete a world-first online postgraduate Adult Education course taught simultaneously on four continents.

Atleo is the first student to complete a world-first online postgraduate Adult Education course taught simultaneously on four continents.

The course, offered by the UTS Faculty of Education, Linköping University in Sweden, the University of British Columbia, and the University of the Western Cape in South Africa, equips graduates to facilitate learning and change within organisations and communities. It is delivered predominantly on the Web but includes local face-to-face activity.

Atleo said the course had been perfect for fitting in with his already busy schedule. He operates a training and consulting company, is executive director of the Aboriginal Policy Institute and the Kakawis Family Development Centre, is the Central Region Co-chair of the Nuu-chah-nulth Tribal Council, and a hereditary Chief of the 2000-member Ahousaht First Nation.

"I live and work in Clayoquot Sound, an international focal point for Indigenous rights and environmental clashes with industry," said Atleo. "The course gave me a great global perspective on my work and has had immediate consequences in my practice. I focused on global learning issues and trends with students from around the world and applied this learning locally," he said. "I really enjoyed having freedom in managing my time, the exchange of ideas, debates and the support given and received among students on four continents."

"I live and work in Clayoquot Sound, an international focal point for Indigenous rights and environmental clashes with industry," said Atleo. "The course gave me a great global perspective on my work and has had immediate consequences in my practice.

According to the UTS website, the two-year part-time Master of Education in Adult Learning and Global Change draws on the strengths of each partner university, offering subjects designed and taught by world leaders in their field. Students are involved in studying issues of global change and learning while also experiencing them directly.

"We did 10 to 15 hours of work online each week, and another 15 to 20 hours of reading and writing each week," said Atleo. "It was an extremely intense program, but a time of a lot of personal growth as I joined with students from four continents looking at Indigenous issues around the world," he said. "I want to publicly thank the NTC Education Department, Ahousaht political leadership and my family for all their support."

Chief swaps traditions in fight for land rights
Matthew Thompson
Higher Education Reporter

An article on Shawn Atleo appeared in the *Sydney Morning Herald*

Fisheries - ca'-ca'-ƚuk

Commercial Barnacle Fishery Opening Soon

By *Denise Ambrose*,
Central Region Reporter

Tofino – A five-year experimental gooseneck barnacle fishery will open mid-November in Clayoquot, Barclay and Kyuquot Sounds. Andrew Day of the Nuu-chah-nulth-aht Vancouver Island West Coast Aquatic Management Board (WCVI) made the announcement at a public meeting in Tofino on October 15. The fishery, he said would be open to members of the West Coast Goose Barnacle Harvesters Association, 70% of whom are Nuu-chah-nulth.

A five-year experimental gooseneck barnacle fishery will open mid-November in Clayoquot, Barclay and Kyuquot Sounds, open to members of the West Coast Goose Barnacle Harvesters Association, 70% of whom are Nuu-chah-nulth.

Attendance at the meeting was scant with only a few non-Nuu-chah-nulth harvesters and a local environmentalist group member. Interestingly, there was only one Nuu-chah-nulth Association member in attendance.

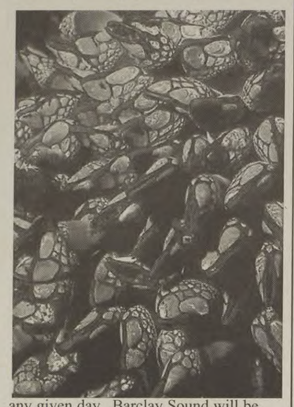
The WCVI is made up of federal, provincial and Nuu-chah-nulth members bringing resource management to area-based people more knowledgeable about local resource issues. It was through this body that locals, led by Nuu-chah-nulth leaders lobbied the government hard to reopen the fishery. "The best we could get was this experimental fishery," said Day

DFO closed the commercial barnacle fishery in 1999 citing poor catch reporting, safety, habitat impacts and other concerns as reasons to close the fishery. The closure impacted the livelihoods of many locals suddenly erasing a lucrative supplemental winter income without warning. DFO argued that one could not make a living picking barnacles but didn't take into account that many locals considered barnacle picking one of three or four jobs that supported their families.

DFO closed the commercial barnacle fishery in 1999 citing poor catch reporting, safety, habitat impacts and other concerns as reasons to close the fishery. DFO argued that one could not make a living picking barnacles but didn't take into account that many locals considered barnacle picking one of three or four jobs that supported their families.

DFO demanded resource data and other information before it would consider reopening the fishery. "In spring 2003 we went out to survey sites and gather information then we went back to DFO with what we feel would be a safe, sustainable fishery," Day explained.

The negotiated experimental fishery requires all pickers have membership in the Association, hold an experimental fishery license and only six pickers will be permitted in Clayoquot Sound on



any given day. Barclay Sound will be allowed six pickers and Kyuquot Sound twelve on any given day.

"This does not mean that there will only be six pickers in the area," Day quickly explained, "it means the Association must work on a schedule to cycle the pickers so everyone gets a fair chance."

The Association has been meeting frequently to develop the schedule amongst other things. They are also looking at ways to retire members and identify sanctions to punish rule breakers.

Harvesters at the meeting were happy that the fishery is opening soon, saying it never should have closed in the first place. They argue barnacle picking is very sustainable on our coast and they need to be picked regularly so they don't overgrow.

When asked how it would be decided who would pick Day said a likely scenario is a three-tier system; current licensed members of the Association that have picked in the past few experimental fisheries and reported their catches will be tier one and would have first harvest opportunities. Those members meeting criteria to a lesser degree would be on the lower tiers accordingly. Currently there are about 33 Association members, which is expected to increase when the fishery opens.

The experimental license will require close monitoring. "The catch will be tracked from the harvest site all the way to the buyer," said Day. Reopening the fishery, he says, will allow people to earn a moderate, part-time income with minimal impacts to the habitat.

Harvesters at the meeting were happy that the fishery is opening soon, saying it never should have closed in the first place. They argue barnacle picking is very sustainable on our coast and they need to be picked regularly so they don't overgrow. Of all the gooseneck barnacles on the coast, only about 5% can be harvested as marketable. The market prefers short, stocky, thumb-sized barnacles because they are the most tender and meaty. Barnacles left to grow too large tend to be thin and tough. According to one picker, a rock may be harvested up to four times a year if conditions are right.

Introducing researcher Martyn Aim

My name is Martyn Aim and I am a researcher from New Zealand hoping to work with you within your hahulthi for a year.

I have been granted initial permission by the Nuu-chah-nulth Tribal Council to undertake my research.

I will of course be approaching each of the individual First Nations with which I hope to work to gain the direct permission of the hawiih.

My focus is on the traditional ecological knowledge of the Nuu-chah-nulth, and I am hoping to spend time with local people researching their relationship with nature.

My focus is on the traditional ecological knowledge of the Nuu-chah-nulth, and I am hoping to spend time with local people researching their relationship with nature.

Using writing, photography and video I seek to record this relationship and the ways in which Nuu-chah-nulth-aht have adapted to cultural, technological, and economic changes, as well as to interference by outside government.

As you all know far better than I these political and economic invasions into your hahulthi have greatly threatened your ways of life, and your right to manage your hahulthi.

I'd really like to hear your stories and thoughts on the past, present and future and I hope to talk with many of you while I am living here.

I am seeking accommodation in reserve communities so please let me know if anyone needs a boarder or has a room/space either short or long-term.

I will be living here until next July.

Chu,
Martyn Aim
Phone: (250) 724 5445

The product is sold mainly to Spain where it is considered a delicacy. Barnacle harvesting is not seasonal and can be carried out anytime of the year, weather permitting. A seasoned barnacle picker can make 50% of his harvest income in the two months before Christmas, when the value of product can triple. Spaniards like to have barnacles with their holiday meals.

Barnacles need vigorous wave action to grow, making barnacle picking a dangerous job. Many pickers have been lost, swept out to sea in the last 15 years in Clayoquot Sound. Mike Dauphinee, a seasoned picker, says you can reduce the risk by being sensible when you're on the rocks. Don't turn your back to the ocean, and if it doesn't feel right, trust your instinct and stay on the boat he advises.

For more information contact Andrew Day at 250-720-6815, Josie Osborne at 250-725-3851 or visit www.westcoastaquatic.ca

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First Nations close territories to protect Elk

By *David Wiwchar*
Southern Region Reporter

First Nations are becoming more vigilant in protecting their local Elk herds, according to Ditidaht Natural Resources political advisor Joe Thorne.

There are currently more than 3,500 Roosevelt Elk on Vancouver Island, and the population is increasing only slightly each year.

"Last year we were losing 13 to 15 Elk a month (over a 3 to 4 month period) due to poaching," said Thorne, who along with Terry Edgar often patrol the logging roads around Nitinat Lake looking for poachers and signs of poaching activity. "At last count there were only about 34 [Elk in the area around Nitinat Lake] so poaching really causes problems," he said.

"Last year we were losing 13 to 15 Elk a month (over a 3 to 4 month period) due to poaching," said Thorne, who along with Terry Edgar often patrol the logging roads around Nitinat Lake looking for poachers and signs of poaching activity. "At last count there were only about 34 [Elk in the area around Nitinat Lake] so poaching really causes problems," he said.

Ditidaht members have not taken an Elk in their area for many years, as their primary interest is in seeing the herd re-established around Nitinat and Cowichan lakes.

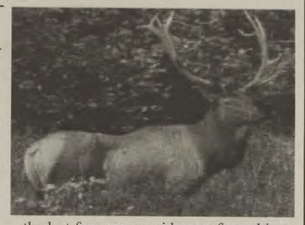
The last Elk was taken by a Ditidaht family a few years ago, and the meat was enjoyed by hundreds of people at a few different longhouse events said Thorne. In recent years, the only Elk enjoyed by Ditidaht community members have been those confiscated by provincial conservation officers and then given to the First Nation through an application process.

"Over the last few years, evidence of poaching has been relatively minor except for some unregulated harvest on portions of the south island," said Doug Janz, adding that area First Nations are becoming more vigilant in protecting area Elk herds from hunting by other First Nation members as well as non-Native poachers.

"We want to see the Elk herds re-established in all territories," said Thorne. "They're needed for the environment and the people," he said.

Roosevelt elk are a conservation concern on southern Vancouver Island and hunting is not allowed, but Elk hunting within central and north Vancouver Island is allowed through the limited entry hunting system, with harvest levels capped at less than 10% of healthy population levels.

"We've got more Elk now than we've had since the mid-60's when the populations declined due to hard winters and over harvest," said Doug Janz, Fish and Wildlife Science and Allocation Section head for the BC Ministry of Water, Land and Air Protection. "Over the last few years, evidence of poaching has been relatively minor except for some unregulated harvest on portions of the south island," he said, adding that area First Nations are becoming more vigilant in protecting area Elk herds from hunting by other First Nation members as well as non-Native poachers.



"First Nations are taking on more of a stewardship role in Elk Management, partly due to improved dialogue between First Nations and ourselves," said Janz. "People are also realizing there isn't an Elk behind every tree, and demand for them certainly outstrips supply, and therefore there's a real need to be careful about harvest levels," he said. "We're not here to infringe on Aboriginal rights but we do have concerns about how many and where you're taking them. It's a matter of ongoing education, communication, and dialogue," said Janz.

The Roosevelt Elk (cervus canadensis roosevelti) is the second largest member of the deer or ungulate family found in North America. Roosevelt elk are the largest of all elk subspecies. They are slightly darker in colour, and have shorter, less symmetrical yet more massive antlers than the Rocky Mountain elk found east of the Cascade mountains in Canada and the United States.

Roosevelt elk are found on Vancouver Island, Canada and coastal Washington, Oregon, and northeast California. In the 1880's, thousands of Elk hides were shipped to San Francisco for the fur industry.

Vancouver Island's San Juan River basin has a good healthy herd. Elsewhere on Vancouver Island elk are found in the Nanaimo Lake region, Jordan River Meadows, Nimpkish Lake, Salmon, Campbell and Gold River systems as well as many other areas.

A mature bull elk may weigh as much as 450 kilograms (1000 lbs.). Elk have a colouring that varies from a yellowish grey to reddish brown. The rump has a distinctive lighter coloured patch that extends the entire rump to the thighs. Male elk are antlered and a mature bull elk will be endowed with a pair of heavy beamed antlers exceeding 70 cm in length with 6 or more tines on each side.

In the summer they can be found in high open mountain meadows and in the winter months they travel to lower wooded slopes and dense woods.

Elk can run long distances at 28 to 29 miles per hour and for short bursts can reach speeds between 35 to 45 miles per hour. There can be up to 14 feet between one track and the next of the same footing by a speeding elk. Surprisingly, bulls, cows and calves are all excellent swimmers.

With elk herds roaming between various First Nations' territories, protocols are being established and a meeting has been organized to discuss Elk management among Nations.

The Elk Forum at the Khowutzun Bighouse in Duncan on November 4th and 5th will bring Native, non-Native, government, and non-governmental organizations to the table to discuss issues surrounding Elk Management.

Organized by the West Coast Vancouver Island Wildlife Advisory Committee, the meeting will involve Nuu-chah-nulth, Kwakwakaw'akw and Coast Salish Nations as well as governmental and non-governmental wildlife agencies.

"People are also realizing there isn't an Elk behind every tree, and demand for them certainly outstrips supply, and therefore there's a real need to be careful about harvest levels," said Janz. "We're not here to infringe on Aboriginal rights but we do have concerns about how many and where you're taking them. It's a matter of ongoing education, communication, and dialogue," he said.

NTC Treaty Planners meet under stormy skies

- cont'd from page 1

when attendance is highest. Elders and Ha'wiih meetings are being scheduled for the regions in order to reduce travel costs. Ahousaht will host the Central Region Chiefs and Elders on November 10th. Dates and places for the remaining regions have yet to be set.

Dr. Don Hall, NTC Fisheries Manager, delivered an update report on the NTC Fisheries strategy.

The Writ of Summons was filed by ten NTC Nations in June and will be followed by filing of a Statement of Claim. Details of the fisheries legal strategy cannot be reported here due to confidentiality issues. Nuu-chah-nulth members may contact their respective treaty offices or attend treaty update meetings for more information.

The Maa-nulth-aht invited neighboring First Nations to join them in a Joint Fisheries Committee. The purpose of the committee would be to work on the fisheries chapter of a treaty in cooperation. Tseshaht says they are not interested because Maa-nulth is proceeding with their Fisheries negotiations based on the Agreement-in-Principle that Tseshaht rejected. Richard Watts says his nation will pursue a fisheries agreement that will meet the needs of their people.

Cliff Atleo Jr. delivered the Offshore Oil and Gas Symposium report saying the purpose of the September 18 & 19 symposium hosted by Hupacasath, was to start a public education process. "It is a complex issue with many different environmental concerns," he explained. From seismic concerns to transport of product, there are many issues to explore. He said there is a need to collaborate with other First Nations on the coast on the oil and gas issue. There will be a province-wide forum at Prince Rupert in December.

The next topic on the agenda was Community Resource Planning. Atleo said each First Nation was encouraged to develop individual resource management plans based on their own criteria including teachings from the Elders.

Dave Watts, Tseshaht, raised a concern about the lack of progress in NTC Treaty negotiations. He encouraged the table to address his concerns at this meeting.

Darleen Watts, Tseshaht, reminded the table that it is in the process of regrouping. "This table is not the same as it was a year ago," she said. She suggested the table deal with budgetary items, scheduling and work plans as high priority areas.

There was discussion about the costs and effectiveness of urban treaty update meetings. All agreed that it is important not only to share information but obtain input from those who attend. As Port Alberni representative, Wally Samuel, put it, "The AIP was rejected because we didn't have enough information about what it was and how it will affect those of us living away from home."

As Port Alberni representative, Wally Samuel, put it, "The AIP was rejected because we didn't have enough information about what it was and how it will affect those of us living away from home."

He encouraged the table to provide written information prior to meetings and to provide notice of meetings well in advance so urban representatives have time to inform families.

"This tribal council was established in order that we may pursue self-governance," Central Region Co-chair, Shawn Atleo reminded the table.

"What does that mean to us? We need

Continued on page 12

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New Logging Road Connects Hesquiaht Communities

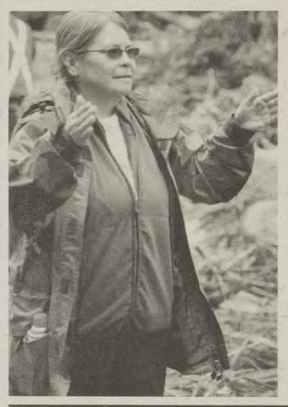
By *Denise Ambrose*
Central Region Reporter

Hot Springs Cove – Hesquiaht members living at Hot Springs Cove will soon enjoy easy road access to Hesquiaht Harbour thanks to an Interfor project recently approved by Hesquiaht Council.

Hesquiaht members living at Hot Springs Cove will soon enjoy easy road access to Hesquiaht Harbour thanks to an Interfor project recently approved by Hesquiaht Council.

Hot Springs Cove is a remote community accessible only by boat or float plane. The main village at Hesquiaht Harbour is almost deserted due to its even more remote location. Linking the two communities via logging road will allow Hesquiahts more freedom to move and to access resources in their traditional territories.

On Friday, October 3rd, Interfor representatives and Hesquiaht conducted ribbon-cutting ceremony paving the way for Interfor to finish construction on the road into Hot Springs Cove. According to Warren Warttig of Interfor, about 25 band members attended the event, which started at Stewardson camp. Hesquiaht children cut the ribbon as Ha'wiih and Interfor staff looked on.



Warttig says road construction literally began the day of the ribbon cutting. The two trees felled that day were the first for the connecting segment. Interfor's engineers have completed the road layout, saying it would leave the village up by the water tanks, and follow the top of the hill towards the head of Hot Springs Cove. The road continues north, and hooks into the Stewardson Mainline right by the head of Kanim Lake. The work is expected to take three months.

Interfor credits its controversial ten-year Forest Development Plan for the progress in Hesquiaht traditional territory. "Ironically, despite the opposition to our ten-year forest development plan, the certainty that the ten-year window gives us, allows for projects like the construction of the Hot Springs Road possible," Warttig wrote.

Hesquiaht has identified five key elements of concern as they considered the pros and cons of a connecting road: A connection from village to village; access to their traditional territories; employment and economic benefits; safety of the school children and access to cultural values.

The safety of school children is a long-standing, urgent concern given that high school students must travel by boat to the nearest high school in Ahousaht. This can be extremely dangerous in foul weather especially at Sharpe Point where boats must pass through open ocean.

The new road would mean that school children could board their boat in the more sheltered waters of Stewardson Camp, avoiding Sharpe Point.

Warttig admits that a connecting road would benefit Interfor as well as the people of Hesquiaht. "Don's (MacMillan of Interfor) concept of 'Community Cooperative Areas' fits well with the Hesquiaht situation in that with a connecting road, workers from the village could easily go to work each day and be home each evening for dinner," he said.

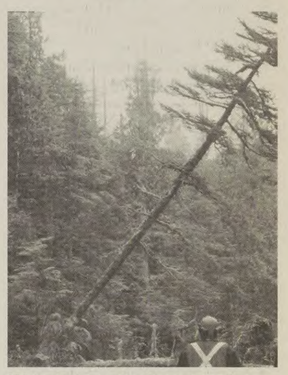
On Friday, October 3rd, Interfor representatives and Hesquiaht conducted ribbon-cutting ceremony paving the way for Interfor to finish construction on the road into Hot Springs Cove. Hesquiaht children cut the ribbon as Ha'wiih and Interfor staff looked on.

He went on to say the new road is truly a win-win situation. "Logging camps are atrociously expensive to operate," he explained, "and local workers could significantly reduce our costs while supplying much needed employment opportunities for the Hesquiaht.

There are some technicalities to work out says Warttig. A portion of the road lies in provincial parkland and Peter Verschoor of Iisaak Forest Resources, Nancy Van Heest, Hesquiaht Band Manager and Cecil Sabbas are working on having that segment of the road removed from parks.

The safety of school children is a long-standing, urgent concern given that high school students must travel by boat to the nearest high school in Ahousaht. This can be extremely dangerous in foul weather especially at Sharpe Point where boats must pass through open ocean. The new road would mean that school children could board their boat in the more sheltered waters of Stewardson Camp, avoiding Sharpe Point.

Participants in the ceremony toured Hook sum beach, watched spawning Chum salmon in Hesquiaht River, and visited Cougar Annie's Garden. Dinner was supplied at Stewardson Camp, and many of the Hesquiaht people stayed over night. The following day a canoe log identified by Hesquiaht members was inspected by Interfor personnel.



Warttig says road construction literally began the day of the ribbon cutting. The two trees felled that day were the first for the connecting segment.

Aboriginal Communities Taking Responsibility For Services To Our Children And Families

Vancouver Island Aboriginal Transition Team

The Vancouver Island Aboriginal Transition Team (VIATT) is looking for Aboriginal community members to join our team in planning for a better future for the Aboriginal children, families and communities of the Vancouver Island Region.

VIATT has been structured to reflect the Aboriginal tribal and cultural groups within the Vancouver Island Region.

Currently we are seeking to fill three vacant positions on our board:

- Two representatives from the North Island on-reserve communities of the Kwaguilth Nations
- One representative for the West Coast urban communities

We are looking for individuals who posses the highest personal and professional commitment to the future of the Aboriginal children, families and communities of the Vancouver Island Region.

The application deadline is Friday, November 14, 2003 at 4:30 p.m. (PST).

Candidates can receive a complete list of qualifications and requirements from:

Vancouver Island Aboriginal Transition Team
#202-6551 Aulds Rd.
Nanaimo, BC V9T 6K2
Ph: (250) 390-5484
Fax: (250) 390-5477
E-mail: Barbara.Lewadnuk@gems9.gov.bc.ca

We need your help and wisdom.

Westcoast Women's Resources Society

extends a warm thank you to all of you for your expressions of concern and support about our government funding and for your donations small and large. We look forward to continuing to serve the women, children and youth of our communities. Call (250) 726-2343 to make charitable donation or inquire about our services.

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Education - ḥa-ḥo-pa

ADSS Chronicles:

By *Linus Lucas,*
for Ha-Shilth-Sa

Well, we are into the month of October and it has been a smooth transition for the new students arriving at the school. There are many new teacher additions, as well as another Nuu-chah-nulth Education Worker, to the school, both of which has made the student transition an easy one.

A word of notice, warning letters will be sent home if your child has missed more than 5 unexcused absences from school. These letters will be sent only as a precautionary means to make sure that you know that your child is attending school on a daily basis. Once your child has missed 10 unexcused absences than your child could be looking at being withdrawn for the semester. So please make sure that your child attends fully to avoid having letters sent home.

Be involved with your child!

Whatever it takes show an interest in your child's education. There are many ways you, as a parent, could be involved. Examples are:

1. Be up in the morning with your child when they are getting ready for school.
2. Be with and work with your child when you tell them to do their homework.
3. Give your child's teacher a call to check on how they are doing.
4. Attend any of the community dinners held each month.
5. Phone the Nuu-chah-nulth Education Worker to check on your child.

Be involved.

Students shining:

Congrats to those students who have made the school athletic teams. They are as follows:

Aquatics – Kevin Elliot, Christopher Sowden.
Junior Varsity Football – Chris Baader, Joe Curly, Anthony McIntosh, Brandon Pellech, Ty Shannon, Jack Williams.
Junior Girls Field Hockey and Senior Cross Country – Lily Koehle
Junior Girls Volleyball – Kaytlen Lucas, Christina Sparks.
Varsity Girls Volleyball – Coraleah Johnson, Christen Thompson.
Senior Girls Field Hockey – Vanessa Spence, Christen Thompson
Varsity Boys Soccer – Kyle Erickson, Shane Casavant

ABORIGINAL STUDENTS DOING BETTER IN SCHOOL

VICTORIA - While a new report shows that aboriginal students are doing better in school, more needs to be done, Education Minister Christy Clark said today.

"Aboriginal students - along with educators, school boards and First Nations communities - are all making progress," said Clark. "Though the report indicates our focus on aboriginal student achievement is showing results, it also confirms ongoing efforts are needed to help aboriginal students succeed."

The report, entitled How Are We Doing?, measures demographics and performance of aboriginal students in B.C.'s public schools. Compared with last year's report, key findings for 2002/03 show:

* The number of high school graduates increased from 1,372 to 1,555.
* High school completion rates increased from 42 to 43 per cent.
* Students enrolled in English 12 increased from 31 to 36 per cent.

"More aboriginal students enrolling in English 12 is also significant, because that course is a prerequisite for post-secondary education," Clark said.

This year's Foundation Skills Assessment results also showed that aboriginal students are faring better. Eight-five per cent of Grade 4 aboriginal students met or exceeded expectations for writing, an increase from 78 per cent in 2000. And 56 per cent of Grade 10 aboriginal students are meeting or exceeding provincial expectations in math, an increase from 47 per cent in 2000.

The Ministry of Education has put in place a number of initiatives to help aboriginal students do better, including aboriginal enhancement agreements between school districts and aboriginal communities, and accountability contracts.

According to Statistics Canada's latest census report, in 1996, 52% of Aboriginal youth aged 20-24 had incomplete secondary school as their highest level of schooling. By comparison, 48% had incomplete secondary school as their highest level of schooling in 2001. 20% reported boredom as the most common reason for leaving school early.

In 1996, 32% of non-reserve aged 25-34 had completed post-secondary studies, which grew to 52% by 2001.

In 1996, 5% of young Aboriginal people had completed university, which grew to 8% in 2001. For other types of post-secondary education (including college and trades), there was an increase from 27% to 30% during the same period.

Government has signed aboriginal enhancement agreements with eight school districts and is currently working with 23 other districts to put in place agreements. The How are We Doing? report is available at online.

Are you a war veteran?

Did you have any family members who served in a war?
Are you or is he/she of Nuu-chah-nulth descent?
Would you like acknowledgement at the Remembrance Day ceremonies?

If so, please contact NTC Co-chair South, David Dennis @
david_d@nuuchahnulth.org
Phone: 1-877-677-1131
Fax: 250-723-0463

Vancouver Island First Nations Wildlife Forum

"Side By Side (BH) - -It Continues Here (JG)"
Hosted by West Coast Vancouver Island Wildlife Advisory Committee

Dates: November 4 - 10 AM - 4 PM and
November 5 - 9:30 AM - 3 PM

Location: Somena Dining Hall (Long House). Allenby Road Duncan, BC (Turn west off highway in Duncan onto Trunk, then over the railway tracks and left on Allenby, wooden Long House on right before bridge).

You Are Invited:
Hereditary Chiefs, Natural Resource Managers, Elders, WCVIW AC Members and First Nation People Involved in Wildlife Management.

The Purpose:
To start a dialogue on Elk and Wildlife Management and Protocol Development.

If you plan on attending please register in advance by faxing this form back to: (250) 338-5604 or by E-mailing your intention to take part to: shelter@island.net. You may also contact Gary Ardron or Ron Frank at (250) 338-9717 to confirm attendance or to ask questions regarding this forum.

Name: _____
First Nation Affiliation: _____
Contact Phone/Fax/E- mail: _____

There is no charge for attending this Forum.
Lunch will be provided both days.
You are responsible for your own travel, accommodations and food.
See you there!

SCOTT HALL LAWYER

WORKS FOR PEOPLE WHO WERE STUDENTS AT RESIDENTIAL SCHOOL,
IF YOU WOULD LIKE TO TALK TO SCOTT, PHONE FREE
1-800-435-6625
ANY TIME

Clip & Save

Port Alberni Friendship Centre
Halloween Party

* Hot Dogs & Juice
* Haunted House
* Costume Contests for all ages (the staff will even have a costume contest judged by the youth)
* Arts & Crafts

This fun filled evening will take place on:
Friday, October 31, 2003
Party: 6:30 – 9:30 p.m.

So come out and join us with your awesome costumes with the staff of the Friendship Centre. There will be lots of fun for the young and the young at heart. If you would like any more information, contact Cheryl Brennan @ 723-8281

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Nuu-chah-nulth Healing Project

Nuu-chah-nulth Healing Project

Contact List

Main Office (Southern Region)
5120 Argyle Street, PO Box 1383
Port Alberni, B.C. V9Y 7M2
Ph: (250) 724-3233
Fax: (250) 723-6010

Tofino Office (Central Region)
151 First Street, PO Box 279
Tofino B.C. VOR 2ZO
Ph: (250) 725-3367
Toll-free: 1-866-901-3367
Fax: (250) 725-2158

Gold River Office (Northern Region)
100 Ouwatin Road, PO Box 428
Gold River, B.C. V0P 1G0
Ph: (250) 283-2012
Fax: (250) 283-2122

Nanaimo Urban Office:
204-96 Cavan St.
Nanaimo, B.C. V9R 2V1
Ph: (250) 753-8567
Fax: (250) 753-8933

Victoria Urban Office:
853 Fisgard St.
Victoria, B.C. V8W 1S1
Ph: (250) 413-7303
Fax: (250) 388-5120

Vancouver Urban Office:
455 East Hastings Street
Vancouver, B.C. V6A 1P5
Ph: (604) 254-9972
Fax: (604) 254-7919

NUU CHAH NULTH HEALING PROJECT

Call out for Victoria and Duncan Residents

If you wish to be contacted about NCN Healing Projects events please come by our office or call in and leave your number so I can keep you posted about events.This is going to be the best exciting year call now and leave me your phone number.Victoria NCN Healing Project Office Call Between 9:00—4:00

REGISTER AT NCNHP URBAN OFFICE VICTORIA
853 Fisgard St
FOR MORE INFO AND TO REGISTER
Michael J. McCarthy, 250-413-7303
TEACH MIS UKQIN
ALL THAT NASS HAS PROVIDED US TO LEAD A FULFILLING LIFE

Nuu-chah-nulth Healing Project SUPPORT GROUP
Residential School Healing Project Office
Every second Monday - 6:00-9:00 pm
Vancouver Friendship Centre, Elder's Room
We meet Monday twice a month at the Vancouver Friendship Centre. Open to all Nuu- chah -nulth First Nations interested in finding support, and creating a stronger community. Different topics every meeting.
FOR MORE INFO CALL Jody Olsson @ 604-254-9972 or 604-312-6539

NCN Healing Project Upcoming Events

EVENT	DATE	LOCATION
Vancouver Support Group Meeting	2nd & last Monday 6 pm – 9 pm	Vancouver AFC 1607 E. Hastings St.
Women's Support Group Meeting	2rd & Last Thurs/ea.month 6 pm – 9 pm	VAFC 1607 E. Hastings St.
Support Group Mtg	2rd & last Tues. of each month	St. Peter's Anglican Church, 228 S. Dogwood St., Campbell River
Cultural Night *Storytelling, Language,* 7 pm	Last Thurs of ea. month *Singing, Dancing, Crafts, etc.*	Nanaimo, 204 – 96 Cavan St.
Support Group Meeting	Every 2nd & Last Monday, 6-8 pm	Victoria, 853 Fisgard St.
Support Group Mtg	last Thursday of each month, 6-8 pm	Duncan Native Friendship Center, 205 – 5462 Trans Canada Highway

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

Chaa-Maak-Sap Family Trauma Program
2003 Session Dates
Kakawis Trauma Program

Sept. 29 to Oct. 10, 2003 - Hawii - Hereditary Chiefs
Oct. 13 to Oct. 24, 2003 - Youth Program

Nuu-chah-nulth Healing Project

RELEASE FROM NEGATIVITY WORKSHOP
Monday, October 27, 2003
Laichwiltach Family Life Association
441 4th Street, Campbell River, B.C.
"EMPOWER YOURSELF"
9:00 a.m. – 4:00 p.m.

This Workshop will help individuals gain a better understanding of how lateral violence is destroying our communities. Outcome: to better understand and learn: * What lateral violence is * How to change and improve our communities *Create hope for further generations.
Contact: NCN HP Staff Vina Robinson 240-731-6271 or Shawn Sinclair 753-8567 or 616-3674

Nuu-chah-nulth Healing Project

TRADITIONAL TEACHINGS

Friday, November 7 & Saturday November 8, 2003
Pearl Warren Building, 606 12th Avenue South, Seattle
Nov. 7th - 5 pm - 9 pm (Dinner Provided)
Nov. 8th - 10:00 am - 3 pm (Lunch Provided)

Empower yourself: haaḥuupa, ʔuusimč, Yaƛ maƛit, Ii saak mis
Build on existing strengths and acquire new tools for a positive journey.
TEACH MIS UKQIN
ALL THAT NAAS HAS PROVIDED US TO LEAD A FULFILLING LIFE.
Contact NCNHP Staff: Vina Robinson 250-731-6271 or Jody Olsson 604-254-9972
Seattle contact: Lorraine Williams 426-697-5978

Hi! Here are the upcoming events for the Vancouver Healing Project for end of October and November:
Weds, Oct 28 from 9:30am-3 pm - Awakening Your Mind
Sat Nov 1 from 10am-4pm - Cedar bark weaving with Geraldine Tom
Thursday November 6 - Support Group from 6pm-9pm
Thursday November 13 - Women's Support Circle from 6pm-9pm
Tuesday November 18 - Fall Information Session from 1-3pm
Thursday November 20 - Family Potluck Dinner from 6-9pm
Thursday November 27 - Support Group - from 6-9pm
All events are held at our new office at #106-23 West Pender. Our phone number is (250) 254-9972 or cell phone (604) 312-6578. Please call Jody Olsson for more information.

Nobody's Perfect Parenting Program

Hi, my name is Pamela Matthew. I am the Infant Development Worker in the northern region. On Oct. 6,7,8 and 9thI attended a Nobody's Perfect Parenting facilitator training in Abbotsford. During the program we developed strategies to co-facilitate a NPP. Program, we also discussed the layout of the Nobody's Perfect Parenting, which included the books: Body, Behaviour, Safety, Mind and Parents. It is a great learning tool for me and I am excited to co-facilitate a Nobody's Perfect Parenting Program, sometime in the nearer future.

Body, mind, spirit gathering,

for your entertainment

Tarot readings by Terri, **Aura/Angel readings** by Deborah, Reiki: **Energy Awareness** by Ruth
Saturday, October 25 - 4pm to 9pm
Hupacasath hall - 5323 River Road, Port Alberni
Admission $5 readings $10
Complimentary snacks and beverages. Come and enjoy!
For more info contact us at lindagomez67@hotmail.com or Akrisandra@hotmail.com or leave message at 723-6194.

INSURANCE REQUIREMENT

OUT OF PROVINCE AND COUNTRY

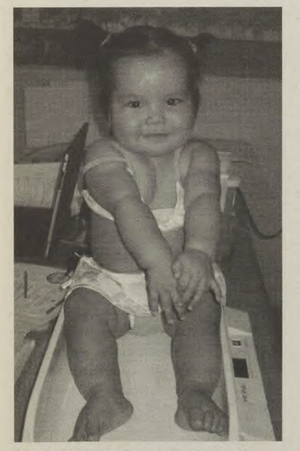
Recent situations have been embarrassing to some people who Depart Canada without acquiring any type of medical coverage insurance.
Non-Insured Health Benefits Program through health Canada does not cover anyone who departs Canada, nor does your BC Medical Plan unless you have written authority form them stating that they will cover you, and what they will cover. (Remember the price is much higher in US than here - I suggest you check it out to protect yourself and your family).
Ensure you get coverage by contacting your local travel agency - they can and will help you! It is also understood that once you have departed Canada and you change your mind and decide you wish to have coverage - - it is too late...Travel policy insurance will not cover you in outside the country if you try to obtain insurance after you have left. Protect yourself and your family!
Questions on this matter are encouraged and welcomed through the Non-Insured Health Benefits Program Coordinator (Robert Cluett) 1-888-407-4888 or 250-724-3232.

NUU-CHAH-NULTH NURSING PROGRAM

Introducing Solid Foods to your Baby

By Liz Thomsen, RN, BSN
for Ha-Shilth-Sa

Baby's best first food is what nature has given us, the ability to maamush. Maamush is recommended until your baby is between 4 to 6 months of age. The latest research now indicates that waiting until your baby is closer to 6 months of age before introducing solids in his or her diet is best. What we introduce to our baby's diet is extremely important and develops his/her eating habits. I was watching the news one morning before work and the latest statistics indicated that 30% of BC children were considered overweight and that only 7% of children ate fruit and vegetables on a regular basis. I was quite alarmed by these stats and which validates once again how important it is that we introduce a good variety of healthy foods to our children starting with their first foods.
Waiting until your baby is closer to six months of age before introducing solids in his or her diet allows him/her to properly digest the foods. We now know that babies digestive system, stomach and kidneys are not mature enough to handle solid foods until this age. Conditions such as allergies, constipation and diarrhea are less likely to happen when foods introduced when your baby is older. If your family is prone to allergies, you should wait until your baby is closer to six months before introducing solids. When your baby is taking solids it is still important to continue breastfeeding. Formula is the next best choice after breastmilk.
Babies under four months cannot easily swallow solid foods and do not have strong head control yet. Swallowing foods is thus difficult. By five months they can usually sit in a chair and swallow food from a spoon. By six months the baby can chew and by seven months he will turn his head away indicating that he/she has had enough. When first introducing solids, remember it is a new experience. Your baby may refuse it or spit it out. Don't worry, he/she will get used to it. By the time your baby is six months, you can give finger foods and allow them to experiment with this new way of eating.



Katina Jack has followed all the rules for healthy eating.

WHAT TO FEED YOUR BABY
Iron-fortified, single grain commercial infant cereals mixed with breastmilk or formula is a good first taste food.
Pureed veggies should be next, followed by pureed fruits. You should introduce one new food at a time and wait three to four days before adding a new one to the diet. If any allergies develop, you then will be able to determine which food is causing the allergy.
Here are some guidelines to follow for introducing foods:
4 to 6 months
Breastmilk or formula on cue- 1000 to 1250 ml
Feed solids 1-2 times per day
Texture: semi liquid foods, bland and smooth
Preparation: peeling carefully, cook steam or boil, puree and sieve
Food suggestions:
peas, well-cooked green beans, cauliflower are some good choices
6 to 8 months
Feed solids 3-4 times per day
Breastmilk or formula on cue-babe will take about 750-1000mls
Texture:
Minced or mashed to the texture of cottage cheese
Finger foods that can easily be picked up (pieces of peeled fruit)
Preparation:
veggies/fruit peel carefully, remove ends of veggies
Meat: trim fat and skin off, cook grill or poach, remove all bones and mince
Good food choices:
wheat cereals, tomatoes (remove the skin) corn, soaked dried apricots.
Foods to avoid:
Cake, ice cream, pastry, fried foods, biscuits.
Small foods that may cause choking
8 to 9 months
Breastmilk or formula on cue- about 625 to 950ml daily
Feeds solids about 5-6 times per day
Texture:
Foods should be chunkier now so chop food rather than mashing it
Give plenty of finger foods (builds baby's self esteem and feeding skills)
Preparation:
fruits/veggies- peel carefully, remove ends and stems, give in
slices or sticks or grate if raw, chop or mash if cooked. Lumps
are okay.
Meat/fish: trim fat and skin off, mince lumpily
Good Food Choices:
Toast, red meats, home-cooked dishes (soup, pasta, Shepard's pies, all without salt)
Offer a whole egg after one year of age
Whole milk can be given occasionally
10 to 12 Months
Breastmilk or formula on cue
By one year will be eating table foods at family mealtime
Texture:
Baby can eat almost everything that the family is eating chopped into bite sized pieces. Avoid giving baby salt.
Preparation:
peel fruits/veggies carefully, remove ends and stems, steaming vegetables is the best way to cook them, allows for most of vitamins and nutrients to remain.
meats/fish: trim fat and skin off, cook, grill, stew or poach, chop up into small pieces
Good food choices
pork thoroughly cooked, strong flavored foods i.e. Cabbage, green peppers
Foods to avoid
fatty and salty foods, sugary foods, soft unpasturized cheeses
Other important Tips:
Water is extremely important to your baby. Many children consume only juice and never have plain water. Juices will fill your baby up with calories and which decreases their appetite for meals. Offering only water between meals when he/she is thirsty is a much better choice than juices. Juices also contain a high content of sugar. Sugar contributes to both obesity and dental decay.
Iron and Vitamins:
Your baby's store of iron and vitamins they were born with naturally run out at about six months of age. Offering a wide variety of foods allows iron and vitamins to be restored. Iron sources include: red meat, liver, dried fruit, breakfast cereals, and egg yolks. Your baby will absorb more iron if he/she eats *foods containing vitamin C* (fruits/veggies) at the same time.
WHAT ABOUT COW'S MILK?
Wait until babe is 9-12 months
Should be whole (homo) milk, pasteurized
babies need more fat than adults so use whole milk until age 2
Soy "milk" and nut "milk" cannot be used instead of cow's milk
SAFETY TIPS
Honey can cause infant botulism and is not recommended for infants under 1 year
Some foods can cause choking:
popcorn, seeds, nuts, candies, raw carrots, corn and other hard raw veggies. Hot dogs and grapes should be sliced lengthwise.

References: British Columbia Ministry of Children and Families
The Complete Book of Mother & Baby Care by the Canadian Medical Association.

McKayla Joseph knows the importance of having her daily intake of H20!

October 21 - Well baby clinic in Gold River office 9-12am
October 21 - Kindergarten booster - Tsaxana NTC 1-4pm
October 22 - Grade 6 Hep B & Neis Vac at elem. school. Special Flu Clinics.
November 3,5 & 7 in Gold River, by appointment 283-2462
November 4 & 6 in Tsaxana NTC office - drop-in.
Evening clinics will be scheduled as required.
Thank you, Moira Havelka. CHN

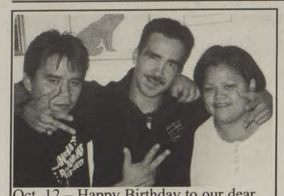
PRE-NATAL DROP IN With Liz Thomsen
Every Monday, 1:30pm – 3:30pm
Knee waas House, 3435 4th Avenue, Port Alberni Friendship Centre
For more info, please contact: Delavina @ 723-8281

HEALTH EDUCATION DROP-IN With Liz Thomsen
Every Thursday, 2:30pm – 3:30pm
Knee waas House, 3435 4th Avenue, Port Alberni Friendship Centre
Topics:
For more info, please contact: Delavina @ 723-8281

Nuu-chah-nulth Nursing Program
Contact List

Nurse	Phone	Fax	Office Address
Moira Havelka	283-2462 mwf 283-2012 t/th	283-2122	P.O. Box 428 Gold River, VOR 1GO
Joan Shanks	250-761-4274	761-4027	P.O. Box 97 Zeballos VOP 2AO
Barb Bradley & Susan Donnecke	250-332-5289	332-5215	Red Cross General Delivery Kyuquot, B.C.
Mary McKeogh	250-726-2993	726-2994	P.O. Box 279 Tofino, BC VOR 2ZO
Chris Curley,	250-725-1232 or 250- 726-5240	725-2135	P.O. Box 279 Tofino, B.C. VOR 2ZO
Jeannette Pattison	250-670-9608 & fax		P.O. Box 91 Ahousaht, VOR 1AO
Mary Rimmington	250-725-2951 725-2952		P.O. Box 190 Tofino, VOR 2ZO
Liz Thomsen	723-2385	723-5396	P.O. Box 1383 Port Alberni, V9Y 7M2
Jody Vos	723-2385 cell–720-6977	723-5396	Same as above
Penny Cowan	723-2385	723-5396	Same as above
Annette Muller, casual	723-2385	723-5396	Same as above

Birthdays, Anniversaries, and Congratulations



Oct. 12 – Happy Birthday to our dear sister Sheryl. Love your Brothers and Sisters Jimmy, Bellrena, Gloria and Vince. Oct. 12 – Happy Birthday to our dear friend Aaron Watts. Love your friends McKay Family. Oct. 17 – Happy Birthday to our dear Brother Jimmy. Love your Sisters and Bro. Bellrena, Sheryl, Gloria and Vince.

Happy belated 18th Birthday to my beautiful daughter, Angela Jack! I love you with all my heart! Love your mom!

Happy belated Birthday to my niece Andrea Johnson! Love Anita.

I would like to congratulate Ilene and Virgil on their engagement, way to go friends, I'm so happy for you guys. You will have to call me and tell me when the big day is. O.K. you know who I am. Whoa!

Happy Birthday going out to my pal Karen Mack on Oct. 9. Have a good day my friend. From Ilene George.

Happy Birthday going to my mommy Ilene George on Oct. 9. We love you mom. Enjoy your day. Love always your son Corby Frank and Virgil.

I would like to wish my baby girl Jaclyn-Marie Sarah dawn Charlie a Happy 13th b-day on Oct.23. Enjoy your day Baby lots of love always: Mom and your Bro's Norman& Joe. I also like to wish Krystal Dick and Keith Sam a belated happy birthday Oct 3 love your cousins Jackie, Norman, Joe.

Happy 3rd Birthday Daral Campbell. Love Auntie Robyn, Allen and family.

Happy ?? Birthday Auntie Kim and many more to come. Love always, Carmen, Krystal, Allen, Jordan and Dianna.

Oct. 28 Happy Birthday to my sister, Kimberley Ann Frank and many more to come. Love always you big sis, Robyn Melanie Frank.

Happy Belated Birthday, Krystal Janice Rose Dick "Diddles" on Oct. 3. I love you sweetheart with all my heart and all my soul. Love mom and dad 4-ever and ever.

Happy 3rd birthday to Daral Dedrick Dion Campbell, over in Ahousaht on Oct 30. I miss you, little man. Enjoy all the chocolate cake and Halloween candies. Have a good day. Love Shauntay and Janey Thomas.

Nov. 4, 1997 – Deshawn Barney-Sam. We are so proud of you. We'd like to wish you a happy 6th birthday. You are growing up so fast. We hope you have a very great b-day. Love always Mom & Dad (Janine & Gooch).

Nov. 4, 1997 – Deshawn Eugene Aidan, I remember the day you were born. How proud we were to accept you into our home. I watched you learn a lot of new and exciting things. I am very proud of you my grandson. Hope you have a happy birthday. You are so special to us. Love you lots. Love gramma Luxy and nana's Martha.

For Oct. 18 – we would like to wish our little guy Charlie Sam, who we love and care about so very much, a special happy 1st birthday. Lots of love from your mom (Ruth), uncles, aunties and all your cousins.

We wish our grandson Charley Sam a very happy 1st birthday for Oct. 18. Lots of love Gramma Norma and papa Jim.

We wish my sister Shirley Mack a very happy ?? birthday for Oct. 22. Lots of love sis Norma & Jim.

Happy Birthday Cyndi Stevens on Nov. 3, a wonderful mother, grandmother and friend. Hope you have a great day. Love you a bunch: Lynnette, Ahmber, and Gabriel.

Happy Birthday to My grandpa Simon Lucas on Nov. 4th. Hope you have a great day. Thinking of you as you turn 64 (holy cow, can't imagine what it must be like to be that OLD). Love you lots: Lynnette, Ahmber, and Gabriel.

Happy Birthday to Justin Lucas on Nov. 5th. Enjoy your day. Thinking of you. Love always your sister Lynnette, bro Shayne, niece Ahmber and nephew Gabriel.

Nov. 4th – Happy 6th b-day grandson/son Deshawn. Love you gramma Luxy, Mom (Janine) & Dad (Gooch).

Oct. 7 – This goes out to my gorgeous and only son for my sister Greta John and father of Earvin Frank Jr. is Irvin Frank Sr. He turned legs 11 years old. Happy 11th birthday to you! Love from your relatives of Ahousaht. The Johns, Mattersdorfers and Franks.

Happy Birthday to my cousin Miss Karen Rose Frank of Ahousaht. Well I sure hope you had a good one cousin. Always know that we care about you on this special day! So many more to come and we love you so much! On Oct. 15. Love from the Mattersdorfers your relatives.

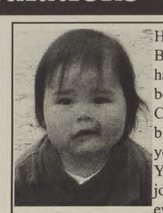
Happy 31st Birthday to Author Delmar Joseph of Vancouver. I sure miss you my friend. Hope your doing well. Oct. 15, he celebrated his birthday. From your friend always Carol Mattersdorfer and family.

Happy Birthday to Lucy Keitlah on Oct. 15. You sure must be special, I heard you had a good celebration. Many more to come my friend. From Carol Mattersdorfer.

Oct. 20 – to my darling niece

Nov. 1 – Happy 15th Birthday Anthony McIntosh. Love from auntie Luxy & family, Janine, Deshawn & Gooch.

Nov. 3rd – Emmy Fred, happy b-day niece. Thinking of you. Nelda Jackson, Dennis Touchie. Happy b-day old fart. Fr. Luxy & family.



Happy 1st Birthday to my handsome baby boy Jamal Z.M.K. Campbell. I am so blessed to have you in my life. Your smiles bring joy to each and every one of us. Hope you enjoy your day babe and I love you. Love your mom.
We would like to wish our darling grandson and wonderful nephew Jamal Campbell a Happy 1st Birthday. We love you Jamal and God Bless you. Love grandma Janice, grandpa Darrell and your aunties Julia and Sab.

Brooke Frank of Ahousaht. Many more to come my precious niece. I love you so much and always know that okay. Love from Auntie Carol, uncle Don and relatives Samantha, Nick, Fred, Jess and baby Dawn Mattersdorfer.

Happy Birthday to Rosalin Joseph, proud granddaughter for Linda, Corbett and Louie Joseph and mother is Caroline Joseph. So many more to come. You have a very special granddaughter that you all care for so much. From the Mattersdorfers.

Happy 2? Birthday to our aunt Jara D. of Nanaimo and sister for Dave Donahue, Donald Mattersdorfer and daughter for Marie Donahue. You are so special to your brother always know that he loves you and cares for you. Your nieces Jessica and baby Dawn. Thanks for sharing your kids with them for two weeks too. Many more to come. From the Mattersdorfers.

Happy Birthday to my cousin Bonnie and Moose Frank, both in Oct. Many more to come both of you and keep being strong there cousin Moose your looking good. Same with you Bonnie you're the best cousin in my eyes. A very good role model in our community. Keep smiling! Love from the Mattersdorfers.

Happy Birthday to Irvin Frank Sr. of Nanaimo. Many more to come there is that on Oct. 24th. But take care of yourself and each other okay. Until next time. Choo! From your relatives.

Happy Birthday to my big but lil brother Joe on Nov. 11th. P.S. where's my pictures of Isaah? Pinch o.e. 4 me! Love your lil but bigger sis Ang & Niece Dani.

Happy Birthday to my g-unc (Godfather-Uncle) Howard J. Tom Sr. on Nov. 18. Come to Oceanside there g-unc. Come visit me! Love ya. Miss ya lots g-unc. Lotsa love your Goddaughter/niece Ange & Granddaughter Miss Danielle in Oceanside in Parks!

Happy Birthday to neph/cuz Glenn "Butthead" Tom my bad, forgot your age! Not the day though, also to cuz/auntie Alex also on Nov. 20th. Love from your auntie Ang & cuz Dani next time you're in Parksville Glenn come visit bring Muckachee. I'm a skip and hop from Gramma and your other Aunties.

Happy Birthday to (Big Steve) uncle Steve on Oct. 15. I don't know how young you turned exactly. ha ha kidding! You're not getting old hey you're getting experience! Have a good one! and one for me too!) We miss you & love you. From niecey pie duch, wee-ooh Leo Jon & baby Abby.

Father… The one who has taught me how to be strong inside as well as out. Father… The one who has taught me how to take control. Whether to take control, whether be good or bad, Father… The one who has taught me to respect everyone, But most of all myself. Father… The one I love. In addition, cherish so much. Cha Ma Tuuk McKay (Gloria).
Mother… The one who has taught me how to have patience, to take it one day at a time. Mother… The one who taught me that material things don't mean everything, as long as we have one anther. Mother… The one who has taught me to open up my heart, to reveal my pain, especially to her. Mother… The one I hold close to my heart always and forever. Cha Ma Tuuk McKay (Gloria).

A Happy Anniversary to 2 special people in our lives on Oct. 31st Leo & Maxine Manson, Mom & Dad, Grampa & Gramma. We hope you guys enjoy your very special day. We love you guys more than you'll ever know. Thank you for everything you've done & for always being there for us. From your son Jon, Margaret & baby sunshine Abigail.

Nov. 1: Happy Happy birthday to a very treasured (not so) little girl Terri-Lee Margaret Manson. Oh baby chub you are getting so big so fast. You have an awesome day chub-eyes. We love you babe and miss you (especially Abby) too. From uncle Jon, auntie Margaret & your baby (sister) Abigail.

My Child
From the time you wake, you are like morning light;
Flooding the room with pure joy.
Take strength my child in knowing that you are loved.
Take pride in all that you do and remember that no one can take away your dignity unless you let them.
I promise that the hopes and dream I pass into your hands are supported with my unconditional love.
Forgive me if I sometimes seem impatient,
I will try my best to listen to every question and rejoice in every discovery.
So if I hold you a little tighter,
Don't think it strange.
I'm just trying to steal a few more moments while I can still cradle you in my lap.
For childhood is like a sunset;
Leaving you in it's warm afterglow as it beautifully fades away.
This poem is for my one and only baby girl Abigail Cassidy Titian who turns 1 year young on Oct. 20. My pride, my happiness, my love, my prayer answered from God. I now know my purpose in life. You are my reason for smiling, laughing and loving every day of the rest of my life. My baby, princess you will never know how much love I have for you or how proud I am of every thing you do and accomplish. Forever and always your one & only Mommy & Daddy.

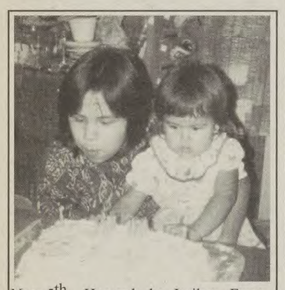
In Memoriam - ƛaƛakʷap

In memory of my loving husband
H. THOMAS DICK (July 20, 1942 - Aug. 23, 2002)

When Tomorrow starts without me, and
I am not there to see,
If the sun should rise and find your eyes
all filled with tears for me.
I wish so much you wouldn't cry the
way you did today,
While thinking of the many things we
didn't get to say.
I know how much you love me, as much
as I love you,
And each time that you think of me, I
know you'll miss me too.
But when tomorrow starts without me,
please try to understand,
That an angel came and called my name,
and took me by the hand.
And said my place was ready, in Heaven
far above,
And that I'd have to leave behind, all
those I dearly love.
But as I turned to walk away, a tear fell
from my eye,
For all life, I'd always thought, I didn't
want to die.
I had so much to live for, so much yet to
do,
It seemed almost impossible, that I was
leaving you.
I thought of all the yesterdays, the good
ones and the bad,
I thought of al the love we shared, and
all the fun we had.
If I could relive yesterday, just even for
al little while,
I'd say good-bye and kiss you, and
maybe see you smile.
But then I fully realized, that this could
never be,
For emptiness and memories, would take
the place of me.
And when I thought of worldly things, I
might miss come tomorrow,
I thought of you, and when I did, my
heart was filled with sorrow.
But when I walked through Heaven's
gates, I felt so much at home,
When God looked down and smiled at
me, from his great golden throne.
He said, "This is Eternity, all I've
promised you".
Today, life on Earth is past, but here it
starts anew.
I promise no tomorrow, but today will
always last,
And since each day's the same day,
there's no longing for the past.
But you have been so faithful, so
trusting and true,
Though there were times you did some
things you knew you shouldn't do.
But you have been forgiven and now at
last you're free,
So won't you take my hand, and share
my life with me?
So when tomorrow starts without me,
don't think we're far apart,
Fore every time you think of me, I'm
right here, in your heart.

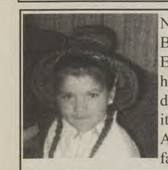
Love always your wife Veronica

Happy Birthday to our friend Witch on Oct. 27th. From your buddies Turbo, Hummingbird and Gerald.



Nov. 5th – Happy b-day Jerilyn. From Auntie Luxy & family. Happy Birthday Leanna Maquinna. Yahoo finally 19. Love you. Auntie Luxy & family.

Nov. 6th – Happy b-day Boyd Fred. Getting up there huh. Love you. Auntie Luxy & family.



Nov. 7th – Happy Birthday Starla Eileen. Hope you have an awesome day. You deserve it. Love you lots. Auntie Luxy & family.

When the Morning Raises

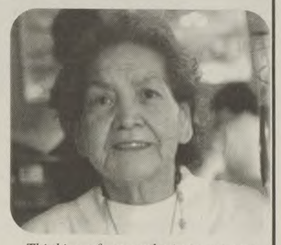
For our nephew Adam Fred - By Gloria Fred

When the morning raises
And your not here.
The light brings in,
A morning tear.
When a rainbow crosses over,
From far –far above.
I'm reminded of your laughter,
And how freely you shared your love.
We never thought we'd miss you so
The day we had to let you go.

You're on your great journey now
And until the tides bring us in.
We will meet again.

So this is not, to say good-bye
But just to let you know,
We miss you
And we love you very much so.
From our hearts, Love you always.
Uncle Muk & Auntie Gloria

In Loving Memory of our dear Mother Rose Ross ~ October 31, 1929



Do not grudge them their rest.
They have at last become free,
safe and immortal,
and ranges joyous through the
boundless heavens;
they have left this low-lying
region and soared upwards to
that place which receives in its
happy bosom the souls set free
from the chains of matter.
They have not lost the light of
day,
but have obtained a more
enduring light.
They have not left us, but have
gone on before.
--Seneca

Thinking of you and missing you on your birthday and always. From your daughter Annie, Dave & family, Allan (Joanne), Georgina (Cyril), Gloria, Sherry, Darrell (Lena) and all your grandchildren and great-grandchildren.

In Loving Memory of our Dear Son Adam Dennis Felsman

June 16, 1972 to October 28, 1995

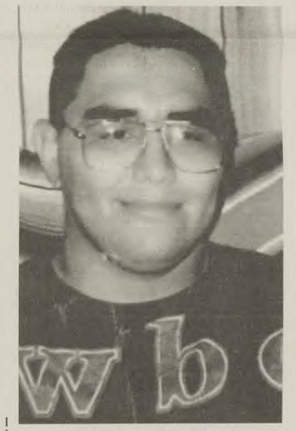
Adam Dennis Felsman – 1972 - 1995

My big brother, my strength, idol. I walked behind in your footsteps.
I pushed myself and accomplished as much as I could similar to you.
But your footsteps were longer than mine.
But I wasn't small enough to tackle you on the one-yard line.
Every sport you played, so must I.
We were the first brothers whose names were engraved as athletes of the year in Junior High.
Endless games in the rain, us brothers played which usually ended cause dinner was made.
Scars from football and rug burns from wrestling.
Twisted ankles from basketball and cramps in track.
That didn't stop us, we still kept hustling.
Nothing could come between us and our old brother.
We all looked out, and cared for one another.
He kept us unharmed through all times.
Played our parental figure and knowledge and encouragement rapped many rhymes.
I remember most of one phone call just past midnight.
You told me of my best gifts on my 12th birthday, of one of your sons you had before your flight.
May our Heavenly Father rest your soul and spirit in peace. I pray.

Love from your lil Bro…Coby H. Felsman

I miss you son;
but your silent strength is left behind
in the trees you planted,
in the courage, love,
and laughter of your sons.
Although you chose to leave
and I'll never know why.
I still love you deeply son.
It has been 8 years now since I last saw you,
my arms ache for your hugs,
my heart aches…
Because it was I who gave you life,
with great pride and honor;
you are my first born.
I will carry a lot of pain and still cry many silent tears.
You made me proud in so many ways.
You my son Adam, mean so much to me and always will.
My journey in this world will go on,
for the rest of my family.
I know that's what you'd want for me to do, but, I miss you beside me.
Thank you for the grandsons,
now I really know the reason you brought them to life so early in yours,
so we could enjoy them,
when you left.
One son looks like you, the other son is cheeky like you. They laugh hard like you, they walk proud and powerful like you.
We'll forever cherish memories we shared.
Thanks for trusting us to be your earthly parents to guide and direct you as best we could.
Our hearts will forever stay swollen with pride, for your hard works, to please yourself and many others; sharing graciously your friendly spirit, and your unforgettable smile and silly giggle for such a big guy.

Lovingly remembered from
Mom & Dad
Peggy and Earl Tatoosh Jr.



In Memory of our best Brother

Dear Adam
God looked around his garden and found an empty space.
He looked down upon this earth and saw your tired face.
He put his arms around you, and lifted you to rest.
Gods Garden must be beautiful.
He only takes the best.
He knew you were in pain.
He knew your struggling was only in vain.
He knew the road was getting rough and the hills were hard to climb.
So… He closed your weary eyes and whispered "peace be thine"
It broke our hearts to lose you.
But you never went alone.
For part of us went with you.
The day God called you home.

Sadly missed and never forgotten.
Thanks for the memories Bro. Forever and a day from Gilbert, Ozzie, Andrew, Earl III, your sisters Vera and Tammy.

NTC Treaty Planners meet under stormy skies

continued from page 5

to make clear goals and decide what it is we are really after. What do we mean when we say self-government? How do we achieve this self-governance and what do we do if the treaty process fails?" he asked.

Many of the motions dealt with on day two concerned practical matters of facilitating the split between the NTC treaty table and Maa-nulth-aht. From modification of strategic plans to legal matters, the motions were passed without lengthy debate.

The appointment of Chief Negotiators sparked lengthy debate as Northern Region Co-chair, Archie Little, is the last remaining original Chief Negotiator that was appointed by the table. The appointed Chief Negotiators would serve as spokespersons for the smaller NTC table. It was finally decided that a small committee would be formed to identify an appointment process for new NTC Chief Negotiators.

The next NTC Treaty Planning meeting will be Vancouver on November 6 & 7 with the location yet to be determined.

Nanaimo Urban Rep Michelle Corfield

News from the Ahousaht Hockey League 2003

There has been a Men's and Ladies League going since, the beginning of September, with 7 teams: Islanders, Flames, Wild, Chiefs, Avalanche, Hawks & Sharks.

It is going pretty good, also there has been some pretty awesome games happening. There will also be playoffs games coming up soon, which will really pack up the hall. Mind you it is already packed, and it is go good to see you people support the teams. We are also starting an 8-13 year old hockey league very soon, which will be awesome to have our children and youth busy.

We will need **VOLUNTEERS**, to help us out with that, come out and help your children. It will be nice to see you there. To date, on behalf of the Ahousaht Hockey League, Thank you, to the volunteers already, and you know who you are.

Organization: Gena and Larry Swan

Two brothers from the Mowachaht/Muchalaht Nation are looking for a permanent family. Curtis is fifteen, and likes riding his bike, kayaking, listening to music and reading. He is friendly and outgoing and has a good sense of humour. Chad is eight years old and is a delightful boy who enjoys skiing, skateboarding, bicycling and swimming. If you are interested in knowing more about these boys please contact Darlene Thoen at 250-724-3232 or Kathryn Grant at 250 741-5713. (false names have been used)

BRITISH COLUMBIA

Collecting Wisdom

A COMMUNITY DIALOGUE & A CALL TO ACTION FOR ALL COMMUNITY MEMBERS

We need your help in developing the future for Aboriginal children, family and community services on Vancouver Island.

Day One: Saturday
November 15th, 2003
Start: 10:00 AM

Day Two: Sunday
November 16th, 2003
Start: 9:30 AM

Dr. Martin Brokenleg will share his wisdom on how Aboriginal values, principles and teachings can act as a basis for the development of the Regional Aboriginal Authority.

On Day Two we invite you to set the agenda on issues that are important to you for the future of Aboriginal children, family and community services. The wisdom of everyone in the room will count.

EVERYONE WELCOME
Saturday, November 15th 2003 and
Sunday, November 16th, 2003
Location: Italian Canadian Fraternal Society Hall
4065-6th Ave. Port Alberni
For more information call VIATT: (250) 390-5484
or email Barbara.Lewadnuk@gems9.gov.bc.ca

First Nations Resort Wins Award

By Denise Ambrose,
Central Region Reporter

Tofino – The Tin Wis Best Western Resort, owned and operated by the Tla-o-qui-aht First Nation has received the 2003 Housekeeping Award by the British Columbia & Yukon Hotels Association.

George Atleo and Cecilia Wooliscroft, both Tin Wis staff and Nuu-chah-nulth members, will attend the awards ceremony at the Pan Pacific Hotel in Vancouver on November 3rd. Al McCreary, president of the BC&YH Association says their company will be awarded for 'having impeccable, consistently high housekeeping and maintenance standards'.

Tin Wis General Manager, Garth Elrick is pleased about the award. "This is an especially significant award as it is normally through guest recommendation and perhaps recognition of our Best Western Inspection score in August when operating at 100% we scored 985 out of a 1000."

Al McCreary, president of the BC&YH Association says their company will be awarded for 'having impeccable, consistently high housekeeping and maintenance standards'.

He praised his staff saying, "This is great recognition for our First Nations staff and ownership in promoting Tin Wis Resort and improves our reputation among our peers throughout BC."

ATTENTION UCHUCKLESAHT DESCENDANTS

Will all of those people, who are descendants of the Uchucklesaht First Nation, **PLEASE** contact Tina Robinson at the Uchucklesaht Office. As a part of our pre-treaty process, we are contacting people who have a direct bloodline and seeking their interest in transferring into the Uchucklesaht Tribe for the purpose of gaining treaty rights.

Phone – 250.724.1832 - Toll Free – 1.888.724.1832
Thank you

Tseshaht First Nation Cultural Resource Centre

Open to anyone interested in learning more about Tseshaht history.
Located at 5000 Mission Rd. –
Chi-chu-aht House/ Tseshaht Treaty office.

We have 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. 1-866-724-4225.

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.

HAVE YOU MOVED?

Hello Ucluelet First Nation Members!

We need your phone number, address & email addresses. We are currently updating our member's list for: - Distribution of Food Fish.
- Tribe Newsletters and
- Treaty Updates

****

Does anyone recognize or know the whereabouts of the following members?

- Gordon Bryson
- Jeffrey Fromme
- Alice Peters
- Sabrina Suprenant
- Jackie Hartman & Son, Adrian
- Joshua Schellenberger
- Roberta Charlie
- Alexandria George
- Norman Rivera
- Michelle Touchie
- Richard Feveile
- Jami Manson
- Ryan Rush
- Kimberly Redmon
- Teresa Grieve

Please call if you have information. YOUR HELP IS APPRECIATED!
CONTACT: Vi Mundy at (250) 726-2414 or email: vmundy@island.net OR
Leah Bill at email: leahbill@telus.net

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:

a. The child is covered under the parent medically, for only three months; and

b. 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

Career Opportunities - qʷi-caḥ-ta-mis

INVITATION TO TENDER

NTC TRANSLATOR CONTRACT POSITION

The Nuu-chah-nulth Tribal Council is seeking a qualified Translator for Tribal Council meetings. Reporting to the Manager of Ha-shilth-sa, this contract position will be suitable for an individual who can provide the following services:

- To provide English translation of the Nuu-chah-nulth language during NTC Meetings;
- To set-up and disassemble translation equipment;

Qualifications:

- Fluent speaker of the Nuu-chah-nulth language, and good understanding of NCN protocols and culture;
- Must be willing to travel, own a vehicle and possess a valid driver's license;
- Provide acceptable references;
- Provide an acceptable criminal record check.

Send a written tender outlining skills & abilities, and desired fee for service by: **November 7, 2003 to:**
Nuu-chah-nulth Tribal Council
PO Box 1383
Port Alberni, BC V9Y 7M2
Fax: (250) 723-0463
Email: hr@nuuchahnulth.org
(Word 97 attachments accepted)
Attention: Human Resource Manager

Interested Caterers – Call for Bids

Nuu-chah-nulth Tribal Council will be having an NTC Meeting on November 20th & 21st at Maht Mahs, Port Alberni.

Bids to include:

- Dinner on Thursday, November 20, 2003 for 400 people (sample menu)
- Provide coffee, tea, juice & water throughout both days
- Chumus(muffin/cookies/fruit) for approximately 150 people (Mid-morning 10:00am & Mid-afternoon 2:00pm – both days)

If you are interested or request more information please contact Arlene Bill @ (250) 724-5757.

Submit bids to: Nuu-chah-nulth Tribal Council
PO Box 1383
Port Alberni, BC, V9Y 7M2
Attention: Arlene Bill

The Deadline for all catering bids to be submitted no later than 4:30pm on October 31, 2003.

Experienced Bookkeeper – Part Time

To work under the Supervision of Ehattesaht Band Bookkeeper
Would be responsible for: Corporate Accounts, Shake N Shingle Mill
We'Shuk Oysters, Payroll, Accounts Payable, Accounts Receivable
GL, Sales Journal, Deposits, Prop for Annual Audit, Other duties as assigned, Band Reconciliation
Minimum 20 hours per week
Qualifications
AccPacc GL, AP Proficiency
Excel & MS Word Familiarity
Proven Sobriety
Bondable
Class 5 License and access to a vehicle
Provide Criminal Record Check
Prior related experience
Resume with two related references and at least one personal reference to:
Manager, Ehattesaht First Nation, PO Box 59, Zeballos, BC, V0P2A0
Posting open to qualified Nuu-chah-nulth member until close of business on October 30, 2003 at 4:30 pm.

Employment and Training Programs

This letter is to advise that the Nuu-chah-nulth Employment and Training Board has set a date to receive proposals for review.

The deadline date for proposals to be submitted to and received, by closing, at the NTC office is; October 31, 2003

Any application/s received after the above noted date will not be considered for funding at the next NETB meeting, (November, 2003).

As a reminder, the programs and criteria is the same as the Human Resources Canada programs. A BCR is to be submitted with the application/s. If there is more than one application submitted, the BCR must indicate the priority of the applications.

Please note that there is a limited amount of funds available for Consolidated Revenue Funds, Employment Insurance, Disability and Childcare programs.

The Childcare program requires that the center be **Licensed** and the staff are to be **Certified** to operate the center.

For proposals requesting funds under the Employment Insurance Program, you will be required to check and ensure the eligibility to participate on the EI program. The participants eligible to participate are those eligible to or receiving EI benefits, have received EI benefits in the past three years, or maternity/ paternity benefits in the past five years.

Should you wish to have a previous application reconsidered, please advise our office, in writing, of your application to be reconsidered.

Should you have any question, please call me at 724-5757.

Sincerely, Jack Cook, Program Coordinator

ECE DAYCARE WORKER

KAKAWIS FAMILY DEVELOPMENT CENTRE is seeking an ECE Daycare Worker.

Qualifications:

* Early Childhood Education Diploma / Certificate
* Know developmental stages of infancy and childhood
* Know mental, spiritual, emotional and physical needs of infants and children
* Understanding of FAS / E in infants and children an asset
* Understanding of family systems and family dynamics an asset
* Concepts of drug use and abuse and dependency an asset
* Knowledge of First Nations traditions and culture an asset

Your academic background will be supported by your experience in working with children.

All staff are required to be abstinent from drugs and alcohol for a minimum of 3 years.

Please submit your letter of application and resume by noon on November 7, 2003 to: The Personnel Committee, Kakawis Family Development Centre
P.O. Box 17, Tofino, British Columbia, V0R 2Z0
Or fax to: (250) 725-4285
Email: kakawis@tofino-bc.com

We thank everyone for their interest in this position; however only those individuals selected for an interview will be contacted. All candidates who have been short-listed will be required to have a mandatory Criminal Record Check.

ADDICTIONS COUNSELLOR

KAKAWIS FAMILY DEVELOPMENT CENTRE requires a full-time Alcohol and Drug Counsellor. The counsellor should be a team player and willing to work some flexible hours. The counsellor should be knowledgeable and experience in providing treatment planning, family and individual counselling, group facilitation and aftercare planning.

Preference will be given to candidates with the following qualifications:

- Minimum three years experience working the field of addictions
- Alcohol and Drug training or related discipline
- Demonstrate effective team membership
- Written and oral communication skills
- Experience working with First Nations

All staff are required to be abstinent from alcohol and drugs.

Please submit your letter of application and resume by noon on Wednesday November 7, 2003 to:
The Personnel Committee
Kakawis Family Development Centre
P.O. Box 17 Tofino, British Columbia V0R 2Z0
Fax: (250) 725-4285, Email: kakawis@tofino-bc.com

We thank everyone for their interest in this position; however only those individuals selected for an interview will be contacted. All candidates who have been short-listed will be required to have a mandatory Criminal Record Check.

MA-MOOK TRANSPORTATION

Unrestricted Class 4 Drivers Required

Ma-Mook Transportation is currently seeking applications for on-call un-restricted class 4 drivers for both the Tofino – Ucluelet & Port Alberni area. This position requires flexible individuals, with background to provide commentary for interpretive tours from Nanaimo, Parksville / Qualicum, and Port Alberni to the West Coast (Ucluelet & Tofino), therefore knowledge of First Nations Cultural and History will be an asset. Our company requires a clean driving record, and must be willing to apply for an ICBC driver's abstract.

Qualifications & Criteria:

- Unrestricted Class 4 Drivers License
- Knowledge of local First Nations Culture, History & Territory
- WCB Level 1 First Aid
- Defensive Driving an asset
- First Host or Super Host an asset but not required
- Experience in communications both Verbal and Written
- Any additional languages will benefit the job
- Ability to maintain written records as outlined in the National Safety Code
- Thorough knowledge and diligence for pre and post trip vehicle inspection records
- Ability to maintain the cleanliness of the vehicles
- Experience will be considered an asset

Physical Demands:

- Lift up to 50 pounds – lugged and cargo
- Driving from 45 – 2 hours before having a break

This position is for on-call position(s): it may lead to part time or full time position in the early spring. We are a First Nations owned and operated company; therefore First Nations applicants will be an asset. If you feel that you have the required qualifications, please send us your credentials (w/driver's license number, and date of birth) to the attention of:

Ma-Mook Transportation
Melanie Touchie – Business Coordinator
PO Box 790, Ucluelet, BC V0R 3A0
Fax: (250) 726-2488
Email: mtouchie@island.net

Community Events and Celebrations

Ucluelet First Nation Members
General Band Meeting scheduled
For Monday, November 3, 2003
Band Hall
Dinner 5:00 pm ~ Meeting to follow at 6:00 PM

Congratulations to the following for winning door prizes at October 6, 2003 band meeting:

1st - Wall clock - Vernon Ross
2nd - Framed picture - Gordon Taylor Sr
3rd - Framed picture - Arlene Touchie
4th - tea light candleholder - Timmy Jack

Central Region Nursing Updates/Schedules

Nursing Program Provides Additional Services – The Prevention & Education of Sexually Transmitted Diseases including HIV/AIDSChris Curley will be providing some additional nursing services for all fourteen of the Nuu-chah-nulth communities in the area of education and prevention of sexually transmitting diseases. Chris can be reached at (250) 725-1232 every Wednesday from 8 am until 7 pm. Please feel free to call with any concerns, questions, information etc. Jeannette Pattison – Ahousaht Ph: 250-670-9608Healthy Baby Clinic – Every Tuesday (newborn – 5years)Prenatal visits – 2nd & 4th WednesdaysSchool Visits 1st &3rd ThursdaySpecial Flu Clinic – November 5&6, 2003

Southern Region Nursing Updates/Schedules

* Penny Cowan Community Nurse RN ~ Port Alberni
Bread of Life Monday and Wednesday mornings
Blood pressure and blood sugar screenings.
Referrals, health counselling, immunizations.
Monday, Tuesday and Wednesday available for home visits to elders in town and those with chronic illness.
* Liz Thomsen Community Health Nurse ~ Ditidaht/Port Alberni
PRE-NATAL DROP IN
Every Monday 1:30pm – 3:30pm
Knee waas House
3435 4th Avenue Port Alberni Friendship Centre
For more info, please contact: Delavina @ 723-8281
* IMMUNIZATION CLINICS With Liz Thomsen
Every Thursday 12:00pm – 2:00pm
Knee waas House 3435 4th Avenue Port Alberni Friendship Centre
For more info, please contact: Delavina @ 723-8281
* HEALTH EDUCATION DROP-IN
With Liz Thomsen
Every Thursday 2:30pm – 3:30pm Knee waas House
3435 4th Avenue Port Alberni Friendship Centre
* Flu clinic at the PAFC with Liz Thomsen on Nov. 3 and Nov. 10 from 10:00 until 12:00 am.

Tseshaht Pre-school Screening Day!

Bring your babies and small children for their Health, Speech & Hearing, Nutrition, Dental and Stages of Growth and Development November 14, 2003 Stay tuned for more information in the next edition of *Ha-Shilth-Sa*!

CLASSIFIED CONTINUED

BOAT FOR SALE: 1992 - 25 foot Raider. Aluminum cabin, open fore and aft deck, adjustable outboat bracket, tandem galvanized trailer. $19,900 without engine, $29,900 with 2001 - 225 Merc Optimax. Call Roger Franceur 723-4005

BOAT FOR SALE: MV Ropo – no license. 40' fiberglass. Ex-freezer troller. Fully equipped. Freezer system only 2 years old. Harold Little (250) 670-2477.

FOR SALE - 40' Ex-troller and Spring nets made to order. Call Robert Johnson Sr. (250) 724-4799.

FOR SALE: Area "G" AI Troll License 37.5 ft. Contact Louie Frank Sr. at 250-670-9573 or leave a message at the Ahousaht Administration Office at 250-670-9563.

FOR SALE: 25' Mark 7 Zodiac. Call Leo Manson at (250) 725-2662 for more information.

FOR SALE: 38 1/2 ft "C" license $450.00 a foot. Donald Mundy (250) 720-5841.

FOR SALE: 2 cannon deep lines, used only one season. $400 each. 723-4374.

FOR SALE: New & Used Barclay Sound Sockeye Nets. (250) 923-9864.

FOR RENT: Equipment for power point and DVD presentations. Projector and Screen. By the hour or day. Deposit required. Telephone: 250-724-5290

WANTED: 18' - 19' Fiberglass Deep V Fishing Boat, Soft Top, (Double Eagle, Hourston, etc). Call Dale or Barb @ 250 - 283 - 7149.

CANOE BUILDING: Will build canoe, or teach how to build canoe. Call Harry Lucas 724-1494.

FOR SALE: 25' Bayliner powered by 350 Chev with Volvo leg. Excellent condition. $11,000. 735-0833

FOR HIRE: Pickup truck and driver. Need to have something transported or towed? Transport/move furniture, fridge, stoves, outboard motors, etc. Need your boat, canoe or travel trailer towed or moved. By the KM and by the hour. Call 250-724-5290

NOTICE OF POSTPONEMENT

The Memorial Potlatch Barry Wayne McCarthy (Bear) Scheduled for October 25 @ at the Alberni Athletic Hall has been *POSTPONED UNTIL FURTHER NOTICE.*
(Laura McCarthy)

Adam Fred Memorial Potlatch

As our son/brother focused allot of his personal life to his culture, we feel that it is important to say good-bye to his presence here on earth, but to also celebrate the joining of him with ancestors. Knowing our son/brother would want us to feed our people and thank all those who came and shared stories, hugs, tears during the time of our loss, we feel that it is important to set this special day as early as possible. We therefore have decided to hold a feast for our family, friends and ask that each of you join us to remember our young man for who we all knew him.
On January 29, 2005 at the Maht Mahs Gym, beginning at 12:00 p.m. We will close the doors to hold our opening ceremonies; we will then serve lunch at 1:00 p.m.
If you wish to help us or have any questions regarding this, we ask that you contact Gina Pearson (mom) at 723-4727, or Darleen Watts (grandma) 724-4873, or Josie Watts (auntie) 724-4987.

TO ALL THE AHOUSAHT YOUTH

The youth of Ahousat are planning to have a Wellness Youth Conference on May 13-16, 2004. We welcome all the youth. We will be sending more information, for more info please contact, Rebecca Atleo, Connie Manuel, or Nancy Titian at Maaqtusiis School 250-670-9589, or 250-670-2560.

Kakawis Family Development Centre

2003 Annual General Meeting

Saturday, October 25, 2003

at Tin Wis Best Western, upper meeting room
1119 Pacific Rim highway, Tofino, at 1:00pm.

Professional available for Workshops/ Conferences. Healing Circles/Retreats/ Canoe Journeys. Contract or full-time position. Holistic massage & aromatherapy with essential oils by **Raven Touch**. Please contact Eileen Touchie @250-726-7369 or 726-5505. - 5 Techniques combined into one full health experience. - Balance lymphatic system/relieve tired and tense muscles. - Pressure point care for overall health. - Facial cleansing and facial massage. - Elders age/baby age – focus on the age group to address their individual needs.

In Memoriam

JOEY DENNIS
Jan. 25, 1978 to October 19, 2002

Into our hearts and lives you are woven
As each day passes and tears continue to fall
The memory of your laughter echoes in our hearts
The love that you felt for us will live on into forever
The gentleness that was you will never be forgotten
Thank you for choosing us to be part of your family
Thank you for the memories you left behind
And to quote one of your favourite sayings,
'You're hurting my feelers!'
And that is exactly what we are feeling that
Our feelers are hurting!
The ache and heartache of a life without you
Is sometimes unbearable!
We Love You forever and Always and
Have one wish, to hold you close one last time!
Joey Dennis our adopted son, missing you forever
From Charlotte and K John Rampanen and Family

JR (Irvin Cosmos) FRANK - May 5, 1976 to October 19, 2002

To our very special nephew

We watched you grow from babyhood to manhood

Into our lives you brought laughter and happiness

You had kindness, gentleness, and love

We were fortunate to have being touched by your love

Your absence will forever leave a hole in our lives

But the memory of you will live on into forever.

One wish to hold you close one last time!
We love you forever and always JR

Forever remembered by Auntie Charl, Uncle John and the Rampanen Clan

CLASSIFIED

Arts

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" totems, canoes, leave message for Charlie Mickey at 724-8609 or c/o Box 40, Zeballos, B.C. V0P 2A0

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.

FOR SALE: carved whale teeth, whale bones and bear teeth.

WANTED: whale teeth, whalebones, mastodon ivory and Russian 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

Whopultheeatuk -
Sandra Howard, Mowachaht Cedar Weaver. Hats, Caps, Pouches, Baskets, Mats, and Roses for Sale. Price Negotiable. Barter or Trade. Ph: 250-283-7628. e-mail: oomek@hotmail.com.

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

Ben David
Nuu-cha-nulth
Northwest Coast Native Artist
Masks • Headdresses • Rattles
Bowls • Plaques ...and more!
4451 Beaufort St., Port Alberni, B.C., V9Y 5R3 - (250) 724-6831

Joe Martin
TRADITIONAL DUGOUT CANOES
• Canoes of any size
• Paddles
• Bentwood Boxes
• Logs for Longhouses
• Custom Alaskan Milling
Box 453, Tofino, B.C. V0R 2Z0

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

Jacko Graphics:
First Nations Graphics. Specializing in Native Vinyl Decals. (Custom Made/All Sizes). All types of Native Graphics. Call Now! Celeste Jacko. www.decalmakers.homestead.com or Email: ladybrave05@hotmail.com

Room & Board (0pportunity): Looking for Adult tenants for August 1 and September 1, (3 available), Non-smoking & non-drinking Home. Located in Port Alberni (south), close to bus stop. Clean private room. Tenants must be clean & responsible. $350/month - Hydro, cable and Internet access included. (References Required). Call 250-723-5503 for info.

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: 1 1999 Safari Van - 7 passenger, excellent condition - $12,000 (OBO). Contact (250) 726-7144 or fax (250) 726-2488.

FOR SALE: MotoMaster Cartop Carrier. Good Condition. Offers, call 723-3880

Will do professional bodywork and painting. Over 10 years experience. Marcel Dorward (250) 720-0155

FOR SALE: 1989 Ford Econoline 17 passenger bus. Auto, runs great. $5500 obo 723-2308

FOR SALE - 1997 Ford F350, 1 ton, crew cab with duallies and a/c. 55,000 km. $13,900. 735-0833

FOR SALE: 1990 Ford 2 wd 1 ton crew cab on propane. $2500. 735-0833

Employment Wanted /Services Offered

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ALL OCCASIONS
CALL: RENEE NEWMAN
(604) 723-2843
PORT ALBERNI,B.C.

House of Win-Chee
Aboriginal Fashion
P.O. Box 8013
Victoria, B.C. V8W 9R7
Ph: (250) 382-7979 Fax: (250) 382-7375
Email: winchee@pacificcoast.net

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Hot & Cold Pressure Washing 24 hours
Environmentally Safe Products
Commercial, Industrial, Residential.
"We work well under pressure"

Rissa Rae House Cleaning Services
Doing the Chores you wish you had time to do...
tel: 250.723.7476 email: rbnfrank@shaw.ca

Employment Wanted/ Services Offered

COU-U$ CA$H - 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, Nanoose Bay, B.C.

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

T.S.G. TRUCKING SERVICE: Moving And Hauling, Reasonable Rates. Tom Gus, 5231 Hector Road, Port Alberni, B.C. Phone: (250) 724-3975.

ʔumtłka Advisory for Histories, Governance, and Constitutions (forming governments). contact Harry Lucas, at 724-1494.

FREE LANGUAGE CLASSES: at Hupacasath Hall. Language Instructor - Tat Tatoosh. Monday and Wednesday Nights. 7 pm to 9 pm. (Bring your own pen & paper). Parenting Skills for Parents & Tots. Fridays from 3 – 4 pm. EVERYONE IS WELCOME. cuu kleco. Edward Tatoosh, Certified Linguist.

TSAWAAYUUS: SHARE YOUR TALENTS WITH YOUR ELDERS: Volunteers required for the following: ✓Give demonstrations ✓and/or teach basket weaving, carving, painting, etc. ✓We also need cultural entertainment. Contact Darlene Erickson at **724-5655.**

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.

SWEEPY'S CLEANING SERVICES: Samantha Gus: Need some Cleaning done? Don't have enough time? Good rates. Call 723-7645 or leave a message @ 724-2763. Windows, dishes, vacuuming, laundry, walls, shelves, etc. Custodial/ Janitorial certified. Commercial house keeping/ home making certified & Food safe.

GROWING THE CIRCLE COMMUNICATIONS GROUP: Video / music / CD-Rom or DVD production, website design or enhancement, book publishing, public relations, marketing, and training. Top quality professional productions at very reasonable rates. Contact Randy Fred, 530 Cadogan Street, Nanaimo BC V9S 1T4; Tel. 250-741-0153; e-mail: randyfred@shaw.ca. Chuu!

TOQUART BAY CONVENIENCE STORE: Open Year round! Located on Macoah Reserve. Status cigs available. (250) 726-8306. Shirley Mack Proprietor.

MOUNTAIN BOY (2000) - FAST-FOOD TAKE-OUT: 1627C Peninsula Road, Ucluelet, B.C. Pizza, Chicken, Ribs & Ice Cream. Open 7 days a week from 11:30am - 10pm. Deliveries after 5:30pm. Tel: 726-2221. Owners: Vi & Crystal Mundy.

NITINAHT LAKE MOTEL: New Manager is Lucy Edgar. I can be reached at Office # - 250-745-3844, Home # 250-745-6610, Fax # 250-745-3295. PO Box 160, Port Alberni, BC, V9Y 7M8.

Miscellaneous

HOUSE FOR SALE: 3 Bedroom with basement. Recently renovated. Serious enquires only please. All reasonable offers considered - cash only. Call Allan @ 724-3215 (Home) or 724-4041 (Work). Tseshaht members only.

HOUSE FOR SALE to TFN member on Esowista Reserve. Newly added 1 bdrm suite. Views of ocean & forest. Info: (250) 725-3482.

PRICED TO SELL. 14 ft. X 70 ft. Princeton 1993 Mobile Home. 2 Bedroom, plus 12 ft. X 18 ft. addition, Located at Sproat Lake Mobile Home Park. Can be moved, relocated. By appointment only. NO AGENTS! Phone: 724-5290.

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

FOR SALE: Beautiful Native Design Dress. New condition. Size 5-7. 724-3049.

FOR SALE: Custom built food cart with grill, deep fryer, sink, water pump, and lots of storage. 1 owner. $6500, obo. 724-4383.

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.

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

WANTED: Serger Sewing Machine to buy. Please call 724-4987

WESTCOAST TRANSITION HOUSE EMERGENCY SHELTER: For Abused Women and their Children on call 24 hours toll free **1-877-726-2020.**

PORT ALBERNI TRANSITION HOUSE: Call 724-2223 or call the nearest local shelter or crisis center.

HELP LINE FOR CHILDREN: 310-1234.

FOR RENT: 3 bdrm Bsmt Suite, heat, hotwater, hydro, blinds, w/d hookup, f/s, phone incl., Port Alberni old hospital area. $750/month. Available Sept. 1st. Phone 723-0308.

MISSING: White, toddler size Canucks jersey with "C. Little, #99" on back. Jersey of sentimental value taken from a Port Alberni home. Call 724-6434 or 724-2935 with information.

MISSING – 30 HP Yamaha. Any information please contact Boyd or Josh Fred at 723-5114 or 724-6491. Reward!

FOR SALE: SMOKED FISH, vacuum packed (by the sides), bags of Upsqwee. Call 250-724-6341.

Shared office space for rent on Songhees Reserve, Victoria. Call Tom at (250)885-9070

WOOD FOR SALE: $80 per cord. Leave a message @ 723-1129.

Employment Wanted / Services Offered

Elegant Advantage Decorating and Catering Services
Tracey Robinson @ home:723-8571, Margaret Robinson @ home:723-0789. We do all occasions: Weddings, Showers, Graduations, Banquets, Brunches, Dinners, * Super Host & Food Safe Certified*

ADAY 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.

N.E.D.C. BUSINESS NEWS

INTERNATIONAL MARKETING
exporting and e-commerce

As the accessibility of global markets becomes a fact of everyday business life through websites, e-mail, e-com, etc. our advertising, promotion and marketing challenges increase.
Not only do we require brochures, 1-800 numbers, business cards, print advertising, telephone answering services, etc. but we have to decide whether we are ready to bring our product to the international market. Are we `**export ready**' and, if we are, what then?
Here we have identified a couple of directories you may want to explore and added Tourism BC's international `export ready' marketing criteria to help you assess your product.

DIRECTORY OF ABORIGINAL EXPORTERS

The Aboriginal International Business Development Committee (members are comprised of the Team Canada Inc. Network and other agencies) is pleased to provide a directory of small and medium sized Aboriginal enterprises that are:

- exporting
- export ready, or
- export oriented

This directory will be used by Canada's trade networks at home and abroad to encourage Aboriginal participation in federal government international development activities.

TO REGISTER please contact:

Department of Foreign Affairs and International Trade
Export Services for Small and Medium Sized Enterprises
125 Sussex Drive
Ottawa, Ontario K1A 0G2
Phone: 613-944-0634
Fax: 613-996-9265
E-mail: rosi.niedermayer@dfait-maeci.gc.ca

THE VIRTUAL TRADE COMMISSIONER

The Virtual Trade Commissioner is your personal gateway to the Canadian Trade Commissioner Service. Just imagine:

- Receiving a personalized Web page containing market information and business leads that match your international business interests
- Requesting services online directly from the Trade Commissioners responsible for your industry in the markets of interest to you
- Being notified of new information related to your industry and target markets as it becomes available
- Making information on your company available to the 500 Trade Commissioners in our 140 offices abroad

Login to your Virtual Trade Commissioner anytime to view market information, business opportunities, make service requests and even update your company's registration information. Best of all, it's FREE! The web site address is: www.exportinfo.gc.ca (when you arrive at the site hit the red `English" button and it will take you into the Virtual Trade Commissioner)

ARE YOU EXPORT READY?

The following criteria is used by Tourism BC to determine if a supplier is ready to bring their product to international markets:

- in business at least one year with a record of safe and professional operation
- demonstrate an adequate budget and a marketing plan that includes international tour operators
- must understand the roles played by receptive tour operators (RTO's), tour operators, travel wholesalers and retail travel agents. This includes an understanding of the processes and client relationships involved in rack or retail pricing, agent commissions and wholesale net rates
- must be willing to include RTO's in marketing and sales strategies and implement a regular program directed to these operators
- be willing to provide and honour contracted wholesale net rates to RTO's - general guidelines available through Tourism BC
- provide detailed pricing and program information to tour operators and RTO's at least once a year in advance of the selling season
- be prepared to communicate and accept reservations by telephone, fax and/or email and provide same-day confirmations
- be willing to set-up billing arrangements with the operator, agency or RTO and accept client vouchers as confirmation of payment
- carry adequate insurance (minimum $3 million for adventure products). Your RTO may be able to help you - sometimes they can add suppliers to their policies at a nominal cost
- provide support (free or reduced rates) for international media and travel trade familiarization (fam) tours

A firm can also determine if it is export ready through a diagnostic test located on the worldwide web at www.exportsource.gc.ca. The site also lists information sources within each province. If you don't have Internet access call the Canada Business Centre at 1-800-811-1119 for assistance in your region.

NEDC PROGRAMS & SERVICES

NEDC develops and maintains partnerships to ensure that we can offer our clients the best possible loan packages with the most attractive terms and conditions as well as access to any related support or training services.
Your Business Development Officer (BDO) has been trained to put together the package that offers you the best deal and whether you are starting a forestry, tourism, fishery, youth or retail business your financial interests come first.
Our portfolio of loan funds include:

1. **Business Equity Program (BEP):** part of the Aboriginal Business Canada (ABC) Program the BEP provides a business equity contribution of up to a maximum $50,000.
   Contributions are strictly limited to the following four focus areas: tourism, technology, youth and innovation. You can apply on-line at abc-eac.ic.gc.ca.
   This pilot project has been extended to March 31, 2004.
2. **Aboriginal Business Canada (ABC) Program:** provides business equity contributions for requests over $50,000.
   Contributions are strictly limited to the following four focus areas: tourism, technology, youth and innovation. You can apply on-line at abc-eac.ic.gc.ca.
3. **General Business Loan Fund:** this fund provides loans to all industry sectors and all sizes of business
4. **Western Economic Diversification (WD):** this is the funding agency for the Community Futures Program and provides loans and business support for small to mid-sized businesses
5. **Persons With a Disability Program:** small business loans for persons with a disability. This loan fund is meant to assist clients with any type of disability whether mental or physical by offering them a reduced equity requirement
6. **First Citizen's Fund:** provides business loans to all industry sectors. The advantage to a First Citizen's Fund loan is that it includes a 40% forgivable component to each loan. This fund has a lifetime maximum of $75,000 per person.
7. **Forest Industry Business Program:** forestry related business loans including non-timber forest products, value added forestry and forestry tourism.
8. **ABC/WD Youth Program:** offering small business loans (to a maximum of $15,000), lower equity requirement, training and business counselling for youth ages 19 to 29 years inclusive.
9. **ABC Youth Forgivable:** a contribution applied to an ABC youth loan, this program forgives the last 25% of the loan.
10. **NACCA Youth Program:** offers small business loans to a maximum of $3,000 and a lower equity requirement to youth ages 15 to 29 years inclusive
11. **NACCA Youth Training and Mentoring:** a contribution program offering equity matching, mentoring, training and business counselling to youth from 15 to 29 ages of age inclusive
12. **NTC Forgivable Loans:** a program partnered with the NTC and offered only to Nuu-chah-nulth borrowers for NEW business loans. The forgivable loan component has a ceiling of $10,000 for individual and $25,000 for tribes.
13. **Fisheries Fund:** this partnership supports commercial fisheries related business loans by offering them both a reduced equity requirement and interest rate
14. **Feasibility Studies and Business Planning:** funds may be available to assist with large projects
15. **Preferred Client Status:** NEDC offers this status to clients we have dealt with for 3 years or more who have an excellent credit rating and demonstrated business viability. The benefit to the client includes a lower interest rate and a reduced requirement for project information.
16. **Business Training:** NEDC has a limited fund that is available to assist the business training needs of its clients. This can be used to help build the capacity of a business, upgrade skills and access new training.
17. **FirstHost:** a one-day customer service training program developed specifically for First Nation front line service givers. This program is available to all clients on a fee for service basis.
18. **Community Economic Development:** NEDC offers a variety of services in this area and actively seeks community input. Each year there are a number of business and or economic development workshops, conferences and training sessions held throughout the Nuu-chah-nulth region as well as community and/or group planning sessions.

All loans and programs are subject to NEDC eligibility criteria.
If you are interested in starting, purchasing and / or expanding a business please do not hesitate to visit our office at 7563 Pacific Rim Highway, give us a phone call at (250) 724-3131 or visit our website at www.nedc.info, our staff will be pleased to assist you.

Nuu-chah-nulth Economic Development Corporation

7563 Pacific Rim Highway, (next door to Tseshaht 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.