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# Ha-Shilth-Sa

Canada's Oldest First Nation's Newspaper - Serving Nuuchahnulth since 1974

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haašitsa "Interesting News"

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## Nuuchahnulth take centre stage at BC Winter Games

By David Wiwchar  
Southern Region Reporter

**Port Alberni** - Even though there were no Nuuchahnulth athletes at the 2004 BC Winter Games in Port Alberni, Nuuchahnulth were very prominent at the games, hosting two of the 25 athletic events, and a pair of social events.

Both Tseshaht and Hupacasath took centre stage at the event, and received accolades despite not receiving any medals or places at the podium.

**Both Tseshaht and Hupacasath took centre stage at the BC Winter Games in Port Alberni, and received accolades despite not receiving any medals or places at the podium.**

Hupacasath Chief Councilor Judy Sayers and Tseshaht Chief Councilor Dave Watts joined local leaders in welcoming dignitaries and 2150 athletes and their 2500 coaches, chaperones and parents to the Alberni Valley.

Tseshaht provided the Hahopayuk School gym for the table tennis venue, and invested more than \$20,000 in refurbishing Maht Mahs for the netball venue. They also hosted a cultural night at their Tseshaht longhouse where the Hahopayuk dancers gave hundreds of visitors an insight in to Nuuchahnulth culture.

Hupacasath joined with the City of Port Alberni in hosting a civic luncheon for more than 150 games sponsors, funders, and VIP's. Guest of honour Rick Hansen and others in attendance enjoyed a seafood feast and performances by Hupacasath singers

and dancers, and the Hahopauk singers and dancers who performed George Clutesi's play "A Strict Law Bids Us Dance" and their popular "Animal Kingdom" display.

"Through these games, people from around the province, and people in the Alberni Valley have learned a lot about our Nations through their contributions to the games," said Wilma Keitlah, a 2004 BC Winter Games Board of Directors member and North Island College Liaison.

The BC Winter Games was held in Port Alberni from February 26th through the 29th, and is the fourth BC Games the area has hosted (Summer Games, Disabled Games, Senior Games, Winter Games).

"I hope each and every one of you learned a little about yourself, your fellow athletes, and the world around you through your experiences at these games," said Sayers at the closing ceremonies.

"I hope you learned a bit about our communities and will come out to visit us again as you're always welcome in our territories," Watts said before a packed AV Multiplex crowd gathered for the games closing.

Many Nuuchahnulth-ah joined 2500 other area residents in volunteers at the games, and were saluted by all speakers for their dedication, and their commitment to the motto of the games, "Achieve, Excel, and Inspire". "The volunteers have done this community proud," said Games President Jack Parfitt. "We have a tremendous resource of people here, and I sincerely thank everyone who participated in these highly successful games."



Nuuchahnulth princesses Bethany Watts and Alana Sayers welcome hometown-hero Rick Hansen to a special luncheon at the Hupacasath House of Gathering.

## Crab Fisherman still missing

By David Wiwchar  
Southern Region Reporter

One of two crab fishermen is still missing after their boat capsized near Numukemis Bay on Tuesday, February 24th. Two weeks later, after the Coast Guard called off their search, Huu-ay-ah members and Bamfield residents continue to search along with the family of one of the fishermen.

Daniel Lazorko, a 42-year old resident of Port Alberni and long-time commercial fisherman, was working with the Huu-ay-ah Shellfish Development Corporation as a digger at its Numukemis Bay clam lease the day he disappeared.

After spending much of Monday, February 23rd digging clams, Lazorko was joined by a friend, identified only as being of Vietnamese descent, who wanted to go out crab fishing. At 3 pm, with the weather quickly getting worse, Lazorko announced to other clam diggers they were heading out in his small boat to check his crab traps. Despite numerous warnings about ominous clouds heading in from the Pacific, Lazorko and one of his friends headed out towards the traps less than a kilometre northwest of Sarita.

"They went out for crabs despite being told not to, and their boat broke down so they had to paddle back in," said Huu-ay-ah's Larry Johnson. "They got their engine going, and headed back out at 5:30 pm despite more warnings about worsening weather and the fact that it would be dark in half an hour," he said.

**Two crab fishermen are still missing after their boat capsized near Numukemis Bay on Tuesday, February 24th. Two weeks later, after the Coast Guard has called off their search, Huu-ay-ah members and Bamfield residents continue to search along with the family of one of the fishermen.**

The next day, after being alerted the two crab fishermen had failed to return, the Coast Guard located Lazorko's four-metre boat, partially submerged with only the bow showing, and the small outboard engine completely wrapped in nylon line from the crab trap they went out to check.

Coast Guard searchers were soon joined by Lazorko's Huu-ay-ah co-

Continued on page 2



Tseshaht Chief Councilor Dave Watts welcomes dignitaries and thousands of athletes, coaches, parents, and chaperones to the 2004 BC Winter Games at the sold-out opening ceremonies.

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**DEADLINE:**  
Please note that the deadline for submissions for our next issue is **March 19, 2004**. 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.



**Inspirational athlete Richard Peter**

By David Wiwchar  
Southern Region Reporter

**Port Alberni** - An inspiration to both the able-bodied and disabled, Richard Peter is passing on his skills and insights to a new generation of athletes. A wheelchair basketball player for the past 17 years, Peter recently brought home a gold medal from the 2000 Sydney Paralympics as a member of Canada's national wheelchair basketball team.

*"People have to use the potential that they do have, rather than focus on what they don't have," said Richard Peter, a member of Cowichan Tribes, and Canada's National Olympic Men's Wheelchair Basketball Team.*

"My girlfriend is on the women's team, and they've won three Paralympics and three world championships, so it was great when the men finally won gold at the same games the women also won gold. It was just like when the men's

and women's teams both won gold medals in hockey at the Winter Olympics in Salt Lake City," said Peter. "All the hard work paid off," he said.

A member of the Cowichan Nation, and related to many people in Nuu-chah-nulth territories, Peter was paralyzed at the age of four after being hit by a school bus.

"I'm very thankful that I just ended up in a wheelchair as it could have been a lot worse," said Peter. "And I'm thankful for all the support I've received from my family and my community through the years," he said. Wheelchair athlete Rick Hansen, who wheeled around the world raising money for spinal cord research, was a prominent guest at the recent 2004 BC Winter Games in Port Alberni, of which wheelchair basketball was a part. "Being born here [in Port Alberni], it's great that Rick has brought his message to these games, as he has helped wheelchair basketball get bigger and more popular along with a lot of other wheelchair sports," said Peter.

Having traveled to wheelchair basketball events all over the world, Peter is a shooting guard for the men's Olympic team he has been a member of since 1994, and is looking forward to the upcoming Paralympics in Athens, Greece. The Provincial Sport Organization Advisor for wheelchair basketball at the BC Winter Games, Peter freely shared his inspiring and instructional words with the younger athletes, and the many people around him. "People have to use the potential that they do have, rather than focus on what they don't have," he said.



Peter now lives in the "hub of wheelchair sports activity" of Vancouver.

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"People have to use the potential that they do have, rather than focus on what they don't have," he said.

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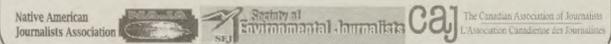
Hopefully the problem has been resolved, and we thank you for your cooperation and patience.



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 **30th year** of serving the Nuu-chah-nulth First Nations.

We look forward to your continued input and support.  
Kleco! Kleco! David Wiwchar, Editor / Manager



**Missing fisherman**  
continued from page 1

workers, Bamfield residents, local search and rescue teams, RCMP divers, and members of his own family who rushed out from Port Alberni. "I've known Dan for 15 or 20 years," said Johnson. "He was very experienced on the ocean so I'm surprised he took that chance," he said.

Described by Johnson as a hard worker with a "cocky" personality, Lazorko was said to be one of the top diggers on the crew, having been employed by Huu-ay-aht for the past year.

"We've been out there every day looking for them. There's been a lot of effort and we've covered every direction," said Johnson. "It is a big loss for his friends out here and his family. I hope he is found so his family can have closure," he said, adding the lessons learned from this tragedy are being used to form a first-response search and rescue crew in Bamfield.

On Tuesday, March 2<sup>nd</sup>, RCMP recovered the body of the Vietnamese crab fisherman, but as of press time, police had not released his name, and any trace of Dan Lazorko remain to be found.

**DIA assists Ahousaht to develop custom election code - too late for 2004 election**

By Denise August,  
Central Region Reporter

**Tofino** - It's an even year and that means that the two-year term of the current Ahousaht Chief & Council is set to expire this spring. Operating under out-dated and divisive DIA election codes Ahousaht Councils of the present and past along with off-reserve membership have fought hard to change the election system to a custom code, one defined for the members by the members.

Most Nuu-chah-nulth nations carry out elections under custom election codes that may be inclusive of all members regardless of where they live, or they might operate under a more traditional, hereditary system. Under DIA election codes, all members may vote in an election but only members living on reserve may be nominated for council. DIA estimates that 70% of Ahousaht membership live off reserve.

Ray Samuel Sr. says the issue goes back to 1986 when "we questioned Chief & Council about our voting rights". Since that time much work has been accomplished but political and legal changes have caused the much-desired reforms to be bogged down in bureaucracy.

A custom election code was drawn up by the 2002 election year but it was still in draft form and could not be legally utilized that year. Then Chief Councillor, Anne Atleo with her legal training contributed a considerable amount of time, effort and expertise to the document. A committee was struck at that time to refine the draft and it was sent off to DIA for their approval.

When it was time to prepare for the 2004 election year Ahousaht members learned the new election code was not in place and despite the best efforts of everyone involved, would not be in place for the April election. Wally Samuel called meetings with members

living in Port Alberni to update them on the status of the custom code.

Merlita de Guzman, DIA Electoral Officer presided over the March 4 nomination meeting in Ahousaht where there were 44 nominations for eleven council positions and one Chief Councillor position. The following day she arrived in Tofino to meet with Ahousahts living away from home to review the draft custom election code and answer questions.

The meeting was tense in the beginning as members demanded to know who was at fault for the current situation. Merlita placed the blame on DIA saying rules changed in 1999 due to the Corbierre decision causing confusion in Ottawa. Ahousaht's documentation for their custom election code she said, "fell through the cracks". "We (DIA) did not follow through with the Band to ensure steps were followed through, and hopefully the new code will be in place within six months," she explained.

She took the group of about fifteen members through the 20-page document explaining why suggested changes were made and making note of amendment suggestions. She said the finalized draft document would need to be ratified by a majority of all Ahousahts over eighteen years of age. Ratification, she said, should not be rushed until the document is thoroughly checked and meets the needs of everyone.

De Guzman says she is seeking funding from DIA to pay for the cost of the consultation process Ahousaht needs to carry out as well as the ratification process. She is confident the changes will take place very soon. "It's coming, it's going to happen," she assured everyone. "It's not going to fall through the cracks this time."

Ahousaht goes to the polls April 15. Mail-in ballots will be sent to those living away from home whose mailing information is current at the Ahousaht Administrative Office.

**Guujaaw to speak at Nuu-chah-nulth Dinner**

Haida Chief Giindajin Haawasti Guujaaw has accepted an invitation to be the guest of honour at the upcoming seafood dinner on the night of March 29 at Tin Wis.

Chief Guujaaw, accomplished artist and carver, is of the Raven Clan of the Haida nation and has been a driving force behind the policies and strategies that have led his nation to file for full Aboriginal title to their lands. The Haida Nation recently won an important victory for all First Nations in *Haida/Guujaaw vs. Weyerhaeuser*. This judgment compels governments to respect and accommodate aboriginal rights prior to the outcome of their court case. Guujaaw will be returning from the Supreme Court appeal hearing of this case when he visits Nuu-chah-nulth.

"We are honoured to have Guujaaw visit our territories and tell us about the Haida peoples experience with their Aboriginal title case against Canada and British Columbia," said N.T.C co-chair Shawn Atleo. "It is important to get the perspective of other nations that are fighting for recognition of their Rights and Titles in order to have a sustainable future," he added.

**To the membership of the four Northern Region Tribes;** Ehattesaht, Kyuquot/Checklesah, Mowachaht/Muchalaht, & Nuchatlath you are invited to join us in the final regional conference at the:  
**2004 Spring Conference**  
**Ts'axana Gymnasium,**  
**Gold River, B.C.**  
**April 14-15, 2004**

The theme still to be determined, if you have any questions or wish to volunteer for this event, please contact Ivan Wells, or Tanya Michael at our through the Northern Region Office at 250-283-2012, or fax us at 250-283-2122.

Forms and necessary information will be sent out to you, as they are made available.



**NTC hosts Capacity Building Workshops**

NTC Director of Finance Charlene Eng discusses federal reporting procedures with NTC Northern Region Nurse Lynne West, Tseshaht's Gail K. Gus, and Ditidaht's Maureen Knighton. The "Building Better Services with Communities" regional capacity building sessions are being held throughout Nuu-chah-nulth territories over the next few months, and are a way to update First Nations on the many changes the federal government now requires in program and finance reporting. The next sessions will be on April 5-6 in the Central Region, and May 3-4 in the Northern Region. The Southern Region session was held on March 1-2 at the Cedarwood Lodge in Port Alberni.

"The reporting is directly linked to dollars, and if reports aren't filed on time INAC will withhold funds," said Eng. "Everything we do has reporting requirements, and we're making sure everyone is able to meet these requirements," she said.

**Trumper backs fish farming on west coast, but not Alberni**

By David Wiwchar  
Southern Region Reporter

**Victoria** - Alberni-Qualicum MLA Gillian Trumper says it is time for the salmon aquaculture industry to grow bigger and better, but not in the Alberni Inlet.

"Aquaculture is vital to the West Coast and it has become something many families depend on to survive," Trumper says. "There are parts of the West Coast that would be considered aquaculture communities, I am thankful for that. The downturn of the forest industry over the years has forced many people to look for other options - aquaculture has been at the top of that list," she said.

Trumper was commenting on a new report from Federal Aquaculture Commissioner Yves Bastien that calls for streamlining of aquaculture application processes to help expand the BC salmon farming industry. Trumper says, if implemented, the recommendations could go a long way in improving one of the most important industries in Alberni-Qualicum.

Although Trumper is in favour of increasing the numbers of fish farms along the "west coast", she does not believe the Alberni Inlet should be a focus for expansion.

"I have concerns (about the two fish farms currently located in the Alberni Inlet), but as long as they meet all the requirements and are not encroaching

any streams, then I believe all the sites should be looked at very carefully, and make sure they follow all the rules and regulations and be monitored very carefully," said Trumper. "I certainly believe that in the Alberni Inlet they have to be looked at very carefully as to what they do there. They do need to be monitored very carefully, and if they're not keeping up with regulations they'll have to be moved," she said.

**"I certainly believe that in the Alberni Inlet they have to be looked at very carefully as to what they do there. They do need to be monitored very carefully, and if they're not keeping up with regulations they'll have to be moved," said Trumper.**

"I would be very concerned if there were more fish farms going in the Alberni Inlet, and I believe they should be located out on the west coast wherever those sites are appropriate." However, Trumper admitted she had no idea where those sites could be. "If it's in a First Nations' territory, then that First Nation has to be involved," Trumper said, but would not go so far as to give First Nations a final say on whether or not a fish farm goes into their territory.

**Upcoming Meetings**

Meeting	Date	Place	Start time
NTC Meeting	March 29-30	TinWis	9 am
Treaty Planning	April 6-7	Tin Wis	9 am

**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.



# Fisheries - ca'ca'-tuk

## Chiefs demand protection for spawning herring

By David Wivchar  
Southern Region Reporter

With herring season drawing near, the Barkley Sound First Nations are fearful past lessons have not been learned by Fisheries and Oceans Canada (DFO), and herring will spawn deep again this year unless immediate steps are taken. For the past few years, the once-abundant herring schools that come in to Barkley Sound to spawn, have been laying their eggs in extremely deep water, making the fish difficult to catch by seiners, and their eggs nearly impossible to harvest by First Nations.

**For the past few years, the once-abundant herring schools that come in to Barkley Sound to spawn, have been laying their eggs in extremely deep water, making the fish difficult to catch by seiners, and their eggs nearly impossible to harvest by First Nations.**

Each spring, dozens of large seiners gather in Barkley Sound for the annual herring fishery. As soon as DFO scientists determine the optimum time to harvest the herring, the water turns white, not from herring spawn but from propeller wash as the many boats and their small punts rush to lay out their nets, circle schools of herring, and pull their million-dollar sets on board. Hundreds of tonnes of herring are caught each year along BC's coast, mostly by Vancouver-based seiner crews. The actual fish is reduced into pet food and garden fertilizer as it is only the eggs producers are after, to feed the hungry Japanese sushi market.

**But over the last few years, First Nations fishers who drop hemlock trees or kelp bundles in order to harvest the traditional dietary staple of siihmuu (herring roe) have come up empty handed. Boughs that would normally be laden with numerous layers of roe, two inches thick, are being hauled up with barely a single egg.**

But over the last few years, First Nations fishers who drop hemlock trees or kelp bundles in order to harvest the traditional dietary staple of siihmuu (herring roe) have come up empty

handed. Boughs that would normally be laden with numerous layers of roe, two inches thick, are being hauled up with barely a single egg.

Traditionally, herring spawning areas were heavily protected by Chief's, and Nuu-chah-nulth spawn-on-kelp/bough fishers used special "silent paddles" whenever they ventured into herring spawning areas. It has been known for thousands of years that herring are easily frightened away by noises, but DFO has only recently begun to realize this. "Siuhmuu / Kwaqmis is traditionally very important to us as it is the first resource to return to our territories after the winter," said Elder Nelson Keitlah. "In the days of my grampa, no one was allowed to go into the spawning areas where the herring were looking for a place to spawn. Not even a noise from a canoe was allowed. People had a very high respect for the herring as they are a very important part of the food chain, and our diet," he said.

Keitlah fears the noise from vessels, machinery and sonar are driving the herring down to depths where their eggs will not survive. "We've been saying for years that the sonar and machines are a total disrespect to the herring, and as a result the herring are now spawning in deep water, and not coming near shore where we can feed on them," he said. "We haven't had much siihmuu/kwaqmis in recent years as it has been very scarce. We need to be able to harvest them in a natural, normal way, which is a much better way to do it than to harvest the roe by seiners."

Last week, Nuu-chah-nulth Chiefs requested that a line be drawn in Barkley Sound from Lyall Point to Toquaht's Macoah Reserve, protecting the waters of Macoah Passage, Mayne Bay, Toquaht Bay and Pipestem Inlet from seiner traffic, leaving the area unmolested for spawn on kelp/bough harvesting.

"We're reluctant to agree to any kind of exclusion zones because herring have tails and go wherever they want, so those fish may all end up inside those exclusion zones," said Laurie Gordon, fisheries manager for the west coast of Vancouver Island. "We do try to work with First Nations to minimize any noise and disruption around that area. Toquaht has a commercial spawn-on-kelp license they'll be working in that area, and of course they'll be using powerboats so there will be some noise in that area," he said.

"Our current wisdom is that noise is probably not the reason when the herring spawn deep," said Gordon, adding that



**Last year, Huu-ay-ah't's Larry Johnson (above) had the unenviable task of informing his community there was "zero" siihmuu on the trees the HFN fisheries crew put down in traditional spawning areas.**

surface temperature and weather patterns probably have more to do with spawning patterns. "Our fondest wish is that everyone is successful and that includes First Nations in their food, social and ceremonial fishery," he said.

**"In the days of my grampa, no one was allowed to go into the spawning areas where the herring were looking for a place to spawn. Not even a noise from a canoe was allowed," said Nelson Keitlah.**

DFO estimates 33,750 tons of herring will be spawning along the west coast of Vancouver Island within the next few weeks, with Esperanza Inlet predicted to be the major center for commercial fishing efforts. Of the total amount of herring available, the 38 boats in the seine fishery have been given a 3500 ton quota, Esperanza-area gillnetters get a 1200 ton quota, and test fisheries will be taking 533 tonnes for a total of 5233 tons. There is also a spawn-on-kelp (SOK) allocation of 400 tonnes shared between two licenses belonging to Ehatesaht and Ka:yu:k'th / Che:ktles7e'th in Esperanza, Ahousaht's license in Clayoquot Sound, and Toquaht's license in Barkley Sound.

"We want to minimize the traffic and disturbance in the sacred herring grounds by industry and DFO observer boats from sun up to sundown," said Larry Johnson, who is organizing a cooperative response from all Barkley Sound First Nations to DFO's position against a proposed exclusion zone. "We're working together to right the wrong of DFO consistently putting industry profits ahead of our constitutionally protected Aboriginal rights," he said. "Last year their commercial fishery reached their quota but we didn't get anything. We can co-exist with the gillnet fishery, but the seine fishery takes the fish even before they reach the spawning grounds."

## Herring & Noise

### Science matches traditional knowledge

In an article in the *Canadian Journal of Fisheries and Aquatic Sciences* (1984), it was shown that noise has a profound effect on the swimming and spawning patterns of Pacific Herring, particularly if those noises come from boats and fishing gear.

"There is a significant amount of scientific literature on sensitivity of fish to sounds and the effects of those sounds on their behavior," said Central Region Biologist Josie Osborne. "Herring have never been reported to be attracted to any natural or artificial noises, but have responded negatively to some," she said.

According to Osborne, there has been some scientific interest in the effect of seine and gillnet boats on the very fish that they are trying to catch. DFO scientists Abby Schwarz and Galen Greer looked at the responses of Pacific herring to a variety of noises, including boat motors, fishing gear, and natural noises such as rain, gull cries, sea lion barking, and killer whales. They found that herring gave no response to many sounds, but they gave negative responses to many others. The first type of negative response was avoidance; if they were feeding heavily they stopped and sank about 1 metre below the surface, packed up, polarized and slowly moved away from the noise. The second type was alarm; they packed, polarized, and fled away and downward from the noise regardless of their previous behavior. The third type of response was startle; a single powerful flexion of the body followed by a 5 to 10 second period of faster swimming, without changing their original heading. School formation was not affected by the startle response.

Avoidance was the most usual response to playback sounds of motors and fishing gear. Bigger motors had lower frequency sounds and were heard from farther away than small motors. The response was always directional - away from the source.

"Sounds made by large vessels approaching at constant speed were avoided by most groups," said Schwarz and Greer in their 1984 study. "Avoidance ended within 10 seconds after the vessel began departing and its noise began diminishing in intensity, but although the fish returned to the vicinity of the sound source they did not approach the surface again for 1-3 minutes more."

The study concluded the larger the vessel, the greater the distance from which it can elicit a response from herring. Sounds made by approaching vessels were more effective in eliciting a response than steady sounds or departing vessels. Because vessels obviously approach then depart a specific place, the fish would increasingly react as a boat gets nearer (amplitude of the noise increases) and "relax" as the vessel departs. The larger the vessel, the lower frequency noise it emits (the deep throb of an in-board diesel engine vs. the whiny high pitch of an outboard) - lower frequency noises elicited stronger responses. Seiners appear to be major source of aversive stimuli in the fishing fleet for herring.

# First Nations Fisheries Panel meets in Nanaimo

By David Wivchar  
Southern Region Reporter

**Nanaimo** - A panel of First Nations fisheries experts have been travelling the province, hoping to find consistent recommendations to take to federal and provincial fisheries managers and ministers.

"Our mandate is to listen to First Nations and write a report on allocation and management by March 31st," said panel chairperson Neil Sterritt. "From a First Nations perspective, what do you think the fishery will look like, and how will it be managed in the future? The panel has been asked to articulate a vision of a viable post-treaty fishery that addresses both fisheries management and allocation changes," he said.

Panel members Sterritt (Gitksan), Russ Jones (Haida), and Marcel Shepert (Carrier-Sekani) were appointed by the BC First Nations Summit (BCFNS) and BC Aboriginal Fisheries Commission (BCAFC) to travel the province and provoke discussions amongst First Nations.

"We're acting on behalf of all Aboriginal people in the province, and have held meetings in Kamloops, Prince Rupert, Smithers, Prince George, Cranbrook, Port Hardy, Nanaimo and Chilliwack," said Sterritt. "The panel has been tasked with describing a workable framework for fisheries management and principles to guide negotiations of both allocations and fisheries management between First Nations and Canada. The Panel will focus on migratory fish stocks that are subject to multiple users since these are the major challenge," he said. "But any BC fishery that may be addressed in treaty negotiations will also be studied."

**"From a First Nations perspective, what do you think the fishery will look like, and how will it be managed in the future?" asked Neil Sterritt.**

Jeff Thomas of Snuneymuxw welcomed delegates from as far away as Bella Bella, west coast of Vancouver Island, and Victoria, and spoke on work being done by his Nation to protect shellfish areas within their territory, after NTC Ha'with Protocol Worker Willard Gallic offered the opening prayer.

Half of the 30 people in attendance were from Nuu-chah-nulth First Nations or NTC, reflecting the strong interest in fisheries management of west coast species.

Over the next day-and-a-half, the panel would hear from more than two dozen

speakers from various First Nations around Vancouver Island and the BC Central Coast.

The first speaker was Ditidaht Chief Councillor Jack Thompson, who spoke against the current federal allocation framework, claiming the structure infringes on Aboriginal food, social and ceremonial fishing rights because it is overly restrictive, and does not react quickly enough to in-season forecast changes.

**"Our Chiefs have governed our fisheries on the west coast thousands of years before the Government of Canada came around," said Robert Dennis. "Over the past 150 years our Nation has gone from extremely wealthy in resources, and have become increasingly impoverished as our access to all our resources have been taken away one by one," he said.**

Thompson, along with Judi Lamb, Carl Edgar, and Jim Christakos answered questions from the panel on the points they presented on area-based management and economic provisions needed for a healthy post-treaty First Nations fishery.

On the second day of meetings at Nanaimo's Coast Bastion Hotel, Robert Dennis spoke on behalf of the Maa-nulth Nations, before Cliff Atleo Sr. (Ahousaht), Shawn Atleo (NTC), and Pete Tatoosh (Hupacasath) added their perspectives to the discussion. Nuu-chah-nulth speakers made up half of the speakers on the day's agenda.

"Our Chiefs have governed our fisheries on the west coast thousands of years before the Government of Canada came around," said Dennis. "Over the past 150 years our Nation has gone from extremely wealthy in resources, and have become increasingly impoverished as our access to all our resources have been taken away one by one," he said, before spelling out a number of fisheries options Maa-nulth Nations are exploring through final agreement negotiations. Roy Alexander, Advisor to NTC Commercial Fishermen told the panel about the report of early explorers and government agents, who wrote in their journals about the wealth of the Huu-ay-ah't, and other Nuu-chah-nulth Nations. "Only 30 years ago, 80% of people living in Nuu-chah-nulth communities worked in the fishing industry," said Alexander. "Today, 80% of people in Nuu-chah-nulth communities are unemployed and we have all seen the conditions that has created," he said. "The federal system of management has never worked for us and that has to



**The first speaker was Ditidaht Chief Councillor Jack Thompson, who spoke against the current federal allocation framework, claiming the structure infringes on Aboriginal food, social and ceremonial fishing rights because it is overly restrictive.**

change soon," said Ahousaht Chief Negotiator Cliff Atleo Sr. "I remember us being self sustaining people. I remember us having one of the largest fishing fleets on the coast. But after numerous federal licence reduction programs and other similar initiatives, we're now on the outside looking in, and that has to change," he said.

After lunch, Central Region Co-chair Shawn Atleo was joined by Central Region Biologist Josie Osborne and Roy Alexander in presenting a paper from the Nuu-chah-nulth Tribal Council. "This is a very timely meeting given the discussions we've been having with the federal and provincial governments on fisheries matters," said Atleo. "The main issue for Nuu-chah-nulth is the loss of access to aquatic resources. The devastating reduction in commercial participation has led to a severe reduction in access to food and ceremonial harvest," he said.

"Canada refuses to recognize in treaty, the rights and title of First Nations to earn a living from their aquatic resources. Canada will not recognize that the food, ceremonial and economic needs of First Nations will continue to grow as First Nations populations increase," Atleo said. "First Nations need harvest levels that are flexible to meet community economic needs. First Nations participation under the current government mandate requires access through the existing federal licensing system in which First Nations are considered minor stakeholders with little influence on management and allocation

decisions. First Nations, after agreeing on a harvest level, need their own licensing, monitoring and management plans. This self-control is essential in developing high value markets to maximize the return to the First Nations living in remote communities," he said.

"How can a federal licence represent our way of life," said Hupacasath's Pete Tatoosh who made a presentation along with his nephew and Hupacasath Fisheries Manager Tom Tatoosh. "My grandmother told me 'if you take care of your river, it will provide you with fish every day of the year'. Because of the pilot sales agreement, and various federal mismanagement plans, we can only fish a few days each summer, and now we don't even know if we'll have that because of the Kitchen decision," he said.

BC Supreme Court Justice Kitchen caused the withdrawal of pilot sales agreements on the Fraser and Somass rivers, even though the case dealt specifically with non-Native protesters fishing on the Fraser. The decision is being appealed. "We've never given up our Aboriginal rights, and we only accepted the pilot sales agreement because it was supposed to benefit our community," said Tom, who listed other federal fisheries initiatives to assist First Nations. "Those benefits never happened," he said.

The panel has one final day of meetings in Chilliwack before they begin writing their final report which will be released in April.



**"Our mandate is to listen to First Nations and write a report on allocation and management by March 31st," said panel chairperson Neil Sterritt, who introduced fellow panel members Marcel Shepert and Russ Jones. "The panel has been asked to articulate a vision of a viable post-treaty fishery that addresses both fisheries management and allocation changes," he said.**



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# Education - ھا-ھو-پا

## First Nations Award Dinner at A.D.S.S.

By Angie Miller  
for Ha-Shilth-Sa

**Port Alberni** - On Wednesday, February 18, an awards dinner was held at the Alberni District High School to honour First Nations' students who recently completed their first semester.

Full-time students at A.D.S.S. take four to five courses per semester and now receive two report cards per semester (half year). The First Nations' Steering Committee wanted to recognize the achievements of First Nations' students and begun by acknowledging students who demonstrated excellent work habits. The following 20 students were honoured for receiving at least three "G"s on their report cards for their work habits in both terms.

### FIRST SEMESTER 2003 - 04

**Grade 9:** Josh Deakin, Michelle Gallic, Kayla Girard, Juliann Hamilton, Alicia Richard, Curtis Sowden, and Angela Titian  
**Grade 10:** Leanne Billy, Kerry Erickson, Brittany Johnson  
**Grade 11:** Samantha Fred, Shirley Galbraith, Brian George, Chelsey Ingram, Marissa Power, Maddie Robertson, Nikki Robertson, Katie Stewart  
**Grade 12:** Richard Bauer, Cynthia Eaton

Congratulations, to the following students who achieved 4 "G"s in both terms! As a bonus all received tickets to a Bulldog hockey game.

GR. 9: Christina Evans, Teresa Johannessen, Jeremy Shumuk  
GR. 10: Alysha Gaudet, Blair McCulley, Rachel Moloney, Chris Sowdem  
GR. 11: Louise Little, Darci Morris, Rachel Tebbutt  
GR. 12: Shayne Casavant, Victoria Dick, Coraleah Johnson

Congratulations to all the students and the parents and/or guardians for a job well done. Keep up the good work in the next semester.

In upcoming "Community Dinners" the First Nations' Committee will be honouring more students for their achievements in sports and service as well as academics. We look forward to the lists of successful students getting larger.

The First Nations' Committee would like to thank Mr. Bellas's Foods 12 class for the preparation of the soup, bannock, and blackberry dessert. Everything was enjoyable. As part of their curriculum it was a job well done. Many thanks go to the generous souls for contributing their hockey tickets to this dinner.

If you have any questions about upcoming events you can contact any member of the First Nations' Committee. They are as follows: Dave Hooper, Pat Dowling, Bill Maxon, Neil Anderson, Lisa Trembley, Kerri Robertson, Rosalie Harper, Don Stevenson, Linus Lucas, and Angie Miller. Job well done and thank you for your recognition of the students.



Announcing certificate recipients at ADSS awards dinner

## Attention all 1976 - 1980 Graduates of Ucluelet Secondary School - Reunion happening July 2 -4 -

We are in the process of gathering names for our reunion. If you graduated in 1976 - 1980 from Ucluelet Secondary School and would like to come to the reunion could you please contact Karen Severinson at Box 21, Ucluelet, B.C. V0R 3A0 or email kseverinson@hotmail.com or call 730-0018. Thank you.

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čuk<sup>w</sup>aa naa<sup>?</sup>uuqsta<sup>?</sup>in huhtak šiih

come join us in learning

- |   |                                     |
|---|-------------------------------------|
| 1. latus  | star                                |
| lalusayit <sup>?</sup> is <sup>?</sup> ?athii   | there are stars in the sky tonight  |
| 2. hupař  | sun or moon                         |
| ?iwwaciãa <sup>?</sup> is <sup>?</sup> hupař  | the moon is getting bigger          |
| k <sup>?</sup> aafk <sup>?</sup> aa <sup>?</sup> ta <sup>?</sup> is <sup>?</sup> hupař    | the moon is getting smaller         |
| 3. huupk <sup>?</sup> isla <sup>?</sup> ta <sup>?</sup> is <sup>?</sup> hupař             | the sun is rising                   |
| huup <sup>?</sup> atuya <sup>?</sup> is <sup>?</sup> hupař                                | the sun is setting                  |
| 4. řiwahmis   | clouds                              |
| řiwahak <sup>?</sup> is <sup>?</sup> it's cloudy  |                                     |
| řayix <sup>?</sup> ayit <sup>?</sup> is   | it's traveling fast (clouds in sky) |
| 5. kaaãhšit   | getting light                       |
| tuumaqstux  | getting dark or eclipse             |
| 6. řiihãiia   | lightning                           |
| řiihãiium <sup>?</sup> is <sup>?</sup> ?athii   | there was lightning last night      |
| 7. řiickliicka  | thundering                          |
| řiickliicka <sup>?</sup> it <sup>?</sup> aaš <sup>?</sup> ?athii                          | it sure was thundering last night   |
| 8. ha <sup>?</sup> ukwitas <sup>?</sup> is <sup>?</sup> řiniã <sup>?</sup> is             | the dog is going to eat             |
| "witas" signals the future (future tense)   |                                     |
| 9. ha <sup>?</sup> uk <sup>?</sup> is <sup>?</sup> řiniã <sup>?</sup> is                  | the dog is eating (present tense)   |
| 10. ha <sup>?</sup> uk <sup>?</sup> it <sup>?</sup> is <sup>?</sup> řiniã <sup>?</sup> is | the dog was eating (past tense)     |

Adding ?i to the end of a word is like saying 'the' dog.

řiniã<sup>?</sup> - a dog řiniã<sup>?</sup>is<sup>?</sup> - the dog

čakup - a man čakup<sup>?</sup>is<sup>?</sup> - the man

When sounds like -ři or -či are added at the end of a word, the addition is called a suffix. It changes the meaning of words.

### HANDS AND FEET

- |                            |               |                          |               |
|----------------------------|---------------|--------------------------|---------------|
| 11. kuk <sup>?</sup> inksi | hands         | 16. řuu <sup>?</sup> ãcu | ring finger   |
| 12. řiãisaqñukum           | fingers       | 17. kařka                | little finger |
| 13. řiihkumc               | thumb         | 18. řiãisaqhtum          | toes          |
| 14. kupyak                 | pointer       | 19. řišk <sup>?</sup> in | feet          |
| 15. taayii                 | middle finger | 20. čařãa                | nails         |

### SOUNDS:

- |   |   |
|---|---|
| ř --- tla   | c --- ts as in cats                                     |
| ř --- tla plus uh   | č --- ts plus uh  |
| č --- ch  | x --- sound like a cat's hiss                           |
| ř --- t plus uh   | x --- as if to clear throat of an object                |
| h --- as if to breath on glass to clean   | ř --- put tongue behind teeth and let                   |
| q --- like a k made in the throat   | air flow out on sides of tongue                         |
| š --- sh  | pharyngeal, as in the word for dog - řiniã <sup>?</sup> |
| ? --- close throat and open it, releasing air, as in the exclamation uh-oh. A glottal stop. | w --- like w in wish                                    |
| ř --- i - made deep in throat,  | w --- w plus uh   |
| y --- like y in yes   | q <sup>?</sup> --- k made deep in throat plus w         |
| ř --- y plus uh   |   |

Submitted by Central Language Program in

čuumu<sup>?</sup>as (Port Alberni)

# Sports - ?im-čap-mis

## A.D.S.S. Junior Girls Basketball

Written By Dave Hooper  
Submitted by Linus Lucas



**Port Alberni** - The ADSS Junior Girls ended their season on a good note by defeating a team from Bellemas Secondary School from Parksville.

Juliann Hamilton (Hupacasath), Kaytlen Lucas (Hesquiaht), and Brooke Pighin (Cree Nation) are three members of First Nations' descent that were members of the team. Although the season has ended, coaches Linus Lucas and George Hamilton were pleased with this year's outcome and are looking forward to next year. Positive attitude and improvement made for a good year and "It was a learning experience for me as well" says rookie coach Linus Lucas.

The girls encountered a few obstacles along the way but improved with each game. There was a late start to the season and this is the first year that ADSS has had a grade nine girls

basketball team. The league schedule had already begun when the team got started so there was a scramble to get games either through exhibition or tournaments. The games ended up being against some very strong core grade ten teams. The coaches are optimistic about next season, as the team will have a core grade ten team to compete with. They intend to have something to say to the Mid-Island league in 2005! Girls interested in playing ADSS Junior Girls basketball next year should see Linus or George at the school. Look forward to meeting you.

## WHAT'S UP AT NEILL MIDDLE SCHOOL?

**MONTHLY RECOGNITION AWARDS:** Mercediese Dawson, Justin Fontaine, Vince Fred, Kameron Gallic, Brendan Hamilton, Meara Harrigan, Frankie Hiltz, Greg Johnson, Lana Koehle, Brenden Lundy-Sam, Cody McCarthy, Damon Rampanen, Theresa Robinson, Ken Sam, Kerrilyn Shannon, Melina Watts, Kelsey Amos, Natasha Billy, Corey Dievert, Chelsea Flottvik Lauder, Jordan Gallic, Alex Gus, Kenan Jules, Kelly Robertson, Paula Watts, Tyson Watts, Lloyd Wilson.

**SKI TRIP:** The February 11, 2004 Ski Trip was a Great Success. 132 students hit the slopes in beautiful weather. Special Thanks to all the Parents and Chaperones who assisted in this day of fun. The next Ski Trip (March 20<sup>th</sup>, 2004) is FULL with a lengthy waiting list.  
**HOT DAWG DAY:** February 23, 2004 we had 6 players from the Alberni Valley Bulldogs in our

school. They served up hot dogs and drinks to most of the students. All proceeds will go to year-end First Nations field trips and presentation. Thanks to:

- Doug Krantz #4
- Curtis Tidball #22
- James Ardelan #12
- Alex Staudt #15
- Ryan Storey #27
- Nenad Gajic #10



### Lahal Tournament - March 26, 27, 28, 2004

Somass Hall, Port Alberni, B.C.

Fund-raising for P.A. Friendship Center Elders to go to the 2004 Elders Gathering in Kamloops in July. Fun games Friday night at 9:00 p.m. Start time 12:00 noon Saturday. Entry fee - \$100.00 (2-8 players) Come out and support the Elders. Kleco, Kleco!  
For more information call Ray Samuel at 723-9147 or call the P.A. Friendship Center at 723-8281 Concession \* Raffles \* 50/50 Draws

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# Tournaments

## 2ND ANNUAL LANNY ROSS MEMORIAL BALL HOCKEY TOURNEY

March 19, 20, 21, 2004 at Maht Mahs Port Alberni BC  
Men's Entry Fee \$300.00 - First Place 1000.00 Based on 8 Teams  
Women's Entry Fee \$250.00 - prize depends on how many teams  
All-stars, Concession, Kids Games, 50/50, Raffles and Fun!  
For more info please call Ed Ross @ (250) 723-6400

## WANT TO TRY LACROSSE?

### COME JOIN US AND TRY LACROSSE

Where: Maht Mahs Gymnasium (5000 Mission Rd.)

When: March 26<sup>th</sup>, 2004~ Time: 3:00pm- 5:30pm ~ Cost: NOTHING!  
SPONSORED BY: British Columbia Lacrosse Association & the North Shore Indians Lacrosse Team. SUPPORTED BY:  
Tshesht First Nation & Alberni Valley Minor Lacrosse Association  
Door Prizes!

Just bring your running shoes, hockey gloves (optional); helmet (optional) and a lacrosse stick if you have one.

CALL SHERRI COOK FOR MORE INFO (250) 720-0923 EVE.

Alberni Valley Minor Lacrosse Association will have a registration table set up for those interested in signing up for the 2004 lacrosse season.

## THUNDER INVITATIONAL ALL NATIVE BALL HOCKEY TOURNAMENT

March 26<sup>th</sup>, 27<sup>th</sup>, & 28<sup>th</sup>, 2004, Maht Mahs Gym, Port Alberni  
8 Men's Teams - 6 Women's Teams

Men's Entry Fee: \$300.00 ~ Women's entry Fee: \$250.00

Deposit required to secure place in draw:

Men must have a \$150.00 deposit in to Thunder by Mar 21st.

Women must have a \$100.00 deposit in to Thunder by Mar 21st.

Prize Money as follows: Men's: 1<sup>st</sup> Place: \$1000.00. 2<sup>nd</sup> Place: \$500.00. 3<sup>rd</sup> Place: \$250.00. Based on eight-team draw.

Women's Division: 1<sup>st</sup> Place: \$600.00. 2<sup>nd</sup> Place: \$300.00. 3<sup>rd</sup> Place: \$150.00. Based on 6-team draw.

Contacts: Phone: Les Sam at 250-723-8950. Phone: Richard Sam at 250-723-8503 (home). 250-724-5757 (work). E-mail Richard Sam Sr. at rsamsr@shaw.ca

## 1<sup>ST</sup> ANNUAL GARY NOOKEMIS MEMORIAL BALL HOCKEY TOURNAMENT

April 9, 10, 11, 2004 at the House of Huu-ay-aht (3km from Bamfield)

Men's Entry Fee \$300.00 - First Place \$1000.00 Based on 8 Teams

Women's Entry Fee \$250.00 - Prize Based on 6 Teams

Trophy's, Concession, 50/50, raffles.

Come on out and have some fun!

For more information please call Duane Nookemis @ (250) 728-1213 or leave message at the Huu-ay-aht Band office @ (250) 728-3414.

## BC Jr. All-Native Basketball Tournament

On March 14, 2004, the Nanaimo and Ahousaht Basketball Teams, their committees, and families will be welcoming about 40 teams to Nanaimo for the BC Jr. All-Native Basketball Tournament. We will be hosting a welcoming dinner on the 14th of March starting at 4:00 pm.

The basketball tournament's first game will start at 08:00 am on Monday, March 15, 2004 and the final game will be held on March 18, 2004. The games will be played at three different gyms: Dover Bay Secondary, Woodlands, Secondary and Barsby Secondary.

At this time, we are looking for volunteers for the different venues for concession, scorekeeping, security, etc. We are also looking for donations: door prizes, money, concession, artwork for the loonie/toonie draws, etc. Any donation or volunteer will be greatly appreciated.

You can contact me at home at 1-250-716-1504 or by email at cddennis@island.net.

## DR. JAMES LUNNEY, MP NANAIMO-ALBERNI

### Constituency Office:

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Email: nanaimo@jameslunneympp.ca  
Website: www.jameslunneympp.ca





Tseshah dancers Norma Taylor, Valerie Cartlidge, and Josie Watts perform a welcome dance at the opening of the Olympic Youth Leadership Academy in Port Alberni.

## Local youth meet peers from around BC

By David Wiwchar  
Southern Region Reporter

**Port Alberni** - At the same time hundreds of youth from across BC were gathering in Port Alberni for the Winter Games, another 50 young people were joining together as part of the Olympic Youth Leadership Academy.

Delegates from as far away as Fort Nelson were warmly welcomed by hosts from the Tseshah Heritage Youth Group and members of the Blue Sky Rangers, two local employment readiness programs for youth.

The local representatives led their peers from across the province in team-building exercises and facilitated a variety of sessions on building interpersonal skills.

As the 50 members of the Olympic Youth Leadership Academy were led into Port Alberni's Kin Hut for their first day of their 3 1/2 day program, Tseshah singers and dancers performed a welcome song, and danced in front of the delegates.

"Charismatic and positive leaders are in short supply, and we're already looking forward to the accomplishments of your generation," said Hupacasath Chief Councilor Judy Sayers in her welcoming address.

Hosted by a different community each year, the BC Olympic Youth Leadership Academy provides an opportunity for young student leaders from across the province to come together for leadership development, personal and professional

growth, and interaction with Olympic and Paralympic role models.

This is the first year the gathering has been held in conjunction with the BC Winter Games, and according to many participants we spoke with after the games, the event was a huge success.

**"Charismatic and positive leaders are in short supply, and we're already looking forward to the accomplishments of your generation," said Hupacasath Chief Councilor Judy Sayers in her welcoming address.**

The Legacy of the Academy sees participants returning to their schools with a project or event to promote Olympic values and support the Olympic movement. Participants make a commitment to themselves to take a small piece of what they learned at the Academy back to other students at their school. The BC Olympic Youth Leadership Academy was established in 1999 to demonstrate to BC youth that, not unlike Olympic and Paralympic athletes, any goal is attainable through hard work and perseverance. BCOYLA exposes these students to the ideas and values of the Olympic Movement, while furthering their personal and leadership development. Corporate and local sponsors play a key role in the growth of the Academy and recognize the importance of contributing to the development of today's youth for the future.

## Huu-ay-aht continues constitution consultations

By David Wiwchar  
Southern Region Reporter

The Huu-ay-aht First Nation council has been traveling the entire Pacific Northwest recently, updating their members about all the things happening at home.

"We'll be having a series of community meetings over the next eight months in various communities, updating members on Huu-ay-aht First Nation issues and Maa-nulth treaty issues," said Chief Councilor Robert Dennis. During the last week of each month, various HFN and Maa-nulth representatives will travel from Anacala to Seattle, stopping at many communities in-between, talking with HFN members that live away from home, about the issues that will affect everyone's lives. Of the 565 Huu-ay-aht members, close to 75% of those members live away from home in the larger urban centers around Vancouver Island and Pacific Northwest.

"We've completed a strategic plan and every department will have a work plan and a budget that they'll be bringing forward at next month's tribal meetings," Dennis said to more than two dozen people gathered at the Huu-ay-aht Treaty Office for members living in the Port Alberni area.

Members were given a binder with the Huu-ay-aht draft constitution, and asked to read it before the next meeting so they could offer their thoughts and comments on it. "We really need your input," said Co-Chief Treaty Negotiator Tom Happynook, who led a discussion on the importance of a constitution. "This document shows the step-by-step development of our supreme law which will guide our government and others, how to conduct business in Huu-ay-aht territories," he said. "The Agreement in Principle (AIP) says we have to have a constitution in place before a final agreement is signed, so we need to get this constitution ready for approval at our October 2004 annual general meeting."

After a short break, Happynook updated members on developments towards a Maa-nulth Treaty, which they are negotiating along with Uchucklesaht, Toquaht, Ucluelet, and Ka:yu:k't'h'/Che:k'les7et'h'.

"This treaty will take us from being wards of the government to truly being self-governing Huu-ay-aht," said Happynook, as he handed out the draft implementation and ratification chapters of the Maa-nulth treaty, and notes on the status of final agreement negotiations. "Our membership made it very clear that the Final Agreement was the important

stage and they wanted to have input in this stage and provide guidance to the negotiators so there's no surprises when we go to ratify," Tom said outside the meeting.

"Instead of bringing one big document forward, we're bringing it to our members piece by piece so they have a chance to study each chapter and comment on them as we progress," said Dennis.

**"Instead of bringing one big document forward, we're bringing it to our members piece by piece so they have a chance to study each chapter and comment on them as we progress," said Robert Dennis.**

Happynook then presented a report on land selection negotiations, saying of the 78,500 hectares of land within their traditional territory, Huu-ay-aht are pursuing, through various land acquisitions 20,422 hectares in treaty settlement lands, plus another 18,000 hectares of forest tenure; a vast improvement on the 1093 hectares of land HFN has as reserve lands currently.

"This is why we're in treaty; to create a better life for our future generations," said Happynook. "We're choosing land that is valuable to us. Lands of cultural and spiritual importance, as well as area with old growth cedar, fish habitat, special ecosystems, waterfront, high value forest lands, aquifers, energy sites, subsurface minerals, deepwater ports, non-forest products and petroleum and natural gas areas," he said. "We also want selective terminal fishery areas in Numukamis and Pacheena bays and Bamfield Harbour, 100% say in forest management and exclusive land jurisdiction on treaty settlement lands, and meaningful co-management with BC and Canada in the lands around our treaty settlement lands."

Huu-ay-aht members in attendance had numerous questions for their leaders and negotiators, mostly dealing with jurisdictional issues in and around treaty settlement lands.

Ben Nookemis told a story about the origins of the Huu-ay-aht people and spoke on the importance of protecting their traditional territories. Others wanted to know about possible co-management of Pacific Rim National Park lands along the famed west coast trail. "I just want to see what's going on and what's happening," said Huu-ay-aht Elder Lizzie Happynook. "It's good to see we're moving forward and doing something," she said.



Elder Lizzie Happynook joins other Huu-ay-aht women offering their input into the development of the Huu-ay-aht constitution.

## Campbell family hosts Naming feast

By Denise August  
Central Region Reporter

**Ahousaht** - Despite cold, heavy rain hundreds of people flocked to Ahousaht to witness the naming of three people connected to the Campbell family on Saturday, March 6<sup>th</sup>. It was announced that March 6 marked the 17<sup>th</sup> year since the tragic accident that took the lives of Ernest Campbell, his son-in-law Patrick Dick Sr. and grandson, Blair Campbell who was only six years old at the time.

While the memory of that day brings a sense of sadness to the community, the Campbell family chose this day to celebrate new members of their family by giving names. Ramona Mark, who lost her father, husband and son in the accident, showed that there is still happiness and joy in life when she introduced her only grandchild, one year-old Jolie Frank.

Jolie is the daughter of Iris Frank and Patrick Dick Jr. and both mother and daughter were to receive names that evening. Also receiving a name was Gabriel Campbell, son of Gordon Campbell and Corissa Jack. It was quickly pointed out that Gabe's father is not the B.C. Premier, but the 'good'



Gabriel Campbell with dad Gordon Campbell, mom Corissa Jack received name

Gordon Campbell.

The evening started with a huge feast. There were hundreds of people to feed and there was plenty of food to go around with more for seconds if anyone wanted it. The hosts took great care of their guests with food and entertainment.

Chief Billy Keitlah's welcome dance signaled the beginning of the festivities with several dozen dancers waving red and white flags of welcome.

Gabe Campbell was the first to receive his name, Tlaaqtid, which comes from the Edgar family of Ditidaht. Ralph Edgar explained Gabe's great, great grandmother came from the house of Joe Edgar and married into the Campbell family of Ahousaht. For this reason Joe Edgar sent a delegation from his family to present young Gabe with his name along with the right to use a song from his house.

Ralph explained further that Gabe descends from a family that represents a whaling society in Ditidaht. The song and dance that Gabe was presented with represents the gift of whale oil.

Iris Frank, along with her parents Patti and Eddy Frank were introduced and Iris was given the name Qwis-tla-maka. Iris's name comes from Chief Rocky



Patti Frank, Barrie Titian, Iris Frank, Eddy Frank received name

Titian who is head of her mother's side of the family. Iris says her name means 'wealthy of spirit'.

The last to receive her name was the star of the show baby Jolie Frank.

Surrounded by loving members of the Campbell family and her mother, Iris, Jolie was given the name Yaaza-tlat from Mowachaht/Muchalaht, her father's side of the family. The name means, most fittingly 'everyone is looking after her'.

Chief Jerry Jack of Mowachaht/Muchalaht, assisted by elder Vi Johnson explained a long history of marriages that connect baby Jolie to families up and down the island, particularly, the Dick family of Mowachaht/Muchalaht. He said the people of his nation would be happy to watch over little Jolie along with her family in Ahousaht.

Alec Dick, Jolie's granduncle said he was happy for this day because it gave an opportunity for people to remember his late brother Patrick and it allowed Patrick Jr. an opportunity to learn about his family history. "It's important that my nephew understand where he comes from," he said.

The rest of the evening was filled with

speeches, singing/dancing and gifts of support for the host family. The Frank family of Ahousaht, Campbells, Titians, Edgars (and other Ditidahts), Mowachaht/Muchalaht, Hesquiahts and others each performed until 6:00 a.m. (reportedly).



Patrick Dick (dad), Vi Johnson (grandma), Ramona Mark (holding) Jolie Frank.

## Canadian Wildlife Services' Recommendations for Sustainable Harvest of Seabird Eggs

Submitted by Mark Hipfner and Tom Wood, Canadian Wildlife Service

Many First Nations communities on the west coast harvest seabird eggs every spring. It is a traditional practice and as far as anyone knows, has always been done in an ecologically sustainable manner. In fact, if done carefully, the harvesting of seabird eggs will have very little effect on the number of offspring that the birds eventually raise that season.

The Canadian Wildlife Service (CWS) has been studying seabirds on the BC coast for four decades, especially at multi-species colonies like Triangle Island off the northern tip of Vancouver Island, where 2.3 million birds of thirteen species nest each year.

Studies have documented rather serious, long term population declines in many species of seabirds which spend almost their entire lives on the open ocean; birds like Auklets, Puffins, Murres, Murrelets and Petrels. These declines are the result of many factors, including changes in the marine food webs that support the birds, and that are induced by changes in global climatic

and ocean conditions.

Scientists are gaining a better understanding of factors causing these population declines. They are also seeing mounting threats to birds from cataclysmic events like oil spills. So, it is important to refresh the understanding of Aboriginal people who visit these colonies to harvest eggs of ways their activities can continue to be ecologically sustainable for many generations to come.

CWS has four recommendations for egg harvesting;

1. Harvest from an appropriate species. Ideally a large bodied bird which nests on flat ground, lays more than one large, yolk rich egg, will relay after their eggs are taken, and for which there is no pressing conservation concern.

2. Take eggs as early as possible in the spring. The most successful birds lay early, and lay many large eggs. Early layers are more likely to relay after they lose their eggs, especially if the eggs are taken soon after laying, and if the eggs of most of their neighbors are also taken. The hens all seem to get clucky at once, and stimulate each other to relay. If the eggs are taken early, there



is more time available for each hen to successfully bring off her brood.

3. Take eggs as quickly as possible. A single visit is ideal. It minimizes effects on habitat and disturbance to both target and non-target species in the colony.

4. Avoid damage to vulnerable habitats and disturbance to non-target species. Most seabird colonies are multi-species assemblages. The interactions are complex and not well understood. It's particularly important to avoid areas where birds nest in burrows. Also, stay away from areas where birds nest in dense concentrations on cliffs. Disturbance of large numbers of cliff nesters seriously damages eggs, and leaves the eggs vulnerable to predation by the ever ready gulls and

crows. So harvest activity should be confined to the smallest possible area.

The logical conclusion is that Glaucous-winged gull is the ideal species to harvest. When doing so, it's best to arrive on the colony to harvest eggs on a single occasion, early in the gull laying period. When visiting a multi-species colony, avoid areas where other species nest. Remove all the eggs from as few gull nests as possible, within as small an area as possible.

And do the harvesting as quickly as possible. These guidelines are really just common sense, understood by every experienced egg harvester. Continuing to follow them will ensure rich harvests for the communities, and carry on the practice of gathering eggs in an ecologically sustainable manner.

### S.O.S. SUPPORT GROUP (Survivors Of Suicide)

Meets every 2nd Wednesday. Time: 7 - 9 p.m.

Location: 4917 Argyle St. (KUU-US Crisis Line Business Office)

Have you experienced a loss due to suicide? Would you like to meet with others that understand? Anyone affected by suicide either personally or otherwise is invited to attend this informal support group... session topics will vary.

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any questions or info call: 723-2323

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**The Reel Aboriginal FILM FESTIVAL**

**FEATURING:**  
 The Doe Boy  
 New Moon: A Gift For the Spirit  
 Totem: Return of the G'psgolox Pole  
 The Business of Fancydancing

**TOFINO**  
 March 12, 13 & 14  
 Clayoquot Community Theatre

**UCLUELET**  
 March 15 & 16  
 UAC Hall

**ITTATSOO**  
 March 17, Band Hall

**FOR MORE INFO**  
 250-725-1269  
 filmfest@island.net  
 http://www.island.net/pras1970/reel/

**Totem: The Return of the G'psgolox Pole**

The journey of a First Nations people to reclaim a totem pole from a European museum  
 Director: Gil Cardinal  
 In 1929, the Haisla people of British Columbia returned from a fishing trip to find a 9-metre-high totem pole missing from their village. It was traced many years later to a museum in Sweden. Follow the journey of the Haisla to locate and reclaim their traditional mortuary pole.

**Is the Crown at war with us?**

What happened at Burnt Church, New Brunswick in the summer of 2000?  
 Director: Alanis Obomsawin  
 In the summer of 2000, federal fishery officers seemed to be waging war on the Native fishermen of Burnt Church, New Brunswick. Yet the Mi'gmaq of Miramichi Bay were exercising fishing rights that had been affirmed by the Supreme Court. Director Alanis Obomsawin looks at the events, providing a historic context.

**Red Run**

The annual salmon run on the Fraser River  
 Director: Murray Jurak  
 Set in BC's Fraser Canyon, Red Run follows members of the Siska Nation for the annual salmon run. Featured are two fathers whose sons accompany them each summer to learn the dip-net traditions of the "River People." Filmed from the steep canyon walls, this beautiful documentary captures a spectacular and dangerous event.

**Qatuwas - People Gathering Together**

Director: Barb Cranmer  
 For thousands of years, the great ocean-going canoe formed an integral part of

**Reclaiming this ancient heritage, Native peoples of the Northwest Coast carved majestic canoes from centuries-old cedars and in 1993 paddled to a historic gathering of more than 3,000 people at Bella Bella, British Columbia.**

**Redskins, Tricksters and Puppy Stew**  
 Director: Drew Hayden Taylor  
 This film hilariously overturns the stereotype of the "stoic Indian" and shines a light on Native humour and its healing powers. Meet Tom King, creator and host of CBC-Radio's Dead Dog Café, and five other Native comedians.

**The Doe Boy**

Director: Randy Redroad  
 Set in the heart of the Cherokee Nation of Oklahoma, The Doe Boy tells the story of Hunter, a young man of mixed parentage, who is never quite at home in the complicated circumstances of his life-including his hemophilia. Eventually he must find a way to be his own man, facing love, death, and the perils of his illness.

**Singing Our Stories**

Director: Annie Frazier Henry  
 Singing Our Stories is an extraordinary cross-cultural documentary that explores the lives and historical musical roots of Aboriginal women from across North America. Features performances by Rita Coolidge, Ulali, Walela, Monk-Sanders Family Singers (from the same lineage of the great jazz composer Thelonious Monk), 'Namgis Traditional Singers, and more. Partly subtitled.

**New Moon - A Gift for the Spirit**

Director: Dale Devost/Tim Paul  
 New Moon-A Gift for the Spirit begins and ends with a sculptural exhibit celebrating the cycles of the Nuu-chah-

lives of coastal First Nations. Reclaiming this ancient heritage, Native peoples of the Northwest Coast carved majestic canoes from centuries-old cedars and in 1993 paddled to a historic gathering of more than 3,000 people at Bella Bella, British Columbia.

nulth moon. The images for the exhibit appeared in a vision to Hesquiaht artist Tim Paul. Shot on location on the rugged and beautiful west coast of Vancouver Island, Sweden and New Zealand, this is primarily a biographical documentary of Tim Paul. His story details the particular ways in which his ancestry, his cultural and spiritual ties with nature and his personal history intertwine in the production of his art. Ancient concepts and traditions combined with the skill and creativity of a modern artist give voice to a dynamic and vital world that crosses cultural boundaries. **Ojigkwanong - Encounter with an Algonquin Sage**  
 Director: Lucie Ouimet  
 In 1961, William Commanda, chief of the Maniwaki reserve in Quebec, was terminally ill when he had a vision of a Circle of All Nations. His first gesture was to reconcile the Algonquins and Iroquois. The message of this old sage is universal: healing is the main priority and can only be achieved through forgiveness and tolerance.

**POTLATCH...a strict law bids us dance.**

Director: Dennis Wheeler/U'Mista Cultural Society  
 Over the centuries, the Kwakwaka'wakw (Kwakiutl) people of the Northwest Coast developed a sophisticated culture based on the ceremonial 'give-away' of surplus wealth. This was the basis of an indigenous social and economic ecology. With the arrival of European settlers intent on the accumulation of property, traditional Indian society came under attack. For years, the Canadian government outlawed the potlatch, crushing a unique culture and seizing its artifacts to be studied and "protected".

**Saltwater People**

This film gives a comprehensive overview of the problems encountered by aboriginal peoples on the West Coast whose lives are affected by restitution and depletion of resources. It examines past, present and future of fisheries and gives voice to the values and traditions of the West Coast First Nations people. It also compares the British Columbia First Nations with the First Nations people in the United States.  
**Special Bonus:**  
**The Business of Fancydancing** (Rated R)  
 Director: Sherman Alexie  
 Writer Sherman Alexie assumes the director's chair in this finely-crafted drama-winner of numerous awards since its premiere at the Sundance Film Festival—that explores the disintegrating relationship of two best friends who have chosen different paths. Seymour and Aristotle graduated from high school as co-valedictorians and left the Spokane Indian Reservation for college. While Seymour became a world-famous gay Native American poet (revered by whites, ridiculed by Indians), Aristotle dropped out of college to return to the rez. They haven't spoken for six years when Seymour is called home for the funeral of a mutual friend.  
**For more information on films, schedules and tickets please visit www.island.net/~pras1970/filmfest@island.net (250) 725-1269**

**Tofino Film Festival Schedule**

**Friday**

Tickets: \$10 for evening  
 Doors Open 6:00 pm  
 6:30 - 6:45 pm  
 Tla-o-qui-aht Welcome  
 6:45 - 7:00 pm  
 Tla-o-qui-aht First Nations Speaker  
 7:00 - 7:45pm  
 Special presentation: TBA  
 8:00 - 10:00 pm  
 Salt Water People

**Saturday**

Tickets: \$10 for afternoon  
 1:00 pm Doors Open  
 1:30 - 2:30 pm  
 Redskins, Tricksters & Puppy Stew  
 2:45 - 3:15 pm  
 Red Run  
 3:30 - 5:00 pm  
 Is The Crown At War With Us?  
 5:00 - 5:15 pm  
 Speaker: Terry Dorward (West Coast Warrior Society)  
 Dinner Break  
 Tickets: \$10 for evening  
 6:00 Doors Open  
 6:30 - 7:40 pm  
 Documentary: Totem: Return of the G'psgolox Pole  
 8:00 - 9:30 pm  
 The Doe Boy  
 7:30 - 8:00 pm  
 Ojigkwanong - Encounter with an Algonquin Sage

**Sunday**

Tickets: \$10 for afternoon  
 1:30 pm Doors Open  
 2:00 - 2:30 pm  
 Speaker: Archie Thompson (Toquaht First Nation)  
 2:30 - 3:30 pm  
 Potlatch: A Strict Law Bids Us Dance  
 3:45 - 4:45 pm  
 Documentary: Qatuwas- People Gathering Together  
 Dinner Break  
 Tickets: \$10 evening  
 6:00 - 6:45 pm  
 New Moon - A Gift For the Spirit  
 7:00 - 8:00pm  
 Singing Our Stories

**Reel Aboriginal Film Festival Ittatsoo Schedule**

Doors open at 6:00 pm  
 6:30 pm  
 Ucluelet First Nations Welcome  
 6:45 - 7:55 pm  
 Totem: Return of the G'psgolox Pole  
 8:15 - 8:40 pm  
 Red Run  
 9:00 - 10:00 pm  
 Redskins, Tricksters & Puppy Stew

**Ucluelet Film Schedule**

**Monday**  
 Tickets \$10  
 Doors Open 6:00 pm  
 6:30 pm  
 Ucluelet First Nation Welcome  
 6:45 - 7:00pm  
 Speaker: Ucluelet First Nations  
 7:15 - 8:15pm  
 Qatuwas - People Gathering Together  
 8:30 - 10:06 pm  
 Is The Crown At War With Us?  
**Tuesday**  
 Tickets \$10  
 Doors Open 6:00 pm  
 6:30 - 6:55pm  
 Red Run  
 7:15 - 8:25 pm  
 Totem: Return of the G'psgolox Pole  
 8:40 - 10:00 pm  
 The Doe Boy

**Fetal Alcohol workshops scheduled**

By David Wiwchar  
 Southern Region Reporter

A two-day workshop on Fetal Alcohol Spectrum Disorder (FASD) and Effects (FASE) will be coming to Campbell River, Tofino, and Port Alberni this month, and anyone with questions or experiences should attend.

The Fetal Alcohol Spectrum Disorder Community Asset Mapping Workshop is meant to educate people and bring awareness to FASD/FASE as a disorder, assist others in recognizing the signs and symptoms of FASD/FASE, utilize local knowledge and resources for assistance and promote understanding for those who live and work with persons who have FASD/FASE.

"The goal is to be effective in transferring information about Fetal Alcohol Spectrum Disorder to all Nuu-chah-nulth communities," said facilitator Debbie Lambert, who will be working with coordinator Wendy Gallic and assistant Robin Samuel in organizing the Health Canada funded meetings.

"We want to inform communities about FASD and provide references to other community resources," said Lambert. Currently, there are no facilities on Vancouver Island that diagnose people with FASD/FASE, as only the Asante Institute and Sunny Hill Hospital in Maple Ridge offer such services. The group will be traveling to Tofino,



**FASD/FASE workshop facilitator Debbie Lambert**

Campbell River and Port Alberni to talk with people, and develop a database of area organizations and groups that help people with FASD/FASE, or who help expectant mothers protect their unborn children from fetal alcohol effects.

The meetings will be held in: **Campbell River** on March 8<sup>th</sup> and 9<sup>th</sup> at the Kwakiutl District Council Health Office;

**Tofino** on March 11<sup>th</sup> and 12<sup>th</sup> at Weigh West Marine Resort;

**Port Alberni** on March 15<sup>th</sup> and 16<sup>th</sup> at Somass Hall.

For more information, or to confirm your attendance, please call Debbie Lambert at (250) 724-5757 or fax (250) 723-0463.

**Letter to The Editor**

I am writing in response to an article published in the February 12, 2004 issue of your paper regarding the layoff of all the employees in Tsawaayus Rainbow Gardens.

In that article Board Chair Watts accuses the Hospital Employees' Union of being inflexible and of making it difficult to bring newly certified Nuu-chah-nulth workers and volunteer cultural workers to the facility.

Your readers should know that the Hospital Employees Union has never been approached by this employer to discuss any concern regarding the role of volunteers or newly certified Nuu-chah-nulth workers.

It is unfortunate that Ms. Watts would choose to blame the Union for a perceived lack of cultural connection between the facility and its workers. Nothing could be further from the truth. The Hospital Employees Union is certified in several First Nations care homes in this province and has always worked to foster and maintain the

cultural ties between the residents and their community.

It's a sad fact but what's really at issue here is union busting.

All workers deserve to be treated fairly and with dignity. One has to question an employer whose actions are intended to get rid of the Union by firing all its workers. Suggesting these dedicated and experienced workers can apply for their own jobs adds insult to injury.

Is it not in everyone's best interest to make sure the workers who care for our elders receive a decent, family supporting wage and the basic job protection that a Collective Agreement provides? I believe that the residents, their families and the community will answer with a resounding Yes.

Yours truly,  
 Tony Beliso  
 HEU Representative

(Editor's Note: Tsawaayus Board Chair Darleen Watts declined an invitation to respond saying she could not comment at this time.)

**Correction: In a story titled "Wolves repopulate Broken Islands" (page 9) the photo was incorrectly described as being from Equis Beach as opposed to the correct description of Nettle Island. We apologize for the error.**

O Thou kind Lord! These lovely children are the handiwork of the fingers of Thy might and the wondrous signs of Thy greatness. O God! Protect these children, graciously assist them to be educated and enable them to render service to the world of humanity. O God! These children are pearls, cause them to be nurtured within the shell of Thy loving-kindness. Thou art the Bountiful, the All-Loving. - 'Abdu'l-Bahá

**The Baha'i Faith: One God - One People - Friendship among Races and Nations. All Faiths - From God - Protection of Cultural Diversity. All People - One Family - Universal Education. Man: A Spiritual Being - Search after Truth.**

For information about prayer meetings, call 724-6385

**Luna still lurking in Nootka Sound**

By Brian Tate  
 Northern Region Reporter



Luna the lone killer whale in Muchalaht Sound continues to grow with a good run of steelhead, and winter springs moving through the Gold River area. The lone killer whale hid for a brief period of about a week in February when a transient pod of killer whales entered Muchalaht Inlet and attacked some sea lions that had gathered in the area to feed on herring.

technical details get sorted out," said Marilyn Joyce.

**The lone killer whale hid for a brief period of about a week in February when a transient pod of killer whales entered Muchalaht Inlet and attacked some sea lions that had gathered in the area to feed on herring.**

"Fisheries and Oceans Canada (DFO) and the US National Marine Fisheries Service (NMFS) have been developing a plan including how money committed by our respective governments will be used along with the private contributions that will be required to relocate Luna. DFO and NMFS expect to provide an announcement about the plan once some

DFO has matched NMFS donation of \$100,000 (US\$) with a \$135,000 to go towards the relocation efforts, their donation comes even though there were cut backs in this department.

"Once the announcement is made there will be an opportunity for other funding agencies, organizations and citizens to come forward. We also have regular updates on our website regarding what is happening in Nootka Sound with Luna," said Joyce.

"Luna has had a few small cuts from sea lions and log rubbing which quickly healed, along with a cold in its eye that lingered for about a week is now gone as well," said Ed Thorburn a DFO officer in Gold River.

**AFN angered at Blackwater case appeal**

National Chief of the Assembly of First Nations Phil Fontaine stated today that he is disappointed and angered by the federal government's announcement that it will appeal the Blackwater residential school decision.

"The government should give the survivors their due and seek contribution from the churches later if they insist on engaging in endless litigation," said the National Chief. "An appeal is not in the interests of equality, fairness, justice or a timely resolution for residential schools survivors.

In the Blackwater decision, the B.C. Court of Appeal ruled unanimously that the federal government is "100% vicariously liable" for abuse that occurred at the Alberni Residential School. The court said that the government was liable because it controlled every aspect of the operation of the schools.

"This is nothing more than a delay tactic," stated the National Chief.

"The governments approach is so hurtful and disrespectful. They should be focused on the pain and suffering that continues in our community and less about their legal defenses," said Central Region Co-chair and AFN vice chief Shawn Atleo. "There is a tremendous moral obligation they are not living up to and I guess we have to continue to launch both litigation and serious political pressure to ensure that the government is reminded of there responsibility to pursue justice of historic atrocities that continue to plague us. That is what makes it tough, these things are like body blows and I can't imagine what it is like for those in my father's generation and older who lived through the schools first hand," he said.

**Welcome Home Gathering**  
 Hosted by Tseshaht First Nation  
**March 16 & 17, 2004**  
**Maht Mahs in Port Alberni**  
 This important cultural event is an invitation to southern region Nuu-chah-nulth members who were raised in adoption or foster care placements. (This includes Tseshaht, Uchucklesaht, Huu-ay-aht, Hupacasath and Ditidaht).  
 To register contact the Tseshaht First Nation  
 Contact: Gail K. Gus, Family Support Worker @ 250-724-1225  
 Or J'net August, Southern Region Prevention Worker @ 250-720-1325  
 (Volunteers/Planning Committee are needed to help make this event a memorable and cultural success!)

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 E-mail: chatwin@home.com Website: http://www.island.net/~chatwin

## 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

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

**Tofino Office (Central Region)**  
151 First Street, PO Box 279  
Tofino B.C. VOR 2Z0  
Ph: (250) 725-3367  
Toll-free: 1-866-901-3367  
Fax: (250) 725-2158

**Victoria Urban Office:**  
853 Fisgard St.  
Victoria, B.C. V8W 1S1  
Ph: (250) 380-9896 \*New\*  
Ph: (250) 413-7303 (Cell)  
Fax: (250) 388-5120

**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

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

### NUU-CHAH-NULTH HEALTH PROJECT URBAN EVENTS

EVENT	DATE	LOCATION
<b>VANCOUVER:</b>		
Vancouver Support Group Meeting	Monday March 8th and Monday March 22nd	Vancouver Office: #106 - 23 W. Pender
Women's Support Group Meeting	2nd Thursday of each month. 6 - 9 pm	Vancouver Office: #106 - 23 W. Pender
Potluck Dinner	3rd Thursday of each 6 - 9 pm	Vancouver Office: #106 - 23 W. Pender
<b>CAMPBELL RIVER:</b>		
Campbell River Support Group	2nd & last Tuesday of each month - 6 - 9 pm	St. Peters Anglican Church - 228 S. Dogwood
<b>VICTORIA:</b>		
Support Group Meeting	Last Monday of each month - 6 - 9 pm	Victoria Office: 853 Fisgard St.
Potluck Dinner	Every 2nd Monday of each month	Victoria Office: 853 Fisgard St.
<b>DUNCAN:</b>		
Support Group	Last Thursday of each month - 6 - 8 pm	Travel Lodge Silver Bridge Inn - 140 Trans Canada Highway

## Family Ties - Ucluelet

If you are pregnant or have a young baby come visit our exciting program! We offer drop-ins with topics and guest speakers of interest to new parents. As an expectant mom you can receive individual counseling and free nutritional supplements.



**Where?** Family Ties, Davison's Plaza, Ucluelet.  
**When?** Tuesday from 10:30 am to 12:00 pm.  
**How?** Drop in or call: Margaret Morrison, Outreach Counselor @ 726-2224

## Family Ties - Tofino

If you are pregnant or have a young baby come visit our exciting program! We offer drop-ins with topics and guest speakers of interest to new parents. As an expectant mom you can receive individual counseling and free nutritional supplements.

**Where?** Tofino Community Hall  
**When?** Every Tuesday from 11:30 to 1:30  
**How?** call: Laurie Hannah (Outreach Counselor) c/o Health Unit at 726-4242.

### JOURNAL WRITING WORKSHOP

@ NCN Healing Project Urban Office  
204 - 96 Cavan Street, Nanaimo  
9:00 a.m. - 3 p.m.  
**Friday, March 12, 2004**  
Coffee, Tea and Lunch Provided  
For more information contact:  
Shawn Sinclair 616-3674 (cell) - 753-8567 (office)  
Or Vina Robinson 723-6271 or 753-8567

### TRADITIONAL TEACHINGS WORKSHOP

@ NCN Healing Project Urban Office  
204 - 96 Cavan Street, Nanaimo  
9:00 a.m. - 3 p.m.  
**Friday, March 16, 2004**  
Coffee, Tea and Lunch Provided  
For more information contact:  
Shawn Sinclair 616-3674 (cell) - 753-8567 (office)  
Or Vina Robinson 723-6271 or 753-8567

### TRADITIONAL TEACHINGS WORKSHOP

@ Laichwiltach Family Life Association  
441 - 4th Avenue, Campbell River  
9:00 a.m. - 3 p.m.  
**Friday, March 19, 2004**  
Coffee, Tea and Lunch Provided  
For more information contact:  
Shawn Sinclair 616-3674 (cell) - 753-8567 (office)  
Or Vina Robinson 723-6271 or 753-8567

### HEALING WITH HUMOUR WORKSHOP

@ NCN Healing Project Urban Office  
204 - 96 Cavan Street, Nanaimo  
9:00 a.m. - 3 p.m.  
**Friday, March 23, 2004**  
Coffee, Tea and Lunch Provided  
For more information contact:  
Shawn Sinclair 616-3674 (cell) - 753-8567 (office)  
Or Vina Robinson 723-6271 or 753-8567

### TRADITIONAL MEDICINE WORKSHOP

@ Laichwiltach Family Life Association  
441 - 4th Avenue, Campbell River  
9:00 a.m. - 3 p.m.  
**Friday, March 30, 2004**  
Coffee, Tea and Lunch Provided  
For more information contact:  
Shawn Sinclair 616-3674 (cell) - 753-8567 (office)  
Or Vina Robinson 723-6271 or 753-8567

**Ca waak nis "We are one"**

## Invitation

You are welcome at the  
**Healing Project's Fifth Annual  
Main Conference**  
**Tuesday to Thursday June 22, 23 & 24**  
**Place: Maht Mahs Gym**  
**Theme: Ca waak nis "We are one"**  
Volunteers wanted for all working committees;  
Language, Activities, entertainment, welcoming, etc.  
Call 724-3233 to sign up.  
Look for more information in upcoming Ha-Shilth-Sa's

**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)**



## Shyness is a social phobia Youth warned off Red Bull

By Jody Vos,  
Community Health Nurse

Shyness is a social phobia that affects many people. It is the third largest mental health care problem in the world. It is a fear of being judged and evaluated by other people. The cause is often genetic and environmental. Being born timid and not participating in activities can lead to less interactions with people, even family. This leads to even more shy behavior. This disorder is often confusing for the person experiencing it because they are fine when they are alone but anxious in social situations.

There are many triggers for people with social anxiety. Distress often occurs when being introduced to other people, or being the center of attention, such as speaking in public. Being watched, or observed, feeling insecure and out of place in social situations and meeting people in authority are common situations for nervous symptoms, but in the person with a social anxiety would likely experience extreme disability these situations.

The symptoms people with social phobia describe are intense fear, nervousness, automatic negative thinking cycles, racing heart, blushing, excessive sweating, dry throat and mouth, trembling and muscle twitches. It is important to recognize that there is a difference between panic attacks and social anxiety. People with social anxiety disorder realize that it is anxiety and fear they are experiencing in contrast to those experiencing panic attacks who often exhibit fears of having a medical

problem. Substance abuse and alcoholism are common secondary symptoms for people with this phobia. Difficulty maintaining employment, and developing personal relationships is also frequently a problem.

**It is important to recognize that there is a difference between panic attacks and social anxiety. People with social anxiety disorder realize that it is anxiety and fear they are experiencing in contrast to those experiencing panic attacks who often exhibit fears of having a medical problem.**

The most effective treatment found is called Cognitive Behavioral Therapy. This is useful when shyness interferes with achieving professional and interpersonal goals. Cognitive behavioral therapy consists of challenging automatic thoughts and beliefs, and learning new behaviors. This therapy can be done through self-help, but a group or therapist that works with assertiveness training is often recommended. Many mental health center nurses and therapists have been trained in the 'Changeways' program on assertiveness. If this phobia is a problem for you, your family or friends contacting the mental health center or getting a referral from your physician may be helpful. There are also many sites on the Internet related to this problem.

It may look like this nurse is spending a lot of time "behind her desk", but she has just completed many required nursing tasks including: putting notes in client charts, compiling immunization statistics, reviewing medications for elders, telephone consultations with physiotherapist, nutritionist, other nurses, doctors, laboratory technicians, teachers, parents, pharmacists, making appointments for flu shots, setting up well baby clinics, following up referrals from other health workers, and researching health information issues.



### Central Region Nursing Updates/Schedules

Nursing Program Provides Additional Services - The Prevention & Education of Sexually Transmitted Diseases including HIV/AIDS Chris 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: 250-670-9608. Healthy Baby Clinic - Every Tuesday (newborn - 5years) Prenatal visits - 2nd & 4th Wednesdays School Visits 1st & 3rd Thursday

### 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.

By Jeanette Watts  
Nursing Supervisor

There have been some concerns brought forward about young people drinking Red Bull. It was also mentioned that some youth are mixing alcohol with Red Bull. The following information about Red Bull was obtained from Jane Dheere, BSc.Pharm, Drug Information Pharmacist. Jane works with the Vancouver Island Health Authority, South Island. Her phone number is (250) 727-4636 or email: jdheere@caphealth.org

Red Bull is basically a drink containing vitamins, sugar, and the key combo of ingredients: taurine, glucuronolactone, caffeine. These "energy drinks" were reviewed by the European Commission, and their findings are listed at [http://europa.eu.int/comm/food/fs/sc/scf/out22\\_en.html](http://europa.eu.int/comm/food/fs/sc/scf/out22_en.html)

In summary:  
Caffeine: 80mg: same or less than the amount consumed as coffee and/or tea. Children may not be used to this amount of caffeine, so adverse effects such as anxiety, nervousness, etc may be more common in children.  
Taurine 1000 mg: usually found in the

diet. Usual dietary amount is 200 mg/day, so amount in Red Bull represents an excessive amount. Taurine containing drinks may have a positive hormonal response during athletic performance. No scientific evidence regarding safety of taurine in excessive amounts.

Glucuronolactone 600 mg: This is a normal human metabolite formed from glucose. When taken orally it is absorbed and quickly metabolised to flucronic acide, xytilol, and 1-xylose. Consumption of 2 energy drinks/day represent about 500 fold greater amount of glucuronolactone than normally consumed in diet. The safety and/or toxicity of this quantity is unknown. The committee notes that the possible interaction between the three key ingredients and alcohol has not been well studied.

A review of our interaction literature keying in the ingredients alcohol, caffeine, and taurine, found no interactions between these substances. The "high" kids are getting from the combo of Red Bull and alcohol is unexplained other than the usual "high" obtained from the separate ingredients caffeine and alcohol.

## Are you or a family member a patient in the hospital?

There is a First Nation Advocate Nurse who will visit you and assist you with the following:

- Assist with discharge planning
- Work with our community for clear communication & ease of discharge
- Be an advocate on your behalf
- Explain health care issues
- Provide support to you and your family during your hospital stay
- Access N.I.H.B. as needed
- Available Monday-Friday 7am - 3:30pm

**Port Alberni, BC**  
Ina Seitcher, First Nation Advocate Nurse  
Ph: 723-2135 ext.1109  
**Campbell River, BC**  
Sandy Miller, Aboriginal Liaison Nurse  
Ph: (250) 286-7050  
Voicemail: 830-8865  
**Victoria, BC**  
Cora Jacks, Aboriginal Liaison Nurse  
Ph: (250) 370-8847  
Pager: 413-6124  
**Vancouver, BC**  
David Clellamin First Nation Advocate  
Ph: (604) 875-3440



A third of all deaths in British Columbia result from heart disease.

Over 100,000 British Columbians live with chronic heart disease.

A fifth of us have two or more heart health risks.

Healthy Heart Society is working to change these shocking numbers.

Our hearts@work campaign is based on solid evidence that shows we can fight heart disease and reduce its impact by as much as 30%. That's a lot of lives improved and a lot of money saved for our struggling health care system!

If you are concerned with heart health in your community or workplace, you'll want to:

- Identify those most at risk of heart disease and assess their risk
- Assist them to access appropriate treatments and resources

Healthy Heart Society's hearts@work toolkit offers a range of materials and resources to help you get your community on the road to better heart health.

Be part of the campaign! Contact Healthy Heart Society and make hearts@work work for you!

# Birthdays and Congratulations



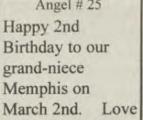
Happy 29<sup>th</sup> Birthday to my sister Michelle on March 23. Love always your sis Lill.

(Still Single :)

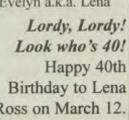


Hey princess We could be twins!

Happy 11<sup>th</sup> Birthday to nephew Sonny-boy on Feb. 28. Love from auntie Lill & family.



Happy 2<sup>nd</sup> Birthday to our grand-niece Memphis on March 2<sup>nd</sup>. Love From Annie & Dave.



Evelyn a.k.a. Lena **Lordy, Lordy! Look who's 40!** Happy 40<sup>th</sup> Birthday to Lena Ross on March 12. Love from Darrell, Dave & Annie.

Happy 1<sup>st</sup> Birthday to Jordan Mack in Ahousaht on February 27<sup>th</sup> 2004. Have a good day lil buddy, enjoy all the chocolate cake there is. A special Anniversary goes out to Danny & Leona John on February 27<sup>th</sup>, 2004. Love from Janey Thomas.

Happy Valentine's Day to my daughter Shauntay Kadaajah, I love you with all my heart. Love mommy.

Happy birthday to a special mother / grandmother, Ruth Sam on February 7<sup>th</sup>, 2004. We love you for who you are, and what you do for us. Have a great day, Love Crystal & Shanille Sam.

Happy birthday to my niece Kelsey (Kayla) Campbell over in Victoria. Her special day is on March 29<sup>th</sup>. Have fun chick and take care of mom for us. Make your day a huge blast ok, we want to hear you party from here in Port Alberni. I'll be listening. We miss you lots girl, love you. From auntie Regina and family.

Happy birthday to my lil bossy niece...Dawn Lou Frank on March 30<sup>th</sup>. I know you will have fun on your day baby, you always have a way to make everything in your life a blast. Think of you all the time chick. Give my mom and dad a huge hug from us here in Port k, oh i guess your mom too... love from auntie Regina, uncle Chris, Rissa, Raelynn, and our lil man (Hunter)

A Late Happy Birthday to Lee Frank who turned 12 years old on Feb 13. A proud mother to have a son so great and who is always striving to be the best. A great athlete at all sports and i am looking forward to your later years in life, Lee, with your talents i know you will succeed at anything. Love Mom.

To a very special person in our lives, to Caroline Joseph, on March 24<sup>th</sup>, it's your special day Caroline, we wish you



ATTENTION!! On March 8, 2004, Cochise Silas Chico Seitcham, will have completed his first mission as a Westcoast Warrior, the most intense of physical regimens!

learning to walk! Hooray for Chicos first trip around the sun. You have already learned most of what you need to know, that love is important, to be nice to your siblings, that comfort is as close as your mom and dad, good food is a thing to fully appreciate, how to share, and last but not least, how much you are loved. Happy 1<sup>st</sup> Birthday son, Love your Mommy Sacheen, your Daddy Joe James, and all your brothers and sisters: Letitia, Damon, Saber, Delzen, Scarlett and Apanii.

nothing but the best for your special day. How old are you? We know but we won't tell.

Have a nice day on your day dear Caroline. "CJ". From Corby & your Mom Linda & of course your dear & wonderful daughter Rosalinda.

Happy Birthday to my dear father Earl Maquinna George - on March 7<sup>th</sup>, and also a big Happy Birthday to my beautiful Granddaughter Vanessa (Nessy) who shares the same birthday as her great grandfather Earl both on March 7<sup>th</sup>, to the both of you from Linda, myself & Rosalinda we wish you the best for your special day. Thank you. From Corby George

Happy birthday grandpa Johnny O for MARCH 6<sup>th</sup>. Hope you have an awesome day, make it fun, lots of it. Love from Rissa, Raelynn Hunter, Regina & Chris.

Happy birthday bro Keon Sr for March 20<sup>th</sup>, the one who brings the first day of spring every year. And one for sis Bertha in Victoria for march 8<sup>th</sup>, miss you lots sis. I hope alls well for you and Kayla (Kelsey). Another happy birthday for Marecena Billy (Mouse) on March 3<sup>rd</sup>, call me sis I never know where you live any more! hugs n kisses sis Regina and family.

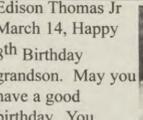
Happy birthdays to JayLynn Lucas March 8, Charity Lucas 8<sup>th</sup>, Derek Lucas 6<sup>th</sup>, Jared Lucas 16<sup>th</sup>, and Lila Charleson March 18<sup>th</sup>. From Chris and family.

Happy birthday to 2 special nieces Kelsey Martin on March 11<sup>th</sup> and Leighsa Charleson on March 17<sup>th</sup>. Enjoy your day ladies, have fun! Love Uncle Chris and family.

For my Auntie Jessie, I would like to wish you a very Happy Birthday for March 16<sup>th</sup>. Everyday you're in my thoughts and I just know you're going to have a beautiful day for sure. I Love You, Hugs and Kiss's from Ann and Philip.

I would like to wish my awesome mother Sybil Gus a very happy birthday on March 31<sup>st</sup> Love you lots. Love Ellen Gonzales

We would like to wish Collin Miller a Happy 9<sup>th</sup> Birthday on March 11, enjoy your day Neph miss you and love u lots! Happy 1<sup>st</sup> Birthday Calvin Michael also on march 11<sup>th</sup>, Happy birthday Kennedy Frank on March 3<sup>rd</sup> enjoy your day!! Luv aunty Raymona, Uncle Nate & cuz Christian. Happy



Edison Thomas Jr March 14, Happy 8<sup>th</sup> Birthday grandson. May you have a good birthday. You deserve it. We love you a whole lot. Grandpa Vince & grandma Charlotte. Happy Birthday to our auntie Grace David who shares the same b-day as our grandson Edison on March 14. From Vince McKay & family. Happy Birthday to our brother Edison Thomas. From brother Dean McKay and sister Justice Thomas.




Happy 15<sup>th</sup> Birthday to my daughter Leisa Fred on March 12. Love Mom, Jason and brothers Jordan and Tyler.

Birthday to my lil sis Gina Sutherland, on March 31 we Love u & miss u Very Much!! Enjoy your day Love always your big sis Raymona, Nathan & neph Christian. I would also like to say happy belated birthday to my niece Keanna Michael, on Feb. 29 your finally one, lol Miss u lots!! happy belated birthday to my neph Tyson Michael, on Feb.27 luv aunty Raymona, uncle Nathan & cuz Christian.

Happy 8<sup>th</sup> Birthday to my son Edison Thomas jr. you have a great day and always keep your head up high my son love your mommy and dad.

Happy birthday to our brother Eddie Thomas, many more bro, love from your bro Dean and sis justice

I'd like to wish my niece Theresa a happy 18<sup>th</sup> birthday for March 8<sup>th</sup>. Love always your auntie Lill & family.

I would like to wish my cousin Melissa Jack a Happy Birthday on march 7<sup>th</sup>,enjoy your day cuz, love Raymona, Nathan & Christian.

Special Birthdays in March: March 2, Amanda Fred; March 9, Gerry Fred Jr.; March 13, Paula Watts, Happy 13<sup>th</sup>, March 16, Cody Gus; March 17, Bill Gus; March 27, Gloria Fred. All the best to you all, have fun, love you. From Grandma, Mom, Bertha, sis. Lots of love Angie, Farley, Bobbie & Harry.

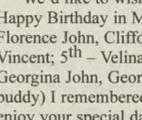
Happy 37<sup>th</sup> birthday to Alfreda Charlie, we certainly are proud to keep track of all those years. We love you very much, from Daniel, Kalvin & Shanny! Have a wonderful & special day!

We also would like to send a special birthday wish to Shantal Charlie. Wow! 10 years have flown by so quick, enjoy your special day on March 30. We love you sooooo much, from Mom, dad & Kalvin & Lil' Edgar. Happy Birthday Shanny!

Also a belated b-day shout out to Albert Clutesi AKA "Rod" back in February 15, we hope you had a enjoyable one at "club cal"! Ahhhh if you didn't, try again! Hehehehe. Happy Birthday Rod with many more wishes there "Cujo" yup, many more! Someone please tell Gipper to call hightower asap!

We'd like to wish a few people a Happy Birthday in March: 2<sup>nd</sup> - Florence John, Clifford Harry, Allison Vincent; 5<sup>th</sup> - Velina Vincent; 7<sup>th</sup> - Georgina John, Georgina Sutherland (old buddy) I remembered). Hope you all enjoy your special day. Take care! From Pauline, Steve & Steve Jr., Clarence, Natasha, Courtney & Mariah John.

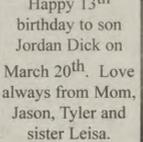
I'd like to wish my special brother Paul Vincent a very, very Happy



We lovingly send out birthday wishes to our father Dave Jacobson for March 8. He's slowly creeping to the big 5-0! Halfway there Dad. Love you and have a great day. Rob and Nellie Lindsay. Happy Birthday grandpa. Love you lots. Your Granddaughter Cedar Margaret Lindsay. I would like to wish my husband Dave Jacobson a happy 45<sup>th</sup> Birthday on March 8. I love you very much sweetheart. You are a wonderful husband. Congratulations on your new job. I am so happy to be back in Port Alberni. (Finally!) Love your wife Pearl Jacobson. I want to wish my twin sister, Caroline



Happy 8<sup>th</sup> Birthday to Desiree J Knighton on March 9<sup>th</sup>. From Auntie Joy and Uncle Erich Aunty Leona and Grandma Dee. Happy Birthday to our daughter and sister Desiree Knighton on March 9<sup>th</sup> Love from Mom and Dad, Brothers Jr/Rich/Andrew and Sis Chantelle.



Happy 13<sup>th</sup> birthday to son Jordan Dick on March 20<sup>th</sup>. Love always from Mom, Jason, Tyler and sister Leisa.



We would also like to wish our very special son a Happy 11<sup>th</sup> Birthday to Clarence John on March 21 and many, many, many more to come. Enjoy your special

day babe. We love you so much! From Dad (Steve) and Mom (Pauline). Happy Birthday to our brother Clarence William Anthony Michael John on March 21. Love you lots! From your big brother Stephen Jr., sisters Natasha, Courtney and baby Mariah John.

Birthday on March 9. Sure hope you'll enjoy your special day. Hope to at least see you too. Love you bro. From your sister Pauline Vincent.

To Steve John Sr: All the "precious years" we have shared... How fast they seemed to fly by us. There were rainy days among all the sunny days we knew. The fun, laughter and happiness far out weighed the bad times we used to have. Our love has grown stronger and we rejoice in all that we have. We've stored a lifetime of memories, that nobody, but us can look back from time to time and always remember. I'll never let our memories go. I love you so much Steve John Sr. And don't you ever forget our date Feb. 28. From Pauline Vincent.

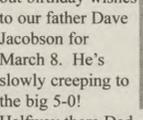
Happy 15<sup>th</sup> Birthday to our Daughter Kelli Swan March 12, 2004 enjoy your day, you deserve it and many more to come. Love Always Mom, Dad, Your Bros, and Randi.

Happy Birthday to Auntie Rose Frank 03-05-04, Traci Swan 03-14-04, Andrew Lucas 03-12-04, Patsy Mack 03-22-04, have a nice day! From Larry, Gena, and Family.

Happy Birthday to a very Special Sister Claudine Webster 03-28-04, Claudine you are a very special lady and enjoy your day there Sista. hola... one more year and you will be at the between that 3<sup>rd</sup> and 4<sup>th</sup> door! Love always your Sista G. Swan.

Happy 11<sup>th</sup> Anniversary to auntie Violet and uncle Stan in March. Love Marvin, Pearl and kids.

Happy Birthday to all NCN born in March!



I would like everyone to know about my sister Mami George (Lucas), daughter of Simon and Julia Lucas, she is going to be leaving her family and friends at home to attend a wonderful healing journey of her life. Mami's journey is about herself, who must do miles and miles of walking from Victoria to Ottawa. This walk is about ones who had suffered a loss of loved one who completed suicide. Mami's loss was her brother Simon Lucas Jr. Mami's walk is not only for her self but also for Charlie and Gertie Lucas,



Vince Watts is joined by a number of walkers as he continues his efforts to bring attention to the issue of youth suicide.

## Local Nuu-chah-nulth Suicide Awareness Walk

The Tiic aq and Prevention Program are organizing a local 11 hour walk from Port Alberni to Nanaimo to draw attention to a national Youth Suicide Prevention Walk being launched on Wednesday, March 31<sup>st</sup>, 2004. The local walk being organized by J'net August, NTC Southern Region Prevention Worker will take place Tuesday, March 30<sup>th</sup>, 2004, a day before the national Youth Suicide Prevention walk will commence. Call J'net 250-720-1325 to sign-up for the Port Alberni-Nanaimo walk to bring local attention to this very important national event.

Nanaimo to Ottawa where a team of First Nation Youth are walking across the country to raise awareness on the tragic problem of Youth suicide. In the spirit of supporting Vincent Watts and the team of national walker he has organized, the Tiic aq and Prevention Program wanted to offer local support with our mini-walk. For more details about the actual national Youth Suicide Prevention Walk, log onto their web site, where people can learn ways to support, contribute financially and youth can submit their personal testimonies of overcoming suicidal thoughts. Web: theyouthsuicidepreventionwalk.com

## Budget Cuts Gut Native Courtworker Program

Native courtworkers and their clients are devastated and angry at the provincial government for major cuts to their budget that virtually cripples its ability to provide needed services to aboriginals in the justice system. The Native Courtworker and Counselling Association of BC (NCCABC) was notified recently by the Ministry of Solicitor General that \$700,000 was being cut from its budget. In 2002 the Program was hit by a \$400,000 cut to its budget. These combined cuts have slashed the courtworker program budget by more than 50% and will reduce the number of native courtworkers to less than 20 to cover all of British Columbia. This is happening at a time when the number of Aboriginal people requiring the services of a native courtworker rose by 48% from 2002 to 2003.

the government because native courtworkers are essential to the efficient operation of the courts in many parts of BC," he said. "Aboriginal people are already disproportionately represented in the justice system. It is unacceptable to the administration of justice to have more Aboriginal people processed through the system without adequate services," added Braker. "For example, many Aboriginals do not fully understand their rights or know how to apply for legal aid," he said. The NCCABC is strongly supported in its position by some of the major Aboriginal organizations in BC, who all signed a joint letter to Solicitor General Rich Coleman expressing concern about the cuts and requesting a meeting with the Minister. The Native Courtworker Program is an essential part of the justice system in BC. Among their many functions, native courtworkers help Aboriginals understand their legal rights, facilitate applications for legal aid, ensure parties attend legal proceedings and speak at sentencing.

"These cuts come on the heels of previous cuts to native community law offices and other legal and social programs that provide critical services to Aboriginals," said Hugh Braker, President of the NCCABC. "These moves are incredibly short-sighted by

I would like everyone to know about my sister Mami George (Lucas), daughter of Simon and Julia Lucas, she is going to be leaving her family and friends at home to attend a wonderful healing journey of her life. Mami's journey is about herself, who must do miles and miles of walking from Victoria to Ottawa. This walk is about ones who had suffered a loss of loved one who completed suicide. Mami's loss was her brother Simon Lucas Jr. Mami's walk is not only for her self but also for Charlie and Gertie Lucas,

## Poets Nook

**Chance of Change**  
Never gets better,  
never gets worse.  
Never changes,  
Only hurts.  
Sun still rises,  
Sun still falls.  
More endless roads  
And unbreakable walls.  
Show me a crack  
And I'll give you a wedge.  
Show me a seed  
And I'll grow you hedge.  
Show me a chance  
And I'll change what you see.  
Show me faith  
And I'll give you loyalty.  
Like a fog  
What you see  
Isn't always  
All of me.  
Let me climb,  
Let me soar.  
Let me fly  
And I'll give you more.  
*By Vanessa MacIntyre-Smith*

**I'm Free... Free at Last**  
I'm free... free at last  
I'm free... from the past...  
My restless soul is finally free  
I have claimed my spirit that belongs with me...  
I have claimed my courage, strength, wisdom and dignity  
It seemed like forever to search and find my spirit  
For I had dept deep within my soul  
Remembering my past had so many tears of fear and anger  
When I searched and found this spirit that is part of me  
I found deep within my soul I was my own worst enemy  
My crying soul had acknowledged me  
I searched and found this Great Spirit who was always part of me  
Now I have faced and acknowledged me  
What an honour to claim my spirit that had always been with me  
I sang her a song a song so soft and so sweet  
I'm free... free at last...  
My tears of sorrow had turned to tears of joy  
This furious anger that come from within has been released from inside to out...  
My angry spirit has learned the art of laughter  
Her beautiful voice has claimed and acknowledged her spirit  
I'm free... free at last...  
I have claimed my song and sing to me...  
This Great Spirit has always been with me  
I carry courage, strength, wisdom, and direction  
Best of all I truly and honestly Respect me...  
I'm free to sing my song with the Great Spirit  
That will always be with me  
I'm free... free at last...  
*By Norma - Ann Webster*

A special girl who took a special place in our house. Sitting at our dinner table taking place of someone else, her friend, but made things feel fine. A year has come and fastly gone but the love we shared will always be in our minds. Always remembering her presence, sharing moments, laughter shared, caring suggestions, and just being herself. How can we say what goes through our mind and hearts feelings when it comes to this beautiful girl. Memories of days when she was in our lives and memories left only. A person that had so much to look forward to and stolen in a heart beat. Her youthfulness, beauty, dancing, singing, cheekiness always here in memory. Always missing you, Wendy, Harley, Lee, Sue

## In Memoriam - ʔaʔak<sup>w</sup> ap

In Loving Memory of late Francis Henry Charleson & Eileen Louise Charleson (yaʔxiiyatuk<sup>'is</sup>)  
Left us April 19, April 30, 1999

**Sister**  
As I sit here by the ocean  
My heart is alone  
Lonely think of you sister  
It's hard to concentrate  
Look at all the faces  
Change right before my eyes  
I'm exhausted needing a clear  
Mind so I concentrate on the waves  
Washing up and down the shore  
Of the beach the echoes of laughter  
Fill my heart with sadness  
Because I'm searching in my heart  
To hear your laughter just once more  
Then suddenly this cool breeze  
Rushes right through me

I can see in the distance a faded  
Picture and sound that rushes through  
My body I hear laughter and this faded  
Picture is you and our brother running  
In and out of the water  
Suddenly I feel myself trying to get  
Closer but you both start to fade away  
And the noises of laughter become  
whispers  
I feel the cool breeze on my face and  
Raindrops rolling down but I come to  
reality  
And only know they were not raindrops  
but  
Teardrops rolling down my face  
Because this is the day we lost you.  
*Your loving little sister Corrine*

## Regional Capacity Building Sessions "Building Better Services With Communities"

Presented by: F.U.N.S. (Finance, Usma, Nursing & Social Development)  
✓ Regular dates have been set for these regional sessions so that you can "plan ahead" and ensure that your staff are able to attend.  
✓ These meetings will be held on the **first Monday and Tuesday** of the month as indicated below:  
✓ Further agenda information will be mailed directly to your offices.  
✓ Any questions, please phone Charlene Eng at 724-5757.  
**Regional Capacity Building Sessions - "Building Better Services With Communities" Dates for 2004:**

<b>Southern Region</b>	<b>Central Region</b>	<b>Northern Region</b>
March 1 & 2 September	April 5 & 6 October	May 3 & 4 November

**Nuu-chah-nulth Registry & Treaty Information ...**

- Registering events are very important!
- Birth Registrations:** It is important to get baby registered as soon as possible. You must complete the parental consent for Registration/Statement of Band Affiliation form and provide the LARGE form birth certificate, these consent forms can be obtained through your Band Office or at the NTC Office. Registration takes 6 - 8 weeks.
  - Transfers:** Are you wishing to transfer to another Band? Write to the Band you want to transfer into. Once accepted you will need to complete a consent to transfer form, also, notify the Band you are currently in and let them know your intentions.
  - Marriages, divorces, name change, deaths:** Please provide appropriate certificates to up date the Indian Registry Lists. A consent form needs to be completed for any name changes.
  - Are you turning 18 soon?** If you would like your own registration number then you have to submit a letter of request. Process also takes 6 - 8 weeks (no longer automatic).
  - All documents are to be submitted to Rosie Little** - Indian Registry Administrator at the NTC Office, with the exception of Ditidaht, Hesquiaht, Huu-ay-aht and Tla-o-qui-aht. Contact these First Nations directly. To have a status card issued through NTC from these four First Nations please have your Indian Registry Administrator fax approval and your information prior to coming into the office if possible.
  - Does your First Nation have their membership code in place?** If so, and you would like the above events recorded for "BAND MEMBERSHIP" then it is EQUALLY AS IMPORTANT that you contact them as well.
  - Your First Nation needs your current address and phone number so they can contact you regarding Treaty developments, letters and bulletins.**
  - First Nation phone numbers and addresses are listed below for your convenience.

**Ahousaht**  
(250) 670-9563 - Fax: (250) 670-9696  
General Delivery Ahousaht, B.C. V0R 1A0



**Ditidaht First Nation**  
1-888-745-3366 - Fax: (250) 745-3332  
PO Box 340 Port Alberni, B.C. V9Y 7M8



**Ehattesaht**  
1-888-761-4155 - Fax: (250) 761-4156  
PO Box 59 Zeballos, B.C. V0P 2A0



**Hesquiaht First Nation**  
1-877-232-1100 - Fax: (250) 670-1102  
PO Box 2000 Tofino, B.C. V0R 2Z0

**Hupacasath First Nation**  
(250) 724-4041 - Fax: (250) 724-1232  
PO Box 211 Port Alberni, B.C. V9Y 7M7



**Huu-ay-aht First Nation**  
1-888-644-4555 - Fax: (250) 728-1222  
PO Box 70 Bamfield, B.C. V0R 1B0

**Ka:'yu:k't'h'/Che:k'tles7et'h'**  
(250) 332-5259 - Fax: (250) 332-5210  
General Delivery Kyuquot, B.C. V0P 1J0



**Mowachaht / Muchalaht**  
(250) 283-2015 - Fax: (250) 283-2335  
PO Box 459 Gold River, B.C. V0P 1G0

**Nuchatlaht First Nation**  
(250) 332-5908 - Fax: (250) 332-5907  
PO Box 40 Zeballos, B.C. V0P 2A0



**Tla-o-qui-aht First Nations**  
(250) 725-3233 - Fax: (250) 725-4233  
PO Box 18 Tofino, BC. V0R 2Z0

**Toquaht Nation**  
(250) 726-4230 - Fax: (250) 726-4403  
PO Box 759 Ucluelet, B.C. V0R 3A0



**Tseshaht First Nation**  
Toll Free: 1-888-724-1225 - Fax: (250) 724-4385  
PO Box 1218 Port Alberni, B.C. V9Y 7M1

**Uchucklesaht Tribe**  
(250) 724-1832 - Fax: (250) 724-1806  
PO Box 1118 Port Alberni, B.C. V9Y 7M7



**Ucluelet First Nation**  
(250) 726-7342 - Fax: (250) 726-7552  
PO Box 699 Ucluelet, B.C. V0R 3A0



**Aaron Hamilton, Rod Sayers, and Brad Starr share a laugh at the 2004 BC Winter Games trade show area.**

**TLA-O-QUI-AHT TRIBE MEMBERS**

If you are not receiving "Inside Tla-o-qui-aht" newsletter please call your address in ASAP. This mailing list is also used for important tribal mailouts you may not want to miss.

Forward your address to: Carla Moss c/o Tla-o-qui-aht First Nations, Box 18, Tofino, B.C., V0R 2Z0  
Phone: 250-725-2765, email: cmoss@island.net  
Fax: 250-725-4233 attn: Carla Moss

**CHIEF AND COUNCIL NOMINATIONS / ELECTIONS**

**for Ka:'yu:k't'h'/Che:k'tles7et'h' First Nations have been scheduled as follows:**

Advance Poll Thursday, March 11, 2004  
ELECTION Date Friday, March 19, 2004

A note to our people: If you have moved in the last while, please contact us with your most current address... either by snail mail or the Toll Free number 1-888-817-8716

**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** We need names, addresses & phone numbers of all Uchucklesaht descendants. The Tribe has now initialled an Agreement in Principle with BC Canada. Now we need to hear from you! Please contact the office at: Phone: (250) 724-1832 Fax: (250) 724-8106 Address: PO Box 1118, Port Alberni, BC, V9Y 7L9

**HELLO UCLUELET FIRST NATION MEMBERS! HAVE YOU MOVED?**

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

**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

**TO ALL TSESHAHT MEMBERSHIP:**

Please remember when you register your child(ren) with NTC you must still register your child(ren) to the Band. I do not have names that NTC has so if you're one of these members please contact me for Band membership papers as we administer our own membership and only those people on our list is Tseshaht. I do not issue status cards this is done only with Rosie Little or Mel Braker. Feel free to contact me at lisagallie@shaw.ca or call me at 1-866-724-4229.

**TSESHAHT FIRST NATION CULTURAL RESOURCE CENTRE**  
Open to anyone interested in learning more about Tseshaht history. 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.



**Laurie Hannah (top left) with Tofino moms and tots at Family Ties Family Ties - Parenting programs for West Coast families**

By Denise August  
Central Region Reporter

**Tofino/Ucluelet** - The Family Ties program of Tofino and Ucluelet recently hired two workers to provide parenting workshops for young and expectant families. Laurie Hannah and Margaret Morrison were hired November 2003 to serve Tofino and Ucluelet respectively.

Hannah, who comes from the Maritimes, spent some time in Ontario before arriving on the West Coast six years ago. She says she loves the ocean, pristine cedar trees and the local culture. Together with her partner, Laurie raises her two children, 18 month-old Isiah and 2 1/2 year-old Hannah (she has a different last name says Laurie).

Margaret Morrison is a longtime resident of Ucluelet and offers Family Ties Programming out of the Davidson Plaza on Tuesdays.

Both Hannah and Morrison encourage mothers, fathers, grandparents or other childcare givers and expectant parents to visit their workplace. They offer counseling to expectant mothers as well as food coupons and free nutritional supplements.

They offer exciting weekly programs both in Tofino and Ucluelet on Tuesdays. On March 2<sup>nd</sup>, parents and children were invited to learn about dental hygiene with Sue Nye. Toddlers learned to brush teeth using an oversize toothbrush and a doll with huge, very realistic-looking teeth.

While the topic of the day was dental hygiene, children were encouraged to play with a great variety of toys and enjoyed nutritious snacks including fresh fruit and juice. The parents were able to

play with the children and socialize with each other.

Hannah says turnouts for the workshops are good with 7 to 14 mothers showing up each week. Fathers sometimes participate she says and so do grandparents and they are more than welcome to come, says Hannah.

There were no First Nations families attending the programs on March 2<sup>nd</sup> but Hannah says she has a few regulars but transportation tends to be a problem. Many require cars or boats to participate in the program.

For more information about the Family Ties Program, contact Laurie Hannah in Tofino at 726-4242 or Margaret Morrison in Ucluelet at 726-2224. Tofino programs are held Tuesdays at the Tofino Community Hall on 351 Arnet Road from 11:30 a.m. to 1:30 p.m.

Ucluelet programs are held Tuesdays from 10:30 a.m. to 12:00 p.m. at Davison's Plaza, #4-1620 Peninsula Road. March programs are:

- March 9<sup>th</sup>: Discipline: Loving Guidance
- March 16<sup>th</sup>: Guiding Your Child's Physical Development with Jerome Fryer
- March 23<sup>rd</sup>: To be announced
- March 30<sup>th</sup>: Non-toxic House Cleaning with Kathryn Cook
- Tofino's programs for the month of March are:
- March 9<sup>th</sup>: Healthy snacks for pregnancy and breastfeeding with Sylvie Brousseau
- March 16<sup>th</sup>: Infant development with Marilyn Hickey
- March 23<sup>rd</sup>: Gardening for good health
- March 30<sup>th</sup>: Natural Family Medicine - Learn to make your own.

**Community Events**

**Louie Family Memorial Potlatch**

Elders, Chiefs, Family & Friends from the West, East, North, South & States Side We would like to invite you to a Memorial Potlatch as we remember our: Dad "Philip Louie Sr" a Veteran who was part of the Council & Politics etc. Our brother Cyril; a paraplegic who took part in the "Walk Run Wheel Athon," "Canoe Quest from Ahousat to Victoria to Tahola, Neah-Bay/1996/1997" "Choices". Our Brother Randy; a fisherman, tree planter; for sharing & giving to many people.

**On April 03, 2004 @ Ahousat BC @ 12 noon.**

Anyway enquires or questions please call:  
Philip "Guy" Louie @ (250) 812-9564  
Melodie Louie @ (250)920-5951  
Vivien Thomas @ (250)670-2555

We thank-you all, and look forward to seeing on April 3<sup>rd</sup>.  
(Auntie)Ina Campbell, Mercina Jones, Ike Campbell  
Guy Louie, Melodie Louie, Vivien Thomas

**Career Opportunities - q<sup>w</sup>i-cah-ta-mis**

**Ucluelet First Nation Help Wanted - Youth Worker**

Coordinate / implement recreational / educational / cultural program for children / youth ages 6 - 18 years.

**Qualifications:**

- Minimum grade 12 completion
- Minimum 2 years experience working with children / youth ages 6 - 18 years.
- Unrestricted Class 4 Drivers License (must submit driver's abstract with resume)
- Level 1 first Aid / CPR C

Fax / mail resume along with cover letter and driver's abstract to:

Personnel Committee (250) 726-7396  
Or Mail to: P.O. Box 699, Ucluelet, B.C., V0R 3A0



**Nuu-chah-nulth Youth Web-site Design**



The Nuu-chah-nulth Community and Human Services department is seeking resumes from individuals interested designing and developing a Nuu-chah-nulth Youth Web-page. This will be a short term contract position. Individuals must be willing to work with Nuu-chah-nulth youth in developing this project. Please include the following information in your resume:

- Experience and education in the field of web-design.
- Samples of your work.
- Financial outline for the project.

Please submit resumes to the Nuu-chah-nulth Tribal Council no later than Friday March 19, 2004 @4:30 PM.

For further information, please contact Lynnette Barbosa @ 724-5757.

**CLIMBER TRAINEE POSTING**

Standing Stem Harvesting Ltd. is accepting applications for Climber Trainee positions. Trainees will complete a Certified Forestry Climber course.

**OPPORTUNITY**

Certification prepares Trainees for potential apprenticeship and employment opportunities, for Single Stem Harvesting Ltd. Single Stem Harvesting (SSH) is a new, totally unique harvest method that has been developed within B.C. There are less than three companies



in the world actively conducting this environmentally friendly, gentle, "light footprint" harvest method. This new and innovative harvesting technique (first utilized in 1998) provides forest planners with an expanded toolbox in areas where compromising management objectives (e.g. environmental, social, wildlife, etc.) is not an option. These areas represent a portion of the coastal land base that is currently not available to Licensees (outside the current AAC) but can be made available through this innovative harvesting technique.

The application requires certified tree climbers to climb pre-selected trees in cutting permit approved logging cutblocks and remove all limbs and tops with a chainsaw at pre-determined heights, to accommodate desired lumber sorts.

**QUALIFICATIONS**

- Be of good health.
- Complete physical fitness test.
- Grade 10 minimum completed.
- Pass aptitude test.
- Pass personal interview
- Forestry work experience is an asset.
- Preference will be given to applicants of Aboriginal descent

**APPLY / CONTACT**

Submit applications and/or inquiries to: Steve Mitchell, Standing Stem Harvesting Ltd., Box 1118, 5000 Mission Rd., Port Alberni BC  
Phone: 250.723.5878, Fax: 250.723.5898  
Email: remsteve@island.net  
(You are encouraged to include a cover letter, resume, certificates, and reference letters)

**DEADLINE: Friday March 12, 2003.**

**Drilling & Blasting Training**

Experienced Driller Blaster and instructor, offering a six month training program on all aspects of drilling and blasting. Strong emphasis will be placed on safety rules and regulations, in accordance with WCB standards.

Upon completion, trainees will be ready to take required certification test. Assistance will be given in job placement.

Acceptance will be determined by an interview process following an information session. CONTACT # 735-0167

**I want to APOLOGIZE to all the people I have Hurt!**

I would like to apologize to Edwin and Rose Jack and their family. I want the people up and down the coast to know what I said about Edwin is not true. This incident happened when I received a phone call from my grand child, I don't remember when it was if it was a weekend or not. I have to admit I was intoxicated at the time, and I honestly don't know what was being

said between us all I know is that my grand child was crying. I tried getting a hold of the mother and I don't know whom I phoned but apparently I phoned a few people and this where the story came from. I know this is a serious accusation and I am very sorry. I would like Edwin and Rose to know that I am sorry for the words I said and that I apologize for the hurt I have caused.  
Vivian R Mark



Sisters Krystle, Kim and Kerry Erickson

### Kim Erickson starts 2nd year in Kentucky

Kim Erickson left her hometown, Port Alberni, on January 20, 2004, as she has begun her 2nd year as a sophomore at Mid-Continent College (MCC) in Mayfield, Kentucky.

In mid-December 2003, Kim completed her 1st year in the Teaching Program at MCC.

Just to share a little history with the community of Port Alberni, Kim played Softball with many Port Alberni teams since she was 4-5 years old.

Through the years Kim acquired many valuable skills to become a well disciplined, dedicated and key softball player.

Thanks to the many coaches that helped Kim develop into the highly skilled and smart ball player that she has become. Without all her ball expertise she learnt, she wouldn't be a player that was scouted for her to be on a competitive U.S. College team, representing her family, all First Nations people, British Columbians and Canadians.

In Kim's high school years, her love for the game of softball, took her playing ball in Nanaimo. (The reason Kim played two softball seasons for the Nanaimo team, was there were no competitive/rep teams for her age group in the Port Alberni area).

Kim's dedication and athletic abilities were noticed by Softball Scouts that immediately offered her a 4 year Scholarship to attend Mid-Continent College. Kim accepted the MCC's Scholarship offer.

She played her 1st season on the Lady Cougars Softball team last spring. During the Softball season (Feb 03-May 03), Kim BROKE the Mid-Continent College Homerun record! The MCC College homerun record was at "7", and Kim ended her 1st softball season with "8" homeruns.

Another accomplishment Kim earned at the start of last season was the Shortstop position was Kim's for the season. (previously a 4th Year Senior's position) The demonstration of her strength and great ball playing, as well her ball smarts on the field awarded her the position of shortstop.

Sorry for the delay in keeping all interested supporters updated. Kim will be back home in mid-May.

To let your daughter go out in the "BIG WORLD" is a tough one. (even when it's her 3rd semester at MCC) But when you hear in her voice that she is happy and very enthusiastic to do her best at her school studies and do her best on the Softball field. You still may shed some tears but they are tears of joy and being very proud of your daughter and remembering that she is making her respectful presence well known in the U.S. The coach and staff of MCC have plenty of praise and admiration for Kim's performance at their college.

From a very proud and sometimes teary "Softball MOM" best of luck in your studies and on the softball field, to our Kentucky gal Kim, love from your proud family.

### Nuu-chah-nulth Healing Project

#### NUU-CHAH-NULTH TRADITIONAL TEACHINGS

March 26 & 27

PEARL WARREN BLDG, 606 12TH Avenue South, SEATTLE  
*Storytelling, Traditional teachings, crafts, and Healing Project updates.*  
 Friday March 26, 5:00 - 9:00 pm, Dinner provided  
 Saturday March 27, 10:00 am - 3:00 pm, Lunch provided  
 FOR MORE INFO CALL Jody Olsson 604-254-9972, or 604-312-6539  
 or Vina Robinson at (250) 731-6271

### Our Women Our Strength

Invites All Ditidaht Members to the  
 Community Feast and Certificate Ceremony

March 17, 2004, Noon - 6:00 pm.

**Bridging Men and Women Ceremony at the Beach at 1:00 pm.**  
 This Ceremony will be conducted by NTC Healing Project Workers, Josie Johnson, Daisy Edwards.

Certificates and Recognition will be presented by Anita Pascoe, PAFNW at 3:00 pm at the Ditidaht Community Hall. For more information, please call Dorothy A. Wilson at 724-6161 or a OWOS Board Member (Barb Tate, Marilyn Peter, Marg Eaton, Peggy Tate, Phyllis Shaw or Christine Edgar) at the Ditidaht Health Clinic 745-3331. Toll free 1-888-454-0022. *This event is sponsored by the Pacific Association of First Nations Women in partnership with the Ditidaht First Nation with donations by the NTC Healing Project.*

**Trade:** Hot or cold smoked salmon (vacuum packed) for a 9.9 outdoor motor or W.H.Y. Call John @ (250) 723-3276

Rose Ambrose: Basket weaving, shawls, baskets, headbands, roses, etc. Also teach 723-2106.

### Community Events and Celebrations

**HAWITHLWINIS (Robert Martin)**  
 has announced a **THLAAK-TUUTHLA**  
 for his father, **ROBERT MARTIN SR-mit.**

The ceremony will be held on: March 20<sup>th</sup>, 2004 at Wickannish Elementary School, Tofino, BC, Starting at 10:00 a.m. Hawthilwinis is extending an open invitation to relatives and friends. His brothers and Uncle Levi will be making special trips throughout the Nuuchahnulth communities to extend formal invitations.

### TO ALL THE AHOUSAHT YOUTH

The youth of Ahousesat 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.



### PUBLIC NOTICE:

On behalf of Veronica Dick, Michelle James, Chuck Jack & their families, we would like to invite you & your family to join us as we CELEBRATE the MEMORY of H. Thomas Dick (July 20, 1942 - Aug. 24, 2002) & Tyson Jack (June 3, 2000-Jan. 26, 2002).

SATURDAY AUGUST 28<sup>th</sup>, 2004  
 Tsaxana, Gold River, Wah-meesh Gym  
 (Time yet to be determined)



### ADAM FRED MEMORIAL POTLATCH

As our son/brother focused all 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 10:00 p.m. We will close the doors to hold our opening ceremonies; we will then serve lunch at 12:00 noon. 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, or Alfred Fred (father) at 723-2042.

### Memorial Potlatch

The House of the late Saiyatchapis (Chuck Sam)  
 Invite you to the Maht Mahs Gym  
 Saturday, February 5, 2005 10:00 a.m.

To honour the lives of family: Saiyatchapis, Harry Sam, Phyllis Sam, Stephanie Sam, Dakkota Rain McFarlane

### CLASSIFIED CONTINUED

#### Employment Wanted / Services Offered

**CHUMS**  
**CATERING**  
 ALL OCCASIONS  
 CALL: RENE NEWMAN  
 (604) 723-2843  
 PORT ALBERNI, B.C.

**LES SAM CONSTRUCTION**  
 Residential, Commercial and Architectural Structures  
 Construction Management  
 Home Warranty  
 Phone (250) 723-7991 or Cell (250) 720-7334  
 Fax (250) 723-7994  
 Registered BC Builder

**ECCREATIONS**  
 - Web Site Graphic Design www.eccreations.com  
 - Web Programming (250) 724-4383  
 - Database Development Port Alberni, BC  
 - Logo Creation  
 - Client Hosting

RESIDENTIAL \* COMMERCIAL \* DRYWALL  
**COUGAR PAINTING**  
 NATHAN 715-1944  
 RENE 715-1691  
 Pager 715-9480 Pager 709-8157

**Rissa Rae** House Cleaning Services  
 Doing the Chores you wish you had time to do...  
 tel: 250-723-7476 email: rryanfrank@shaw.ca

**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\*

**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.

### Arts

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

**WANTED:** I am looking for someone to make Abalone buttons. Call 723-7134.

**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

**FOR SALE:** Genuine Authentic basket weaving grass. Linda Edgar, phone 250-741-1622.

**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 Nookem (250) 728-2397

**Whopultheatuk** - Sandra Howard, Mowachah 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.



**wihayaq.oik.** James Swan  
**AHOUSAHT NATIVE ARTIST**  
 Original paintings, and carvings. (can customize orders)  
 P.O. # 84 - Ahousesat, BC - V0R-1A0  
 home (250) 670-2438 cell (250) 731-5304. www.ahousahatnativeart.com  
 wihay@alberni.net

**Ben David**  
 Nuu-chah-nulth  
 Northwest Coast Native Artist  
 Masks • Headdresses • Rattles  
 Bows • 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, Fleeces, Glass Enching, 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

**Reprezent Designs**  
 First Nations Graphics. Specializing in Native Vinyl Decals. (Custom Made/All Sizes). All types of Native Graphics. Call Now! Celeste Jacko. Ph: 604-928-2157 or Email: ladybrave05@hotmail.com

**House of Win-Chee**  
 Aboriginal Fashion  
 P.O. Box 8013  
 Victoria, B.C. V8W 3R7  
 Tel: (250) 382-7379 Fax: (250) 382-7375  
 Email: winchee@pacificcoast.net

# CLASSIFIED

### 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 dualies 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.

**FOR SALE:** 1995 Honda Accord V6 (Green) 4 door sedan. Fully loaded; sunroof, leather seats, A/C, and high mileage (highway mostly) Second owner. Must sell \$8900 firm. Call Janice or Matt at (250) 884-7575.

### Marine

**BOAT FOR SALE:** 1992 - 25 foot Raider. Aluminum cabin, open fore and aft deck, adjustable outboard bracket, tandem galvanized trailer. \$19,900 without engine, \$29,900 with 2001 - 225 Merc Optimax. Call Roger Francoeur 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 Ahousesat Administration Office at 250-670-9563.

**FOR SALE:** 38 1/2 ft "C" license for \$10,000. Donald Mundy (250) 720-5841.

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

**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 SALE:** 471 Motor, low hours, excellent running condition. Can be seen running. 724-1105.

**FOR SALE:** 30' Farl Hull Gillnetter with 2 nets (1 sockeye & 1 dog salmon). 724-1105.

**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.

Free Estimate and 10% Discount on your Tel Job Present this Coupon & Save!  
**A.C. POWERWASHING** and Sandblasting  
 Adam Cootes  
 Owner/Operator  
 Phone: 724-4419  
 Hot & Cold Pressure Washing  
 Environmentally Safe Products  
 Commercial, Industrial, Residential.  
 Cell: 720-6518  
 24 hours  
 "We work well under pressure"

### Miscellaneous

**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

**FOR RENT:** 3 bdrm Bsmt Suite, heat, hotwater, hydro, blinds, w/d hook up, 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.

**HOUSE FOR SALE:** To Tseshaht member, recently renovated. Open to reasonable offers. Call Annie @ 723-9706 after 5 p.m.

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

**FOR SALE:** TREK 800 Unisex Mountain Bike, brand new condition (used 3 times). Blue and Silver, kickstand and back wheel-rack included. \$350.00. Call 724-3420.

**ROOM & BOARD (OPPORTUNITY):** 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.

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

**WANTED:** An old spanking strap from the Residential era and any pictures from CT Hilton in Port Alberni in the years 1964/65/66.

Later known as Hilton Elementary and is now privatized. Leave message for August Johnson @ 283-2015 the Mowachah/Muchalahaht Band Office.

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

**INCOME TAX PREPARATION:** \$15. Phone Buck 723-6749.



# N.E.D.C. BUSINESS NEWS



## Community Economic Adjustment Initiative Phase II

### Background

The Community Economic Adjustment Initiative (CEAI) Phase II is a program for the disposition of the funds repaid by recipients of repayable contributions (loans) made under the original Community Economic Adjustment Initiative program.

The Community Economic Adjustment Initiative provided for \$20.3 million in Federal funding over two years ending July 31st, 2001 to support community adjustment projects. The Fisheries Legacy Trust was responsible for the overall monies and program support.

The CEAI was a unique partnership among the Union of BC Municipalities, Aboriginal Capital Corporations (ACC), coastal Community Futures Development Corporations (CFDC) and the Federal government, with community-based delivery through CFDCs for "quick response/action" to projects - NEDC is both an ACC and a CFDC and delivered the program throughout the Nuu-chah-nulth region.

Community Economic Adjustment Initiative Phase II is a smaller program using the same delivery mechanism partnerships and program criteria except that all contributions will be non-repayable to non-commercial projects.

### Program Goals & Objectives

To encourage long-term, sustainable economic development and diversification in coastal communities affected by changes in the salmon fishery.

To provide funding to projects in B.C.'s fishing-dependent Aboriginal and non-Aboriginal communities to address local adjustment priorities, needs, opportunities and solutions, which have demonstrable community support, and which result in:

- local, regional and coastal investments with positive, long term economic benefits; and
- transition from traditional fishing to alternative and sustainable economic activities within coastal communities.

### Eligible Applicants

Any non-profit entity, such as an industry association, municipality, First Nation Tribe, Regional District office, society, community group or association is eligible.

### Eligible Investment Activities

The CEAI can provide funds for investments that sustain communities by either diversifying within the fishery sector or entering into new opportunities. Infrastructure projects in support of these developments and diversification activities will be considered, but stand-

alone infrastructure projects will not be funded.

The CEAI is intended to support the diversification and development of the coastal communities of British Columbia and is directed at projects, which will bring tangible benefits directly to these communities.

**As contributions will be non-repayable and in keeping with the policy of not subsidizing businesses; commercial and competitive projects WILL NOT BE assisted.**

To be successful, proponents must clearly demonstrate their project meets the program criteria and no other more appropriate program or funds could assist the project. The Community Economic Adjustment Initiative can provide funding on a cost shared basis with several sources, but the proponents are expected to contribute some funds to any project supported under this project.

Diversification within an **oceans-based** context:

- a) experimental harvesting of new, under-utilized or alternative species
- b) selective harvesting strategies and techniques
- c) experimental fisheries
- d) fin-fish and shell-fish aqua-culture pilot projects and research and development
- e) technology transfers
- f) local pre-commercial/demonstration fish processing (pilot testing)

Diversification into new opportunities (unrelated to the oceans):

- a) tourism product development (non-profit)
- b) Aboriginal and eco-tourism proposals
- c) support major community attractions.

Infrastructure Development activities which can be considered to include:

- a) marine transportation infrastructure (i.e. wharves, harbours)
- b) local roads
- c) marine research facilities
- d) development of museums, archaeological and historic sites
- e) municipal water and sewage systems
- f) marine waterfront walkways

**IMPORTANT: Investments in infrastructure projects must demonstrate a complimentary relationship, which will lead to realization of an economic development opportunity. The program will not support stand-alone infrastructure projects.**

### Time Frame

To be eligible for the first round of funding your completed proposal must be submitted to NEDC not later than

April 30, 2004. There may be a second call toward the end of 2004.

### Funding Limits

The maximum contributions are set at \$250,000 per project; however there will be no minimum size of project to be considered under the Community Economic Adjustment Initiative.

Priority will be given to projects requesting less than \$125,000 assistance. Requests for larger contributions should have outstanding economic benefits and the maximum leverage possible in the circumstances.

For more information please contact the NEDC main office at (250) 724-3131.

## SOARING TO NEW HEIGHTS MARCH 27TH-28TH, 2004

NEDC's 5th Annual Aboriginal Youth Entrepreneurship Conference



Barclay Best Western, Port Alberni

Come learn about starting your own business!

ONLY \$20 Prepaid, \$40 at the door

### Includes:

- Light Breakfasts, Snacks
- Lunches, & a Dinner
- Conference kit

*Building the  
Business Spirit*

Nuu-chah-nulth Economic  
Development Corporation  
PO Box 1384, 7563 Pacific Rim  
Highway  
Port Alberni, BC V9Y 7M2

Phone: (250) 724-3131  
Toll Free: 1-866-444-6332  
Fax: (250) 724-9967  
www.nedc.info/events.php  
nedcyac@hotmail.com

Maximum 25 Participants so Register Early!

Take control of your dreams, your life and your future!

## SOARING TO NEW HEIGHTS

MARCH 27TH-28TH, 2004

NEDC's 5th Annual Aboriginal Youth  
Entrepreneurship Conference

### Registration Form

Date: \_\_\_\_\_  
Name: \_\_\_\_\_  
Aboriginal Ancestry: \_\_\_\_\_  
Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
How did you hear about this conference?  
\_\_\_\_\_

\$ \_\_\_\_\_  cash  cheque for conference registration fee.

## Nuu-chah-nulth Economic Development Corporation

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

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

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