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Ditidaht celebrates new school

By David Wiwchar
Southern Region Reporter

Malachan - It's Friday morning in the main Ditidaht village, and a new sound fills the air: the laughs and joyful screams of children playing in the school yard at recess.

On a weekday, the only sound usually heard is the chatter of ravens and cries of eagles, as children would leave the village by 7 a.m. for the 90-minute bus ride down the rough logging road to Port Alberni. Now, for the first time in decades, children can stay in Malachan and receive a full K-12 education for generations to come.

"This has been the dream of Ditidaht members since the 1950's," said Ditidaht Chief Councilor Jack Thompson. "It's an exciting day, and it's great for the children's morale because it shows that people care about their education and their future."

"This has been the dream of Ditidaht members since the 1950's," said Ditidaht Chief Councilor Jack Thompson, who himself was forced to leave the village as a child when he and his siblings were taken to the Alberni Indian Residential School. "It's an exciting day, and it's great for the children's morale because it shows that people care about their education and their future," he said. "Children can now stay home and get a full K-12 education, and participate in extra-curricular sports and cultural activities that they couldn't do since they spent so much time being bussed back and forth from Port Alberni."

"Children can now stay home and get a full K-12 education, and participate in extra-curricular sports and cultural activities that they couldn't do since they spent so much time being bussed back and forth from Port Alberni."

As soon as Principal Dave Maher cut the cedar-bark ribbon, a throng of more than 350 jammed into the new Ditidaht Community School to celebrate its official opening on Friday, May 14th.

"This is a dream our people have had for a long time," said Phillip Edgar. "We've been planning this opening for a long time, and we've been working with our Elders to make sure things were done properly. That's what this school is about: keeping our culture and traditions alive by teaching our youth about their heritage along with regular academic studies," he said.

As people gathered in the new gymnasium to listen to presentations and hear the Ditidaht children perform songs and dances, a particularly touching moment

came when the BC Government presented the school with a pair of welcome poles carved by the late Art Thompson.

Commissioned by the BC Treaty Negotiation Office, the poles once stood in a Victoria office before being put into storage a year ago due to infrastructure needs.

A particularly touching moment came when the BC Government presented the school with a pair of welcome poles carved by the late Art Thompson.

"I often saw the poles when I went to meetings at the BCTNO office in Victoria, then one day I went there and noticed they were no longer there," said Jack Thompson. "I asked where they were and was told they were put into storage, so I asked if they would be willing to donate them to our new school, and after further discussions they agreed," he said. "It's great to see these poles that my brother carved come home."

The two beautiful welcome poles will be properly installed and blessed in an upcoming ceremony on June 21st, National Aboriginal Day.

After more congratulatory speeches, students from HahoPayuk School performed their Animal Kingdom play, and Principal Syd Pauls presented Ditidaht Principal Dave Maher with a drum painted by Patrick Amos.

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Ditidaht Community School students Ricky Hiltz (8) and Michael Jeffrey (10) perform the Serpent Dance at their school's grand opening last Friday.

Eagle Rock secures port deal

By David Wiwchar
Southern Region Reporter

Port Alberni - Principals from Eagle Rock Aggregates hosted an open house at the Port Alberni Friendship Center last week to announce they have secured port facilities in California.

Eagle Rock, a joint venture between Polaris Minerals and the Hupacasath and Ucluelet First Nations, have been working for the past few years to open an aggregate (gravel and sand) mine at Hocking Point in the Alberni Canal. They plan to ship six million tons (300,000 truckloads) of aggregate annually to the California market, which is desperate for the materials used in road and building construction. The site holds an estimated 710 million tons of aggregate, which would take 118 years to extract, employing 80 people directly. "Eagle Rock is well positioned to make a significant impact on the supply-demand deficit in California," said Eagle Rock Director, President, and CEO Marco Romero in front of 55 open-house attendees. Romero said San Francisco alone will require 11 million tons of aggregate above what they can mine locally, and that trend will grow by 2% each year. Similarly, the Los Angeles market also faces a deficit in aggregates required, and that market will grow by an estimated 6% per year.

"This is the first public meeting in almost a year, and although it may have

seemed like there wasn't much going on, a lot of things have been happening," said Romero. "The major approvals are done and there are still a few minor ones still to be done," he said.

Eagle Rock has secured a 40-year lease for a 5-acre industrial site in Richmond, California, on the east side of San Francisco Bay, and are negotiating with Canada Steamship Lines and SeaBulk Systems for specialized marine freighter services. The company is also working to secure other port facilities in Redwood City and Los Angeles, California.

"This is the first public meeting in almost a year, and although it may have seemed like there wasn't much going on, a lot of things have been happening," said Eagle Rock Director, President, and CEO Marco Romero.

Polaris has also signed a deal with the Namgis and Kwakwaka'wakw First Nations to open a similar project in Port McNeil, which will be called Orca Sand and Gravel.

"The amazing thing about these two projects is Eagle Rock will produce a 65:35 gravel:sand ratio, and Orca will provide the exact opposite, which makes

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DEADLINE:

Please note that the deadline for submissions for our next issue is **May 28, 2004**. After that date, material submitted and judged appropriate, **cannot be guaranteed placement** but, if still relevant, will be included in the following issue.

In an ideal world, submissions would be typed, rather than hand-written. Articles can be sent by e-mail to hashilth@nuuchahmulth.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 and 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.



Eagle Rock

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the perfect 50:50 mix for cement," said Romero. The Orca project will happen on the former delta of the Nimpkish River, which now empties into the ocean 10 kilometers south of where it once did 10,000 years ago. According to Romero, both projects should employ people from the immediate communities, with half being from local First Nations. More than \$2.5 million has been spent over the past 2 1/2 years to get the projects moving.

In Port Alberni, the Tseshaht First Nation, one of three First Nations that include the Hocking Point area within their traditional boundaries,

is not a part of the project at this point. "There are ongoing efforts to have Tseshaht join the team," said Hupacasath director Judy Sayers. "We are all hopeful that Tseshaht will join Eagle Rock," added Ucluelet representative Tyson Touchie. But Tseshaht, which does not recognize other claims to the Hocking Point area, has rejected the offer made by Eagle Rock, and is pursuing mediation.

"There are ongoing efforts to have Tseshaht join the team," said Hupacasath director Judy Sayers. But Tseshaht, which does not recognize other claims to the Hocking Point area, has rejected the offer made by Eagle Rock, and is pursuing mediation.

According to Chief Councilor Dave Watts, Tseshaht has rejected the 10% share of the business Hupacasath and



(l-r) Marco Romero, Mike Beley, Tyson Touchie and Judy Sayers display a model of Eagle Rock's proposed Alberni Canal quarry at an open house.

Ucluelet agreed to, and are instead requesting a royalty system. "A royalty system creates certainty and is risk-free, and that makes solid business sense," said Watts. "We'll sit across the table from anyone who wants to negotiate. We've been involved in numerous business ventures for many years, so we're pretty sharp when it comes to business," he said.

According to Watts, Tseshaht does not feel it has been consulted properly or accommodated for their Aboriginal rights and title interests in that area. "[Eagle Rock CEO] Marco Romero proposed mediation and we agreed," said Watts. "We put together a mediation agreement and we've been waiting for their mediation agreement since October of last year," he said. "We're hopeful a fair and impartial mediator will recognize our sound proposal. We're ready to go. We want

to get it done. We don't agree with the cookie cutter approach but we think we can solve it."

Until a mediated settlement is reached, Watts said the government has been advised that Tseshaht views all agreements and permits issued as illegal.

Meanwhile, local residents are keen to see the project begin, and local employees and contractors hired. "I've visited the site and wrote letters to the government in support of the project," said local resident Frank Stini who came to the Monday, May 10th evening open house. "The site is terrific and it will create jobs. There's no industry that doesn't pollute, but this is certainly the least polluting industry that I've seen," he said.

"I think it's a sound project and I'm proud that First Nations people are doing this," said Bill Windley. "They should push projects like this involving First Nations on Vancouver Island, and I hope they move forward on this," he said.

"I think it's a sound project and I'm proud that First Nations people are doing this," said Bill Windley. "They should push projects like this involving First Nations on Vancouver Island, and I hope they move forward on this," he said. Eagle Rock hopes to begin production in 2005, and a new website has been set up (www.eagleaggregates.ca) to answer questions and keep people updated on developments.

NTC holds 'Special Meeting'

By Brian Tate
Northern Region Reporter

Maht Mahs - The NTC held special meetings on May 10, 11 at the Maht Mahs gymnasium on the Tseshaht Reserve. These meetings were for the NTC Member Nations for a Special 2-day meeting for the specific purpose of resolving issues relating to the transition of the NTC.

"As we go into a new era, into new changes I ask 'how do we improve ourselves, inform those at home on what we are doing,'" said Northern Region co-chair Archie Little. "At one time we were very respected as a Tribal Council across Canada, so we need to look at how do we regain that."

Elder Bob Thomas of Tseshaht First Nation said the opening prayer; Dave Watts of Tseshaht welcomed all the First Nations into their territory for these meetings.

Both Ahousaht and Tla-o-qui-aht made special announcements regarding their Chief and Council elections. They now have new Chief and Council representing them.

Ahousaht's new Chief and Council is as follows, Keith Atleo "Keesta" or (Chief Moses) elected Chief Councilor, the incumbent Councilors are, Anne Atleo, Violet Clark, P. Guy Louie, Harold Little Sr., Roman Frank Sr., Louie Frank Sr., Mark Jack, Murray John Sr., Francis John, and new to Ahousaht Council are Rod Sam and Sydney Sam Sr.

Tla-o-qui-aht's new Chief and Council are Barney Williams newly elected Chief Councilor, the Councilors are Elmer Frank, Ray Martin, Saya Masso, Ben Williams, Carol Martin, Randy Frank, John Williams and Ernest David. "As we go into a new era, into new changes I ask 'how do we improve ourselves, inform those at home on what we are doing, take them along with us, they are getting vocal, angry, and want to know more,'" said Northern Region co-chair Archie Little in his opening remarks. "At one time we were very respected as a Tribal Council across Canada, so we need to look at how do we regain that, so we need to look at asking wealth without begging, instead of asking someone to give us," said Little.

Tawney Lem and Darren Willis prepared a document regarding the NTC's Co-Chair system for the NTC Technical Working Group and presented that report to the NTC table.

Discussions around the table were on either staying with the "Three Co-Chair System" or possibilities of using a "President and Vice President system" or a "Single Co-Chair system". Other debates were on how the NTC is going to operate with four separate Treaty Tables, Politics, Tribes pulling their CFNFA out from the NTC and working on their own, and the question what is available to those who pulled their funding from the NTC.

Nelson Keitlah made a special speech to the table, regarding the NTC and where it is going.

"First I would like to extend a thank you to Tseshaht for continuously allowing us in their territory and for their generous hospitality during such important meetings," said Nelson Keitlah who then spoke in his own language. Nelson talked on the past history of cultural behaviors prior to important business, and that the NTC was built on all the tribes wishes and direction. The table should be careful and act as one again as it had in the past. "We should be mindful of our people at home and not just us here, so I urge you to be mindful and strong in your business," said Keitlah.

At the request of the NTC Technical Working Group Debra Hanuse, Associate of H. Braker & Associates law firm gave a report on two recommendations for restructuring the NTC in its Bylaws and Transition related issues.

"The idea of everyone coming to one table is usually over-run with the fact that are many other tables that override each other through the various individuals that encompass different jobs in the NTC. So the question begs to be answered where do we draw the line in our political representatives, treaty representatives, daily operations and services and how do we involve all 14 First Nations in the Nuu-chah-nulth Tribal Council without crossing the four treaty tables and the various CNFNA funding agreements," said Debra. "So the next question is do we create a different entity to accommodate these different areas or do we restructure through revamping the policies and procedures as well as the job descriptions," she said.

Discussions went around the table about the beginnings of the NTC and its history, as well as commitments of standing together as one. In response to a question, Simon Read pointed out that funding was possible because this meeting was being held with funding from different agreements. NTC has always found ways to do what it had to, he said. "I heard that Art Peters used to go around to the different villages in his



fishing boat and stop and talk to them about the politics of the day, and that was instrumental in starting the West Coast Council of Chiefs," said Read.

Day 2 of the special meetings start once more with Tseshaht Elder Bob Thomas offering opening prayers, followed by some very strong words from Hugh Watts of Hupacasath to NTC Membership.

"It was good to hear Simon Read talk about Art Peters, but it went further back than that. It goes to his father Jack Peters. He (Jack) would stop at villages up and down the coast from his fishing boat meeting with the various villages, this developed and grew and they took over some of things from Indian Affairs," said Hugh Watts (Wheehs-wiss-sunup). "This soon became the District Council of Chiefs and we traveled together to Chilliwack to meet with Indian Affairs. But the Council fell apart in 1977, and soon they were slowly gathering together and were floundering around, the 14 tribes slowly developed into a group. We then developed bureaucracy then we had an avenue to



Deborah Hanuse offers a legal explanation of the Societies Act.

complain to someone," he said. "Art Peters was a strong person, and every time he came in here he would look up at those pictures on the wall here at the Maht Mahs there were many good men that helped and there were women as well," Hugh said. "So I give my thanks to those people back then at this time in place I am grateful for the people who got here, at the same time I congratulate Maa-nulth for what they have done, but they have a lot of work to do. They have sacrificed some things and it is for what they believe in," he said.

"It is important to know that the changes we are going through are not for the convenience of the governments but rather for the people we represent, and I hope we can walk together and walk arm in arm once more," said hereditary Chief Mike Maquinna.

"How do you know where you are going if you don't know where you come from," said Anne Atleo. "It is important to know that the changes we are going through are not for the convenience of the governments but rather for the people we represent, and I hope we can walk together and walk arm in arm once more," said hereditary Chief Mike Maquinna. "We heard today about being Quu-as and understanding and learning where we come from, but we need to base our one ness, one the Hawiilth and Ha-houlth-ee," said Archie Little. "But our tendencies are to be Quu-as one day then the next we are mam-ulth-nee," said Little. "I want us to understand where we came from especially our wars. Dr. Richard Atleo said the wars over boundaries was our failure in our culture, it disrespected our Chiefs and our people and tore us apart," said Archie. "I do agree that we need a strategic plan and to understand that this table is accountable to those who are at home we need to know that the governments are waiting on the sides

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Upcoming Meetings

Meeting	Date	Place	Start time
Treaty Planning	May 26	Ahousaht	10 a.m.

**Nuu-chah-nulth Tribal Council
Toll Free Number**

1-877-677-1131

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



Annual General Meeting

The Clayoquot Biosphere Trust invites West Coast residents to its Annual General Meeting.

**Saturday, June 5, 2004
1:00 - 4:00 p.m.**

**Ucluelet First Nation Band Hall
Iltatsoo**

For more information:
Stan Boychuk
Executive Director
726-4715
or by e-mail
Stan.Boychuk@clayoquotbiosphere.org

Fisheries - ca'ca-tuk

Sea otters ravage shellfish in Clayoquot Sound

By Denise August,
Central Region Reporter

Clayoquot Sound - Sea otters, once abundant throughout the Pacific Rim, are making a comeback thanks to the meddling of humans. The sea otter was wiped out on BC shores by the early 1900's due to the commercial fur trade. The sea otter was protected in 1911 under the International Fur Seal Treaty signed by the United States, Russia, Japan and Great Britain (for Canada). The Federal Fisheries Act and the British Columbia Wildlife Act also protect this species.

Eighty-nine animals were reintroduced to Checklesah Bay from 1969 to 1972 and, according to the SARA (Species At Risk Act) website, their population grew by an average of 18.6% each year. By 1995, there were more than 1500 otters and they are making their way southward on the western coast of Vancouver Island leaving carpets of crushed shells in their wake.

NTC Fisheries staff say the otters, with their high metabolism and insatiable appetites, showed up in Hesquiaht Harbour about four years ago. Today, according to Mike Crottey, DFO Fisheries Officer, they range as far as the Broken Group Islands at the entrance to Barclay Sound.

The SARA website says the reintroduction of sea otters "has had a dramatic impact on the near shore community of species in British Columbia, as has been documented during ten years of research." Sea otters feed on sea urchins (tutsup), the endangered abalone, clams, crab and other shellfish.

NTC Fisheries Biologist Josie Osborne and Ahousaht Fisheries workers Darryl Campbell, Rocky Titian, and Larry Swan went to Ahous Bay on April 30th to document damage caused by the rapidly encroaching sea otter.

NTC Fisheries Biologist Josie Osborne and Ahousaht Fisheries workers Darryl Campbell, Rocky Titian, and Larry Swan went to Ahous Bay on April 30th to document damage caused by the rapidly encroaching sea otter. "The high tide line is strewn with broken sea urchin tests, cracked horse clam shells, cracked moon snail shells, cracked cockle clam shells and cracked rock scallop shells," Osborne writes. "It can only be sea otters, given the way the sea



Ahousaht Fisheries workers Darryl Campbell and Larry Swan study otter effects at Ahous Bay.

urchin tests are cracked from the underside, and the fact there are so many," she continued. She writes that what she saw at Ahous Bay is similar to what she saw in Hesquiaht Harbour four years before.

Another casualty of the sea otter's voracious hunger is crab. "We also found some crab remains washing up right at the water's edge...just the legs and part of the bodies. The legs still had meat in them."

Campbell observed that almost all the crab traps are gone from the area. "The beach is covered from one end to the other, a mile long, with broken shells," he said. He says he also observed remains of goosdick and razor clams. He wants DFO to deal with the complaints about sea otters. "Everything will be gone before you know it, Hesquiaht Harbour is down to zero (crab)."

Dr. Simon Lucas of Hesquiaht confirms that crab population in Hesquiaht Harbour has been "devastated" over the past four years along with several species of clams. "We're looking at crab and there is very little left of the clams...the only thing that saved what's left is the fact that there are big boulders in the harbour," Lucas says. He added that the otters disappeared over the winter and they are still waiting to see if any return.

Campbell says the livelihoods of not only First Nations, but also non-Native commercial shellfish harvesters are on the line, "there's going to be nothing left for future generations," he warned.

Five Years After the Makah Historical Whale: Reflections of Makah Whaling Captain Wayne Johnson

By Wayne Johnson
For Ha-Shilth-Sa

When I grew up here on the reservation I was told my tribe has over five hundred songs and dances on whaling and thunderbirds. There is so much to learn it took me fifty years to figure out what just some of this means. It has always been important to my people and still is a big thing with me. We have to keep moving the importance of our whaling forward.

May 17, 2004 is the fifth anniversary of when the Makah whaling crew that I captained landed our first whale in seventy years on our beach. I hoped by now we would have landed more whales to feed our people and to continue to heal our community.

Instead we are worse off in many ways than we were then.

Instead of practicing the lifetime of training that gives our young people mental and spiritual preparation for life, we are in the court system where our sacred whaling practices are compared to Moby Dick in the introduction to the opinion from the Ninth Circuit Court of Appeals.

Our cultural practices are documented archeologically and existed centuries before Europeans arrived.

We are Makah and not a book of fiction. Instead of feeding our families with traditional food that has been proven to overcome diabetes and heart disease, we are forced to depend upon commodities that are not healthy for our people. Instead of being able to feed ourselves from our sustainable food resources, we are deprived of the self respect that comes from taking care of our own well-being.

The children in the school look up to the whalers in the village because they remember the preparation, strength, and discipline that the whalers demonstrated. The children ask me if they will someday be able to hunt whales as we did. Instead of being able to start training them to take their place as

Ahousaht Fisheries staff has been seeking support from other commercial shellfishery groups such as crab fishermen in their quest to get DFO to deal with the problem. Campbell said a letter will be forthcoming when the crab fishermen form their association.

"We want a balance. DFO's mandate is to protect and conserve. Does the protection of this species overrule conservation?"

"We want a balance. DFO's mandate is to protect and conserve. Does the protection of this species overrule

whalers I have to say "I hope so" or "maybe someday".

The students made a canoe this year for the Canoe Journeys. Deep inside they know they should be Makah whalers preparing for the whale hunt as they were born to be. How do I explain to them that our ancestors specifically reserved to us the right to whale in our treaty but now this right is being denied by the government that promised to defend our treaty?

May 17, 2004 is the fifth anniversary of when the Makah whaling crew that I captained landed our first whale in seventy years on our beach. I hoped by now we would have landed more whales to feed our people and to continue to heal our community. Instead we are worse off in many ways than we were then.

Five years ago I witnessed people in our village find our deeper pride and meaning in being Makah. Many stopped drinking or doing drugs to participate in our whaling practices. I saw people busy working on the many jobs that it takes for the whaling crew and the feast to happen.

Five years later I see that without whaling in our village, we are again struggling without some of our key traditional practices. We are whaling people, and without whaling, we continue to suffer.

Whaling and thunderbird songs and dances passed down through centuries are the heart and soul of Makah. I will never end my efforts to be who I am: a Makah whaler. I will continue to keep our Makah whaling way of life for our future generations just as our grandparents and those before them kept it for us today. Five years from now I hope to look back upon this difficult time and remember it as a time when America kept America's promise to my people.

conservation?" he asked. "If that's the case then who is protecting our Aboriginal Rights? Our rights are supposed to be second only to conservation. Someone needs to be held accountable."

He went on to explain that Ahousaht has been actively involved with other coastal communities in the conservation of the endangered abalone. With the sea otters eating the recovering abalone population, "years of abalone conservation efforts are thrown out the window," Campbell said.

He fears for the futures of those that are dependant on aquatic resources to support families and also for those in

continued on next page

Traditional knowledge gains respect at scientific conference

By David Wiwchar
Southern Region Reporter

Vancouver - Utilizing traditional Aboriginal knowledge in fisheries science was a focus of the recent World Fisheries Congress meeting in Vancouver.

More than 1500 fisheries scientists from more than twenty countries gathered for the first time in a North American city to discuss various fisheries and ocean issues plaguing their nations.

A special day-long session at the fourth World Fisheries Congress entitled "Reconciling Fisheries with Conservation and Aboriginal Fisheries" featured Aboriginal speakers from as far away as Australia, teaching scientists about traditional ecological knowledge, and the plights suffered by coastal Indigenous groups.

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"We know by looking at clutches of seabird eggs whether it will be a good fishing year or a bad weather year based on how many eggs they lay and how far up trees and cliff-sides they lay them," said Rodney Dillon, Aboriginal Commissioner for Aboriginal and Torres Strait Islanders.

"It's time for people to start accepting traditional ecological knowledge and Aboriginal points of view, and participation in scientific and management panels," he said. According to Dillon, Australian Aboriginal communities share a similar history with British Columbia's First Nations.

"We enjoyed the riches of our territories until the invaders arrived 200 years ago," said Dillon, an eloquent man with the large physical stature of a Maori rugby player. "As Aboriginal people who have lived in Australia for 70,000 years, for some reason we have to prove our rights to a few white judges who have recently come to our territories, in an effort to regain our rightful place in Australian law," he said. "If we can get our fishing industry back, we could end our dependence on social ills and the welfare state."

Hesquiaht's Simon Lucas spoke on the Nuu-chah-nulth belief that everything is interconnected (hishuk iits'awak), and gave a comparison before and after the arrival of Captain Cook on the BC Coast.

"We've been pushed out of the fishing industry and prevented from doing the things we did for thousands of years before the arrival of the mumthnee," said Lucas, adding mistakes made by non-Native fisheries managers and scientists could have been prevented if they consulted First Nations. "There has to be a recognition of Aboriginal intelligence and traditional ecological knowledge because we have a lot to offer to the scientific world," he said.

"We have a long tradition of using these resources and we know a lot about how they behave under various conditions and during different times," said Paq'tnekk Mi'kmaq Kerry Prosper. "The Grand Banks cod were to the Mi'kmaq what the buffalo to the Plains people, and there has to be a management system that involves us," he said.

At a session at the Hotel Vancouver, Central Region Co-chair Shawn Atleo participated in a seven-member panel discussion on reconciling fishing and conservation, summarizing the presentations others had made throughout the four-day meeting. "Our people have not been afforded a say or a seat at the table, and we have a lot to say, a lot to contribute, and a lot to offer to discussions on fisheries issues. We're very much attached to the fishing industry and fisheries science," he said.

"Perhaps there is a shift occurring now, as we're finally being invited to important gatherings such as this. Our people must have a say and must be involved. We won't go away."



Hesquiaht's Simon Lucas spoke on the Nuu-chah-nulth belief that everything is interconnected (hishuk iits'awak).



Central Region Co-chair Shawn Atleo and Rodney Dillon, Australian Commissioner for Aboriginal and Torres Strait Islanders spoke on reconciling fishing and conservation.

NTC Meeting continued from page 3

just to pick us off one by one," said Archie.

During the afternoon session Ditidaht talked about the funding they receive for the nominal role in their school, is based on the numbers from 1992 when there were 14 students. Now in the year 2003/04 their nominal role is at 71 students and being funded for only 14 leaving the school under funded. "Our children are our future, and so education is important to them to take on the responsibility to lead our tribe," said Ditidaht Chief Councilor Jack Thompson.

A motion was passed to amend the NTC school funding formula. Ahousaht put a motion on the table to support Cliff Atleo Sr. (Wikkinish) in his bid to run for the BC Summit Task Group. "I appreciate the opportunity to have this motion put to the table for your input. I really believe in what I am trying to do here, I know there is considerable strength at this table for endorsement. Our leaders are only as strong as the people supporting them. There are no ends to the issues that face our communities at home and away from home. Some of these issues have to be developed at the provincial levels. They don't like me calling them junior governments, when in fact they are junior because of their newness to our lands. I know the support of this table will go a long ways, I want to raise one issue common among us and that is violence and sexual abuse. We have had

and gentling water current, such that invertebrates can settle and coastal erosion is reduced," reads the SERA website.

NTC Biologist Josie Osborne says today, after 35 years, Checklesah Bay's current state is indicative of an ecosystem with an established sea otter population. "There are fewer shellfish but the kelp beds have flourished and the groundfish are coming back," she says.

Coastal communities south of Checklesah Bay have much to fear as the painful encroachment of the sea otter unfolds. With the crippled forestry and commercial fishing industries, their futures appear bleak as the shellfish disappear. Can coastal communities wait 35 years for the beneficial effects of the reestablishment of the sea otter?

Sea otter conservationists claim once re-established to historic levels, the sea otter would bring many benefits. They say the sea otter controls kelp-eating sea urchin populations and in time, kelp forests along the coast will recover.

What does a healthy kelp forest mean? "The kelp is increasing near-shore productivity by providing a source of food for herbivorous invertebrates, creating habitat for fish,

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Uchucklesaht plots future in forestry

By David Wivchar
Southern Region Reporter

At a dry, dusty helicopter-landing pad deep in the Henderson Lake watershed, the soothing sound of Clemens Creek and chirping birds are occasionally interrupted by the crackling sound of the cathedral top of a cedar tree separating from its main stem, and the whump of it hitting the ground seconds later.

Minutes later, another crackle-whump is heard even closer as another giant cedar is topped in preparation for the huge helicopter to pluck it from its base. This is the sound of the new economy for the Uchucklesaht First Nation.

Twenty years ago, MacMillan-Bloedel feller Charlie Cootes Sr. blocked logging roads to prevent a sacred part of Uchucklesaht territory from being logged. Today, his son Charlie Cootes Jr. is leading a revolution towards sustainable logging within the territory, while maintaining his father's fight to preserve Tiitskin Pa'waats (the Thunderbird's Nest).

Through a series of companies, Cootes, along with partners Dwayne Hearn, Steve Mitchell, and the Uchucklesaht and Tseshaht First Nations, now leads the largest multi-phase project engineering and forestry consultant company in the Alberni-Clayoquot region.

Through a series of companies, Cootes, along with partners Dwayne Hearn, Steve Mitchell, and the Uchucklesaht and Tseshaht First Nations, now leads the largest multi-phase project engineering and forestry consultant company in the Alberni-Clayoquot region. More than just a "stump-to-dump" operation, the companies can start a project at the planning and engineering phase, conduct operations right through logging and deactivation, and see the finished product arrive at the buyers' doorstep.

"We're very pleased with the way things are going for us," said Cootes. "Being a smaller Bill 13 company, we have an innovative advantage over large



Wayne Cleaver tops a tall cedar, six storeys above the forest floor.

companies who can't adapt as well to market changes and shift in consumer preferences," he said.

On this day, employees of Standing Stem Harvesting Ltd. are limbing and topping giant red cedars, making two cuts at the base of the tree so the huge airframe helicopter can come in, hook up to the upright tree and snap it from its base.

"As First Nations, we have a very high respect for the forest floor, and for the giant red cedars and all the other trees," said Cootes. "By logging this way, we maintain our cultural values by minimizing breakage and having the least possible effect on the forest floor."

This innovative new way of logging increases the amount of lumber that mills can cut from the trees by 30%, because the trees aren't dropped, skidded, rolled and sometimes smashed as they are using conventional logging methods.

This method also prevents damage to the flora and fauna on the forest floor since the huge tree is lifted straight out of the forest and gently laid down in the log dump by the Sikorski S64 Airframe. "As First Nations, we have a very high respect for the forest floor, and for the giant red cedars and all the other trees," said Cootes. "By logging this way, we maintain our cultural values by minimizing breakage and having the least possible effect on the forest floor. We're also helping our First Nation members by providing employment in a First Nations company that is both successful and profitable," he said. "Our customers also appreciate what we're doing because we can bring in logs of almost any length and dimension, they're all in perfect condition, and they know they're buying wood from an environmentally responsible company."

Using the standing stem system, less road building is needed, and there is less logging required because of less loss. The cost of logging using helicopters is more expensive than conventional methods, but Cootes maintains the end result is a five-fold greater return. Of their more than 120 employees spread over four companies, more than 30% are First Nations with the goal being a 50% Aboriginal employment rate. Cootes said the companies are looking for dependable, energetic, multi-talented employees like John Flottvik, a member of the Nisga'a Nation who started with Uchucklesaht two years ago and rose from an engineering worker to the top position as a climber. Having worked in the fishing, mechanics, and logging industries, Flottvik brought a number of skills to Standing Stem Harvesting. "This is a new era of logging," said Flottvik, who has spent 8 years in the forest industry, and worked as a planner and engineer in the same block he is now preparing to start his new opportunity as a higher-paid climber. "This is the only way to go. We can take trees very selectively and you'd never be able to tell we were in there," he said. Eventually, Flottvik hopes to gain enough skills to become a contract supervisor, and share his skills with his home community of Kincolith.

According to Cootes, education is a large pillar of the company's principles,

and they are helping fund 12 students taking a \$7000, 28-day forestry course.

"We're very big on education and supporting our people," said Cootes.

"We have quite a few members in entry-level positions, and unless they take courses to upgrade their skills and move to the next level, there's no room for the next wave of people who want to come to work for us," he said, adding Estevan Forest Management will be providing \$4000 in scholarships for forestry students at this year's NTC scholarship ceremony.

Being a First Nations company, Standing Stem and Estevan also recognize the importance of providing cedar trees to Ha'wiih and artists for canoes, masks, paddles, and poltatch gifts.

Uchucklesaht Ha'wiih Thomas Rush recently claimed five cedar logs that will be transformed into headdresses, paddles, and gifts for an upcoming feast in November.

As the helicopter flies over Uchucklesaht's sacred Tiitskin Pa'waats (Thunderbird's Nest), Cootes explained the importance of maintaining traditional beliefs while participating in the modern economy.

"This place is sacred to us, as are all forest areas, and we're going to preserve our sacred sites, and make the best use of surrounding areas while still treating them with the respect they deserve," said Cootes. "Our corporate philosophy is 'to do more with less', and this system is years ahead of its time, and we're now seeing increased competition as other companies want to do what we're doing," he said.



"This is a new era of logging," said Flottvik, who has spent 8 years in the forest industry, and worked as a planner and engineer in the same block he is now preparing to start his new opportunity as a higher-paid climber. "This is the only way to go. We can take trees very selectively and you'd never be able to tell we were in there."



"We're very pleased with the way things are going for us," said Charlie Cootes Jr.

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Recent situations have been embarrassing to some people who Depart Canada without acquiring any type of medical coverage insurance. Non-Insured Health Benefits Program through health Canada does not cover anyone who departs Canada, nor does your BC Medical Plan unless you have written authority from them stating that they will cover you, and what they will cover. (Remember the price is much higher in US than here - I suggest you check it out to protect yourself and your family).

Ensure you get coverage by contacting your local travel agency - they can and will help you! It is also understood that once you have departed Canada and you change your mind and decide you wish to have coverage -- it is too late...Travel policy insurance will not cover you in outside the country if you try to obtain insurance after you have left. Protect yourself and your family! Questions on this matter are encouraged and welcomed through the Non-Insured Health Benefits Program Coordinator (Robert Cluett) 1-888-407-4888 or 250-724-3232.

WCVI Wildlife Committee meet in Comox

By Brian Tate
Northern Region Reporter

Comox - The West Coast Vancouver Island Wildlife Committee met at the K'omoks First Nation Reserve to discuss elk, elk habitat, First Nation Protocols, and break-out group sessions.

Chief Ernie Hartley of K'omoks First Nation welcomed everyone in to his territory and wished everyone a productive meeting and was glad the participants made it safely.

Willard Gallic thanked Chief Ernie for the welcome, and said the opening prayer.

"It is only through communications that can move forward. I stress the importance of working together. This started out as a Nuu-chah-nulth process," said Willard. "But times change and the need to work together to rest of the Island. As people young in life we are taught proper ways, for example we were taught when and where to fish and to never over harvest. We have to compare the past to the present to see where things went wrong. For a long time we have said clear-cut is wrong, and it is only now that people realize the impacts of clear-cut logging had on our rivers and streams, and the wildlife," said Gallic. "When we started as NTC on this elk protocol we didn't realize how this would encompass the whole of Vancouver Island."

"Currently there is no acceptance or formal answer by the Ministry in regards to First Nations harvesting resources in another territory. We understand that this is an issue but it is not just here on the Island but Province wide," said Dan Duire.

"We need to understand what we want and implement it, if we don't we will always do what we have done and we will always get what we got," said Joe Gray Thorne. "Only when we establish guidelines and protocols will the Governments understand us and each other," he said.

MWLAP officials were then asked how their Ministry develops numbers for a sustainable elk harvest. "Typically a herd of less than 50 cannot sustain a hunt, but a herd of about 100 can sustain a hunt of 5 bulls and 4 cows," said Kim Brunt of WLAP. "This is of course assuming that there is also a good calf ratio."

A draft Protocol letter now in its fourth revision, which will encompass Title and Rights and Boundary issues for all First Nations on Vancouver Island.

"All of our villages were near key rivers and we protected them and we managed them by not staying all year we moved around maintaining balance," said Willard. "From the first meetings we had in Campbell River to the second in Duncan this protocol issue has grown in interest. This protocol is about maintaining balance in the wildlife and this wildlife crosses all of our boundaries. The key to understanding

each other is respect we must respect each other," he said. "This is bigger than any one First Nation and any Tribal Council because the wildlife connects us all."

Richard White of Snunemuxw First Nation then spoke adding, "I don't see any problem with the Protocols and Procedures in First Nation to First Nation, but the problem lies with the Provincial and Federal Governments accepting this."

"This is bigger than any one First Nation and any Tribal Council because the wildlife connects us all," said Willard.

A question was posed to individuals from the Ministry of Water, Lands and Air Protection (WLAP) attending the meeting. "Is there recognition for one First Nation to another by the Government in regards to harvesting resources in each other's territory if Protocols were in place by the First Nations?"

"We need to understand what we want and implement it, if we don't we will always do what we have done and we will always get what we got," said Joe Gray Thorne. "Only when we establish guidelines and protocols will the Governments understand us and each other," he said.

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CHOO-KWA CHALLENGE

You are cordially invited to participate in the 1st Annual Choo-Kwa Challenge, which is scheduled to take place on Saturday June 19th, 2004 at 12:00 pm. This event will involve teams of at least 6 or more people canoeing a set distance along the Somass River in Port Alberni. The registration fee is \$200 per team and each team will receive a complimentary t-shirt as well as lunch during the course of the event. If you need a canoe (we do realize the problem in getting some canoes this far) to enter we do have an extra "Northern Dancer" canoe for participants to use. If you could please let me know your level of participation by May 14th, 2004 that would be greatly appreciated to help co-ordinate the event in an efficient manner. Coo, Aaron Hamilton, Manager, Choo-Kwa Ventures (250) 724-4041 ext. 34, aaron@hupacasath.ca

Parliament Passes Bill to Transfer Expansion Lands to Tla-o-qui-aht

By Carla Moss,
for Ha-Shilth-Sa

Tla-o-qui-aht's largest land recovery to date has cleared one of its largest hurdles: passage through the Canadian Parliament. On April 30, 2004 the House of Commons read Bill-C28 for the third and last time. And on April 30, 2004, for the first time in history Canada has altered a Park Boundary to accommodate a First Nation's needs.

Bill C-28, an Act to amend the Canadian National Parks Act, had to pass Parliament in order to remove the 86 hectares from Pacific Rim National Park so it could be transferred to Tla-o-qui-aht through the Additions to Reserve Process.

Tla-o-qui-aht's lobbying efforts paid off with Member of Parliament's understanding of Tla-o-qui-aht's need for more living space, and that understanding contributed to the MP's support for the land transfer.

The Hon. Serge Marcell, Parliamentary Secretary to the Minister of the Environment, said, "The removal of the 86.4 hectares of land from Pacific Rim National Park Reserve (PRNPR) will help address the acute overcrowding problem in Esowista reserve, improve infrastructures to remedy sewage disposal and water quality concerns, and support the development of a model community that will exist in harmony with the (PRNPR)."

Several MP's stated their concern that the Liberal government was pushing this bill through the House too quickly, without hearing from opposing interests. MP Dr. Lunney said, "I think everybody, along with the chief (former Chief Councilor Moses Martin), who I found to be a very open and honest individual, had a measure of angst about whether we could do this in such a short period.

The chief is very transparent and quite clear about the band's intention to follow through to see the community advance."

Because of the work done prior to the Bill reaching the House, to get outside interests such as environmental groups, local governments, Parks on-side, there was no opposition to the Bill.

Tla-o-qui-aht's largest land recovery to date has cleared one of its largest hurdles- passage through Parliament.

MP Yvan Loubier of Saint-Hyacinthe, a strong advocate for environmental interests stated, "This bill appears to have the support of all the parties.

When a group such as Greenpeace supports a plan, with regard to the environment, that says it all. It means that, environmentally speaking, there is almost unanimous support for this bill."

MP Dr. James Lunney spoke about local support which he had personally investigated. "The Government of British Columbia, as has been pointed out by the parliamentary secretary, is on side with the transfer of the land. A wide range of environmental groups, as was mentioned also by the parliamentary secretary, have agreed to the transfer, as have the local communities, the mayors with whom I have spoken in Tofino and Ucluelet, and the Alberni Clayoquot Regional Council. The sensitive issues about removing the expansion from the waterfront have been addressed. The band made concessions. It did not get exactly what it wanted and everybody had to work together collaboratively to come up with an agreement that would work. We want to see Tla-o-qui-aht Band do well in the community," he said. "I would like to see that second parcel of land move



Moses Martin and MP James Lunney with two young future TFN leaders.

ahead quickly to give the band an economic foothold so that it can provide the occupational advantages its people need in order to have a stable future. This is in the community's interests. This could be a model development that would help see treaties advance and be finalized."



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Education - ha-ho-pa



Ditidaht Community School singers pose with their teachers, Ditidaht Elders Ernie and Jimmy Chester.

Ditidaht opens school

continued from page 1
 "It was great to have the HahoPayuk student here to show our students what they can work towards," said Maher, who was later presented with gifts from the Ditidaht First Nation recognizing all the work he has done to get the school open and running. Many others were saluted for their role in spearheading the project and working towards completion.

The \$4.1 million facility, funded by the Indian and Northern Affairs Canada, was designed by Marceau Evans Architects, and built by Country West Construction after much consultation with community members.

(right) Ditidaht Tyee Ha'w'ihth Arnold Shaw.



"I often saw the poles when I went to meetings at the BCTNO office in Victoria, then one day I went there and noticed they were no longer there," said Jack Thompson. "I asked where they were and was told they were put into storage, so I asked if they would be willing to donate them to our new school, and after further discussions they agreed," he said. "It's great to see these poles that my brother carved come home."

NTC ELEMENTARY SECONDARY SCHOLARSHIPS

The 2004 E/S Scholarship applications are now available at all First Nations offices, SD 70 & SD 84 schools and on the NTC website, nuuchahnulth.org. The deadline for the completed scholarship application packages to be received at the NTC office is 4:30 p.m., Friday, July 9th, 2004. Applications can be faxed to 250.723.0463. With demands on the NTC education budgets, we shall only be able to accept applications from students who are registered members of Nuu-chah-nulth Tribal Council member First Nations.

Amazing Grace

k'aa n'ii ma ya his taa tuk 'i
 Amazing grace how sweet the sound
 tiic'aa'ap'at

That saved a wretch like me
 pawafya'k'its, hiinaa'ats
 I once was lost, but now I'm found
 maquuf'its, daacsiic'it

Was blind but now I see
 k'ut'mis 'u'p'ats

T'was grace that taught my heart to fear
 wii wii kit yak sa p'ats

And Grace my fears relieved
 'i'ih ca mis 'aa's k'ut ca mis 'i

How precious did that Grace appear
 'a 'umq's t'aa quu k'it'it'it

The hour I first believed
 tuh ma qak 'i hi sii kit sis

Thro' many dangers, toils and snares
 hi nin 'ak' sis was q'i

I have already come
 k'ut mis 'u'p'ats s'ii 'a p'at

'Twas Grace that brought me safe thus far
 k'ut mis waf saa p'at sis

And Grace will lead me home
 q'iq 'i'ch 'ak' q'in 'ah n'ii hi y'ath

When we've been there ten thousand years
 ka'ch 'aq' q'aa 'iit'q hu p'at

Bright shining as the sun
 wik niis k'aa'c st'ii 'is nu nuuk Haw'ee'f

We've no less days to sing God's praise
 'uu yii m'it' 'aa m'it' qin

Then when we first begun

Sounds:

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

čuuč - Submitted by Central Language Program in čuumu'asas (Port Alberni)

Tournaments

Andrew David's 2nd Annual Slow Pitch Tournament in Opitsaht July 16, 17 & 18, 2004 at Wickaninnish Field

This will consist of 7 male and 3 female on field at all times. The entry fee is \$300.00 per team. There will be trophies and cash prizes. \$100.00 deposit by July 7, 2004 to secure a spot in tournament. Please make cheque or money order payable to Andrew David and mail to PO Box 18, Tofino, B.C. V0R-2Z0

Based on 14 Teams

- 1st Place - \$1800.00
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- 4th Place - \$ 500.00

Based on 12 Teams

- 1st Place - \$1500.00
- 2nd Place - \$1000.00
- 3rd Place - \$ 500.00

To register your team for the tournament please contact Andrew David at 725-4495 or leave message with Vickie Amos at 725-3233

Northern Region Games 2004

Hosting Tribe: Nuchatlaht
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"Chappy" Tony Fred Memorial ~Fastball Tournament

August 21 & 22, 2004
 @ Recreation Park, Port Alberni
 Further information will be provided in future Ha-Shilth-Sa or contact Matthew Fred @ 720-3921

Men's Fast Pitch Tournament

Wes Thomas Dedication Tournament
 July 16, 17 and 18, Recreation Park, Port Alberni

Entry fee: \$350.00 per team
 Dead line for entry: July 2, 2004.
 First place prize: \$1000.00
 Second place prize: \$650.00
 Third place prize: \$350.00
 Plus place and individual trophies.

For information and registration contact:
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 Travis Thomas 250-670-2423
 Wally Samuel 250-724-5290
 E-mail: wally-samuel@shaw.ca
Entry fee by cash or certified cheque.

Car Wash Saturday May 29th, 8am-3pm, 3483 3rd Ave. Huu-ay-aht Treaty Office. Proceeds to: Cole Beres and Fredrick Cook, two 10-year-old boys fundraising to travel to Cranbrook, BC for a 1-week "Niedermayer" Ice Hockey Camp.

Treaty Planning at Somass Hall

By Brian Tate
 Northern Region Reporter

Tsahaheh - Hawaiiith Pa Tuk Nuu-Chah-Nulth Treaty Planning meetings were held at the Somass Hall on the Tseshaht Reserve. The Treaty meetings covered the Treaty Managers Report, Chief Negotiators/ Committee Report and other business.

Stanley Sam of Ahousaht said the opening prayer, and Dave Watts welcomed everyone into Tseshaht traditional territory. Cliff Atleo Jr. offered his Treaty Manager's Report and announced; "Willard Gallic the Treaty Protocol worker has been released and Gail Gus the Administrative Assistant has been reduced to part time status. These were done due to significant reduction in the Nuu-chah-nulth Treaty budget," he said.

"Willard Gallic the Treaty Protocol worker has been released and Gail Gus the Administrative Assistant has been reduced to part time status. These were done due to significant reduction in the Nuu-chah-nulth Treaty budget," said Cliff Atleo Jr.

Several First Nations and individuals were upset at the fact the Protocol Worker in Treaty was released or cut back due to the lack of funding and spoke on the importance of the role Willard had as the Protocol worker. "There has to be policy behind funding from the BCTC s or there has to be policy to release the funds. So we need to find out what is driving this issue in cut backs," said Michelle Corfield.

"I don't know why we spend so much time reinventing the wheel, we do have protocols in place and they haven't changed," said Richard Watts. Stanley Sam speaking in his language said, "Willard Gallic's was everywhere he was needed from Victoria, Vancouver to the top end of the Island. The information he brought to our people was very important. The importance of recognizing lands and traditional ways is very important. The ma-malth-nee were the ones that came and took our lands," said Stanley. "The Hupakwinum is very important through our Chiefs, the Hahoulthee is very important inside the Hupakwinum. The difference between us and ma-malth-nee is that we have speakers and advisors for our chiefs," he said.

"I feel bad about our protocol worker, we need him. He is the one that organized things when we called for meetings, he is the one who talked to the various nations for permission to host meetings and making sure protocols were in place. We need him!" said Jerry Jack.

Next on the agenda was the march to Victoria called "the Spring Caravan to Victoria, Moving Forward in Unity" where there will be a Title and Rights conference on May 19th at Pearkes Recreation Center in Songhees. On May 20th there will be the march to the Legislature and rally starting at the Princess Mary Restaurant parking lot at 10 am.

"Back in 1975 we shut down Indian Affairs for almost a month in various towns. We shut them down with Homemakers, never mind the West Coast Warriors. The government seems

to think that if they sprinkle some cash we will go away, but that's not true for us. It is a matter of getting community action by sending your people down to Victoria. There was 5000 of us in 1975, so gathering 10,000 should be easy. Certainty is not going to happen by making pocket deals, and we have to let them know they are the ones ignoring us and not the other way around. The government says there are no talks in progress to the media and public, but there are no talks because they are not coming to the table," said Richard Watts. Next on the agenda were the Chief Negotiators and Committee Reports and presented by Cliff Atleo Jr. It was during this report that a request for a First Nation to host a "Cleansing Ceremony" for the Treaty Negotiators and workers so that they will be on the right path. Ahousaht First Nation responded to this request.

"We want to announce at this time we will be using speakers, we are willing to host a cleansing and cultural ceremonies, and we are willing to do this in accordance with the moons and we should do this soon and not let this wait, so in June we invite you to Ahousaht," said Cliff Atleo Sr. "The Hupakwinum will be shown through our chiefs when they demonstrate their power. I encourage each nation to start the process on how they will go about their Hupakwinum. If your treaty negotiators are not knowledgeable of our traditional ways, teach them. We just did not go out and get a whale because we were good at it, but there was a oneness, the hunters actually tsek shitl and bathed, this was to prepare oneness with the whale spirit. I believe that this should be done so our treaty teams can be clear in their paths and in their knowledge," said Atleo Sr.

Next on the agenda was the march to Victoria called "the Spring Caravan to Victoria, Moving forward in Unity" where there will be a Title and Rights conference on the 19 of May at Pearkes Recreation Center in Songhees. On the 20 will be the march to the Legislature and rally starting at the Princess Mary Restaurant parking lot at 10 am.

The Direct Action report was presented by Cliff Atleo Sr. and he said, "Lulu Island is where the Sto-Lo Nation will canoe to on May 23/24, just a few days after the Victoria march. This is to re-enact the Crowns promise to the Sto-Lo Nation," he said.

Cliff then spoke on the NTC fisheries litigation saying: "There is going to be no bigger case for the Nuu-chah-nulth than this fisheries litigation. We have never closed the door on NTC participation so the door remains open to other NTC nations to join in the fisheries litigation."

"We have been playing by the rules but it is the Junior Governments that do not come back to the table, we have been trying to get them to the table but it is the Governments who are determined not to due to the Fisheries Litigation," said Cliff Sr.

Next on the Agenda was Ahousaht where Cliff Atleo Sr. made an announcement. "I want to just inform the table that I am going to run for the Summit Group Task Member, I am going to run against Bill Wilson, Doug Kelley,

Cliff Atleo Sr. to run for Summit Task Group

By Brian Tate
 Northern Region Reporter

Port Alberni - On May 6 at a Treaty Planning meeting, Cliff Atleo Sr. (Wikininnish) of Ahousaht announced he will run for a position with the BC Summit known as the Summit Task Group on June 9-11,2004.

"I have been involved in the Treaty process from the very beginning. I started with providing input to the development of the Task Force recommendations, which led to the establishment of the Treaty Making Process.

"Since the beginning of the process, I have been the Chief Negotiator for Ahousaht. I believe that my proven skills as a negotiator will be of great benefit in implementing the direction of the Summit Chiefs. My experience includes negotiating successfully, along with other Central Region negotiators of the Nuu-Chah-Nulth, with the Provincial Government, an Interim Measures Agreement and subsequent extensions of the Agreement. I also, successfully negotiated many price agreements for salmon and herring, during my time with the Native Brotherhood membership.

"I am a strong supporter of empowering our people to act for their own benefit. Because of this, I believe that my direct involvement in activities to advance the interests of our people is a priority. I support the need for our governments to establish a new relationship with Canada and B.C. This relationship must be based on the recognition of our ownership of our lands and resources. We cannot be denied of our inherent right to govern ourselves so that we can determine our own fates," he said. Cliff Atleo Sr. attended residential school from 1956-1963, in Port Alberni. After residential school, Cliff returned to his home in Ahousaht and worked as a fisherman until 1977. He also has two years of University education at UBC



and SFU.

Before working with Ahousaht and the Central Region, Cliff worked with the Native Brotherhood of BC from 1978-1989. The first five years, he was an organizer, signing up membership. He was then appointed as their Executive Director in 1983. Beginning in 1979, he began negotiating price contracts for the Brotherhood for salmon prices and the following year he negotiated the herring price contracts.

Cliff actively supports the establishment of the War Council, and supports all initiatives that affirm, promote, and recognize the inherent rights and title of our Ha'w'ihth or Hereditary Chiefs, not only of Ahousaht and Nuu-Chah-Nulth, but for all First Nations.

Cliff would like to give thanks to his father and his step-father for the knowledge and work ethics he has today. He also thanks the rest of his family for their support. Cliff would like to thank the Ha'w'ihth and the people of Ahousaht for their support and understanding of this task that he has undertaken.

and one other for this position at the BC Summit, and I feel I have a strong enough background to do this job," he said. "I have been in this Treaty Process from the beginning and have been a part of the Native Brotherhood at various levels as well as the Central Region Board and the Ahousaht Treaty worker. I believe I have a strong enough background to do the task at that level, so I am asking for your support in this task," he said.

The NTC Treaty members then showed their support for Cliff Atleo Sr. "We totally support Cliff in his endeavor," said Richard Watts Tseshaht's Treaty worker.

"I want to give full confidence to Cliff. We need someone there knowledgeable in negotiations. There is a lot of Nuu-chah-nulth people in Vancouver. We

should get a list of them and have one of them be a contact person," said Simon Lucas.

The BC Summit Meeting report was given by Archie Little, and after the reading of his report the concerns of the NTC Treaty table were voiced by those who attended the same meetings.

"Right at the end of the meeting, it was like listening to a broken record. The Liberals are looking for success, and they are trying to get treaty signed before the next election," said Atleo Sr. "And what they are dangling is rotten carrots, so we have to be careful. We will not plug into the political time frame, and that forum should be open enough that we should not be pushed aside and I want to remind you that we need to be careful," said Cliff Sr.

School District 70 and N.T.C. Education Department will be hosting the Huuhtak'siih'ap and T'aatne'is (Teaching Children) Spring Festival to be held on May 27, 2004 at 5:30 p.m. at A.D.S.S.

We are inviting everyone to come and join us in an evening of celebration. We are excited to share with you initiatives that are making a difference to the success of our students. We'll have plays, cultural performances, displays, food, chumas and so much more.

Contacts:

Eileen Haggard @ 724-5757 or Cam Pinkerton @ 720-2768

Huupiistulth Contacts:

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Bella Joe
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Toll Free: 1-888-407-4888
Fax: 250-723-0463
Confidential Fax: 250-724-6678

Kakawis of the Future

Submitted by Sadie M. Greenaway
Executive Director

Kakawis Family Development Centre located on Meares Island, a twenty minute boat trip from Tofino, is in the process of change. Our First Nations Family Alcohol and Drug program is a continuous six-week program. We are constantly reviewing, developing and learning new methods of presenting a better program to our families who come to us to stop the cycle of addiction and to learn how to make healthy choices in their life.

Some of our staff has changed recently. We have a part time Registered Clinical Counsellor with a M Ed in Child Studies and Counselling. We are searching for other staff with ECE certification and Addictions Counsellors with certification.

We are setting new goals for ourselves. In this era of change and lack of dollars from funding agencies, we are becoming more realistic in the knowledge that we must move forward to acquire and secure operating funds. At present, some informal planning is underway into what we bring that will be a benefit to our clients. We are looking at presenting on-going Educational Training for front-

line workers, administrative staff, referral workers and any specific group that has a need. Periodically, we will be offering two-week men's sessions, women's sessions and family sessions specific to the issues of the particular needs of the group. We will be announcing some of these changes and schedule by year-end.

Another aspect we are addressing is fundraising. Kakawis Family Development Centre has set the goal to move from Meares Island to Vancouver Island. The building committee has met many times and now is the time to move forward and put the plan into action. Property needs to be acquired for a new facility and funds need to be raised in order to fulfill this goal.

Therefore, we will be searching for Capital Funding through grants and proposals. Other fundraising will be done through dinners, speakers, auctions, and whatever means we can to reach the goal.

The future is exciting and promising. We have a goal and we are focused on achieving it. We will keep the public and various government agencies, referral workers and future clients informed as to the ongoing progress in all these areas.

Ma-sink-shlit "Healing Together" Health Ability Fair

By Brian Tate
Northern Region Reporter

Maht Mahs - On April 29th and 30th a Health Ability Fair took place at the Maht Mahs gymnasium on the Tseshaht Reserve. The Fair held workshops on Programs and Services/Loan Funds for people with Disability, Healing through Humour and Music, Supporting Children & Youth with Disabilities, Personal Care & Wellness in Managing Disability, for the first day and followed up with a banquet in the evening at Haa-Huu-Payak School.

The Haa-Huu-Payak dancers gave a special performance after the dinner and the special guest speaker was Ahousaht Elder Nelson Keitlah.

Prior to the days events a moment of silence was held for the passing of the young lady Kayla John in Ehattesaht and Elder Nora Jack from Ahousaht.

"Thank you father for the people here today, these meetings are important to each and every one of us in a different way," said Robert Thomas in his opening prayer.

"Thank you to the committee for hosting this event and I welcome you into our traditional territory, I hope things go well during this Health Fair and I hope you enjoy your day, Klecko Klecko," said Dave Watts.

Helen Dick in her own language said, "I thank you for taking the time to be here, I would like to thank Florence Wylie for coordinating this event; I would also like to thank Lynette Barbosa for all her hard work in getting donations for this event. Thank you very much for being here."

"I hope we focus on healing, look at how we do things wrong like our eating and living habits. We have been here for tens of thousands of years because of our diet," said Archie Little the NTC Northern Region Co-Chair. "I have talked to various doctors and they have said that there is no better food than boiled fish and potatoes, and this is how

our people lived so long because of our Quu-as ways," he said. "One of the better things to do is to eat meals with our children, breakfast lunch and dinner and talk to them during the meals. Our children are learning, but what they are learning is not the right ways, with the TV, Nintendos or other electronics, we need to talk to them as a family and teach them like we used to," said Archie.

Katherine Robinson gave a presentation on Programs & Services, Loan Funds for people with disabilities that are available through NEDC. "This is the first time that the NEDC has attended the health fair," said Katherine. "NEDC does not distinguish between people with disability or not"

she said. "This is our 20th year as NEDC, we are considered as one of the top financial lending institution across Canada. We have the ability to access finances from any institution, and we are proud to be able to bring these services to our people," said Robinson. "We are an Aboriginal Financial Institution owned by the Nuu-chah-nulth tribes. We are here to assist Nuu-chah-nulth to achieve economic and social independence. For every dollar we lend out, there is 2 or 3 more helping that dollar. We have one of the lowest write-off rates in Canada and have assets of over \$15 million dollars. In regards to the Disability Fund there is no person ineligible to apply for this fund. We are in partnership with Western Diversification and this is a business or commercial loans only program," she said.

Tom Curley & J'net August facilitated the Healing with Humour and Music session, and held break out group sessions to discuss humour and music that have affected lives in a daily way and to use them to empower oneself. "When I was young my grandfather told me that no matter where I go or

continued on page 16

Where To From Here, Survivors?

The Nuu-chah-nulth Tribal Council is sponsoring the "Where to from here, Survivors?" Conference on July 13-16, 2004 at the Tseshaht Longhouse and Maht Mahs Gymnasium. Old Ways Consulting, Ki-ke-in (Ron Hamilton), Buukwilla (Charlie Thompson), Haayuinapshiihl (Ron Martin), and Thlaapkiitap (Derek Thompson) have been contracted to organize and facilitate this conference for survivors of Indian Residential Schools. The conference is an opportunity for survivors to plan the strategic direction that the NTC will take to continue healing the legacy of Indian Residential Schools. Hawithlap (David Dennis), Southern Region Co-Chair, was given the file on Indian Residential Schools by the Tribal Council.

Hawithlap said "I want to put this issue in the face of the federal government because they are not being responsible." He is overseeing this conference on behalf of the NTC.

The Nuu-chah-nulth Tribal Council has always taken a serious interest in education, and this continues today. For a long time, the Nuu-chah-nulth community played a lead role in the field of Indian Residential School issues. Our community closed two Indian Residential Schools down, without much trouble. However, the closing of the last, Christie Indian Residence, did not proceed without a struggle.

In 1996, the Nuu-chah-nulth Tribal Council published the landmark study, Indian Residential Schools: The Nuuchahnulth Experience. It was information from this study that brought about the British Columbia RCMP Task

Force into Indian Residential Schools. This Task Force originally set out to investigate all forms of abuse at Indian Residential Schools. However, within days of its launch, the Task Force limited itself to 'matters of physical and sexual abuse only.' This fact left many people feeling their pain was not going to be dealt with through this Task Force.

Early on in the development of politics around Indian Residential School issues in Nuu-chah-nulth communities, many individuals took it upon themselves and have consistently worked at personal wellness plans. Individuals have variously: gone to counselling, attended support group sessions, voluntarily checked themselves into treatment center programs, undergone therapy, and have engaged in a wide range of traditional Nuu-chah-nulth healing practices.

Over the last decade, Nuu-chah-nulth people have been involved in a range of political and legal strategies aimed at resolving outstanding issues around the legacy of abuse at Indian Residential Schools. The trial and conviction of Arthur Henry Plint played large on national television news for about a year. Subsequent to Plint's criminal conviction for sexual assaults, Nuu-chah-nulth men pursued civil cases seeking damages and compensation, successfully, against the federal government and the United Church of Canada.

Once again, Nuu-chah-nulth people were at the forefront of action on Indian Residential School issues. Today, somewhere upwards of fourteen thousand cases are pending in the criminal courts of Canada against former

employees of Indian Residential Schools. Movement in these court cases is frustratingly slow.

Often this situation is made more intimidating to survivors because of the alien surroundings of the court system, and because survivors often feel they are re-victimized on the witness stand.

The sensational trial process, as reported in the popular media, has moved the local United Church congregation. They chose to organize a feast, inviting all Nuu-chah-nulth people, to publicly express their sorrow and shame at the actions of their institution. This apology, although only a local one, and not made by any former employees of an Indian Residential School, was heartfelt and appreciated. The federal government and the United Church of Canada have also made formal apologies to Nuu-chah-nulth survivors.

Many people accepted those apologies, but some have not because they believe the apologies do not go far enough in either itemizing the abuses nor taking responsibility for them.

The Nuu-chah-nulth Tribal Council has sponsored two widely attended conferences dealing with unresolved issues stemming from Indian Residential Schools and their history.

A film documenting the first conference was made and shown throughout the west coast. This film, *Beyond Survival*, has enjoyed a wide distribution across the country, and was aired on national television.

More recently, our Tribal Council was successful in obtaining funding from The Aboriginal Healing Foundation, for the

Nuu-chah-nulth Healing Project. This multi-year project visited all of our villages and operated in urban settings, as well.

Currently, the Nuu-chah-nulth Healing Project is in the process of shutting down, as funding ends.

Today, the majority of our people do not fall within the scope of criminal actions nor are they anxious to submit themselves to a thirty-eight page application form in the procedure that is the Alternative Dispute Resolution Process offered by the federal government. Many of our people have still not felt comfortable enough to seek help in dealing with their Indian Residential School issues through any existing means.

The current conference for survivors will provide the Nuu-chah-nulth Tribal Council with the opportunity to poll survivors. The conference will provide all Nuu-chah-nulth survivors with the opportunity to speak openly and honestly about their needs.

They will also be given the chance to help define future direction of their Tribal Council's political strategy in dealing with the legacy of Indian Residential Schools. All too often programs are planned and developed, funding sought, and political action taken on behalf of survivors without consulting them about their views and needs. The direction arising from this conference will provide the Nuu-chah-nulth Tribal Council with a unique opportunity to respond to these complex and hurtful issues in a way both respectful and appropriate.

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.
Everyone welcome ~ Refreshments served
any questions or info call: 723-2323

"Reclaim Your Identity As Nuuchahnulth Women" Workshop

Old Ways Consulting is offering this workshop for Nuuchahnulth Women Survivors of Indian Residential Schools, and their Children. **ONLY 12 SEATS AVAILABLE!**

WHERE:

- Bethlehem Retreat Centre, 2371 Arbot Street, on Westwood Lake, in Nanaimo, (Off Jingle Pot Road, behind Malaspina University-College).

WHEN:

- May 31 to June 4, 2004.
Daily sessions from 9 a.m. to 4 p.m.
Please arrive Monday, May 31, 2004 between 8 am to 8:30 am to register.

COST:

- \$495** to Old Ways Consulting, 4444 Bigmore Road, Port Alberni, BC V9Y 7L7
- \$375** to Bethlehem Retreat Centre (Accommodations /Meals) 2371 Arbot Street, Nanaimo, BC V9R 6S9

FOR FURTHER INFORMATION PLEASE CALL:

Charlie Thompson
Ron Hamilton
or Ron Martin
(250) 724-1832
work hours 9 a.m. to 4 p.m.
(250) 618-3213 cell phone

Old Ways Consulting



Innovative Training & Development



Where to go from here, Survivors?

Survivors of Indian Residential Schools

July 13 - 16, 2004

at the Tseshaht Longhouse & Maht Mahs Gymnasium

9:00 am to 4:00 pm daily

Dinner served 5:00 - 6:00 pm

followed by evening entertainment

This conference will help facilitate further healing and help plan a memorial and monument to honour all Nuu-chah-nulth students who attended Indian Residential school. Two days issue processing and two days planning. This is an opportunity for Nuu-chah-nulth survivors to be heard and to have input on what is going to be done about Indian Residential School issues.

Old Ways Consulting
Innovative Training & Development
Old Ways Consulting
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Nuu-chah-nulth Healing Project



Nuu-chah-nulth Healing Project Contact List

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Fax: (250) 725-2158

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Gold River Office (Northern Region)
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Fax: (250) 283-2122

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

NUU-CHAH-NULTH HEALTH PROJECT URBAN EVENTS

EVENT	DATE	LOCATION
VANCOUVER:		
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
CAMPBELL RIVER:		
Campbell River Support Group	2nd and last Tuesday of each month - 6 - 9 pm	St. Peters Anglican Church - 228 S. Dogwood
VICTORIA:		
Support Group Meeting	Last Monday of each month - 6 - 9 pm	Victoria Office: 853 Figgard St.
Potluck Dinner	Every 2nd Monday of each month	Victoria Office 853 Figgard St.
DUNCAN:		
Support Group	Last Thursday of each month - 6 - 8 pm	Travel Lodge Silver Bridge Inn - 140 Trans Canada Highway

Nuu Chah Nulth Healing Project MAY SUPPORT GROUPS

Every Thursday from 6:00-9:00 pm
May 20- Potluck Dinner

May 27- Healing with Laughter

Nuu Chah Nulth Healing Project Office

#106-23 West Pender Street, (corner of Carral and West Pender) Buzz 1060

For more info call Jody Olsson - 604-254-9972, 604-312-6539

Vina Robinson, (250) 731-6271

Tech Mis Ukqin - All that Nass has provided us to lead a fulfilling life.

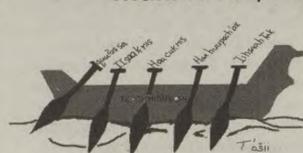
Kakawis Invitation - 30th Anniversary Celebration June 19, 2004, 10:30 a.m. - 8:30 p.m.

You are invited to our 30th anniversary. A special invitation is extended to those who planted the seed, the first client families and their descendants, past employees, former board of directors, Executive Directors. Dance performances by various groups. Lots of time for speeches by elders, chiefs, past clients and former employees, board members and others who may wish to add to our special day. Dinner feast will be served. Kakawis Family Development Centre on Meares Island. Phone: 250-725-3951, Fax: 250-725-4285, Email: kakawis@tofino-bc.

Nuu chah nulth Healing Project 5th Annual Conference "ča waak niš" (We are one)

June 22, 23, 24, 2004

Maht Mahs, Port Alberni, B. C.



Arts & Crafts Tables, Singing and Dancing, Lahal, Mini-workshops, Camping, Story telling, Cedar Bark Crafts, Traditional Foods, Traditional Cleansing, Information Booths, Family Fun, Self-care,

and much more...

We hope to see you there!

For more information and to register, please contact: Carol Clutesi, Coordinator, phone: (250) 724-3233
Vina Robinson, Urban Outreach Worker, phone: (250) 753-8567

Healing Project Staff Member working your region.

Registration Deadline: June 14, 2004
(for planning purposes)



Walk for Life Challenge

The Nuu-chah-nulth Teechukt & Huupiistulth (Helping Each Other) Program would like to show solidarity with the National Youth Suicide Awareness Walk bound for Ottawa. Our challenge is for Nuu-chah-nulth members to walk and chart the distance of 300 km (the size of Nuu-chah-nulth nations) for the life our people. People can walk alone or as a group or family around school tracks, paths in parks, to work or school, anywhere really.

This Walk for Life Challenge is to remember loved ones who took their own lives, for people who've felt lifeless and suicidal, and anyone who is on a path of

wellness and wishes to walk for love of life. Like those courageous messengers on the national Youth Suicide Awareness Walk, over time we can all chart 300 km and generate more awareness and support for one another here in our nations.

Contact Regional Huupiistulth Workers to register and receive your chart to document dates and distance you cover on your Walk for Life. Southern Region Huupiistulth Worker: J'net August 720-1325
Central Region Huupiistulth Worker: Kim Rai 725-3367
Northern Region Huupiistulth Worker: Andrew Kerr 283-2012

Nuu-chah-nulth Teechukt (mental health) Program Somatic Experience® Trauma Training 2004 - 2005

The Trauma Counselling Training being offered by Nuu-chah-nulth Teechukt is a combination of Somatic Experience® and Nuu-chah-nulth traditional ways of healing which will enhance the skills of those providing culturally appropriate healing.

Beginning Level NCN SE® Trauma Training - NEW DATES
We are now accepting calls of interest.

Module I Wednesday, June 2nd to Saturday June 5th, 2004

Module II Tuesday, October 26th to Friday the 29th, 2004

Module III Tuesday, November 30th to Saturday, December 4th, 2004

OR Wednesday, March 2nd to Saturday, March 5th, 2005 (tentative)

All Beginning Modules will be at the Gyro Youth Centre, 3245 Seventh Avenue, Port Alberni, BC

Please contact Louise Tatoosh at 250.724.5757 for further information.

Intermediate Level NCN SE® Trauma Training

Registration is now closed for the Intermediate Level.

Module I Tuesday, May 11th to Friday the 14th, 2004

Module II Wednesday, September 8th to Saturday the 11th, 2004

Module III Tuesday, November 16th to Friday the 19th, 2004

Closing Ceremony Saturday, November 20th, 2004

All Intermediate Modules will be at the Gyro Youth Centre, 3245 Seventh Avenue, Port Alberni, BC

NUU-CHAH-NULTH NURSING PROGRAM

Sense or Nonsense

By Anett Muller,
Home and Community Care Nurse

Homeopathy is a natural way of dealing with illnesses, using a very different approach compared to conventional medicine. But does it really help or can it even cure? When I first heard about homeopathy, I was really suspicious about it. However, after finding out more, I discovered that even the World Health Organization is acknowledging homeopathy as a way of treatment and promotes the inclusion of homeopathic remedies in conventional medical treatment.

What does homeopathy mean?

Basically, homeopathy comes from a combination of two words; homeo means similar and pathy stands for suffering. As the founder of homeopathy, the German physician Samuel Hahnemann in the late 1880's discovered, this is a non-toxic, gentle approach to medicine based on the belief that the body has self-healing abilities. It is believed that with as little intervention as possible the body is able to fight diseases and symptoms are there for a reason. Homeopathy is based on three principles:

Like cures like: the belief that a substance that produces symptoms of an illness will cure it in extremely small doses. This is also the theoretical basis for many vaccines, where trace amounts of a disease component are used to strengthen the body's own immune response.

Law of maximal dilution: the belief that the more a substance is diluted, the higher its potency. Homeopathic remedies are diluted in alcohol or pure water and then shaken vigorously.

Law of the illness being specific to the

individual: Homeopathic doctors recognize hundreds of symptom patterns specific to illness and individuals and these are treated differently.

This principle made the most sense to me, because each individual is different and each body reacts to illness with different symptoms. The initial visit to the homeopathic doctor includes a lengthy history-taking (something you can only dream of with your family doctor!) This makes it a truly holistic approach, seeing a person as a whole human being and not as a "gallbladder patient". That definitely led me to consider healing in different ways.

When my 6-year-old son developed a very itchy inflammatory skin condition, I had to find a different treatment than steroid creams that have considerable side effects and the symptoms seem to come back despite treatment. So we went to see a homeopathic practitioner and we had a 2-hour assessment. After that, my son was treated with a single remedy for a short period of time and his skin condition did not reappear. Even if it did now, I can rely on homeopathy without the fear of side effects. Because homeopathy goes much deeper than most other treatments, it can help with both physical and emotional problems. Homeopathy is a gentle and safe way for adults and children in treating chronic conditions such as asthma, arthritis, and allergies, to name only a few.

There is no doubt that everybody should see a doctor for treatment particularly in life-threatening diseases and emergencies, but how wonderful it will be when physicians and homeopaths work together and utilize each method's advantages. In the end it does not matter whether or not conventional medicine considers a health problem curable or not; homeopathy can still help.

Nuu-chah-nulth Nursing Program Contact List

Northern Region	First Nation	Contact Number
Moira Havelka, CHN	Mowachaht/Muchalaht	Phone: 250-283-2462 (mwf) Phone: 250-283-2012 (tues/Thurs) Phone: 250-761-4274 Phone: 250-332-5289
Donna Vernon/ Bev Robson	Red Cross Kyuquot	
Central Region		
Mary Mc Keogh	Ucluelet/Hotsprings	Phone: 250-726-2993
Christine Curley	Esowista/Optisaht	Phone: 250-725-1232 or 726-5240
Barb Flynn(Casual)	Ahousaht	Phone: 250-670-9608
Mary Rimmington	Hot Springs/Ahousaht	Phone: 250-725-2951
Southern Region		
Liz Thomsen	Ditidaht/PAFC/PA	Phone: 250-723-2385
Anette Muller	Uchucklesaht/PA	
Jody Vos	Tseshah	
Penny Cowan	Bread of Life	
All Regions		
Lynne West	Phone: 250-283-2639	
Ina Seitcher	WCGH	Phone: 250-723-2135 ext 1109
NTC Office		
Jeannette Watts		Phone: 250-724-5757
Lisa Sam		
Melanie Braker		
Matilda Watts		

Central Region Nursing Updates/Schedules

Mary McKeogh - Hot Springs Cove every Tuesday, otherwise at the Ucluelet Health Clinic.

Chris Curley - Tla-o-qui-aht plus one day per week focus on Sex Education and Prevention of Sexually Transmitted Diseases for all Nuu-chah-nulth communities.

Barb Flynn is currently filling in for the Ahousaht nursing services. Barb will be in Ahousaht on April 15 and 28th, and again on May 12th or 13th.

Southern Region Nursing Updates/Schedules

Penny Cowan is moving into a new office/extension at the Bread of Life. This will provide more nursing space for more nursing activities at the Bread of Life. Penny is at the Bread of Life on Monday and Wednesday mornings. Penny is at Hupacasath Tuesdays.

Annet Muller Home Care Nurse for the Southern Region and Community Nurse for Uchucklesaht will be making community visits as needed for client assessment and service.

Jody Vos continues to provide services to Tseshah and Huu-ay-aht (Thursdays).

Liz Thomsen continues to provide services to Ditidaht and Kneec-Was.

Northern Region Nursing Updates/Schedules

* **Moira Havelka** CHN Northern Region will be on leave from April 6, 2004 - June 1st 2004

Dan Woodrow will be covering during that period. Please check his schedule for availability, which will be posted in the NTC Northern Office and also at the Gold River Health Clinic.

* **Notice of cancellation of the Nobodies Perfect Parenting Course until further notice.** We apologize for any inconvenience this may cause.
Sincerely, Ruby Ambrose / Moira Havelka

Information for Aboriginal People

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

If you would like to see one of us, remember you have to ask for us and we can assist you with the following.

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

Victoria, BC
Cora Jacks, Aboriginal Liaison Nurse
Ph: (250) 370-8847
Pager: 413-6124

Campbell River, BC
Sandy Miller, Aboriginal Liaison Nurse
Ph:250-830-8865
pager # 286-7050 press 320

Vancouver, BC
David Clellamin First Nation Advocate
Ph: (604) 875-3440

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.

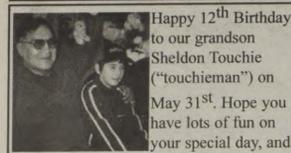
Where? Tofino Community Hall

When? Every Tuesday from 11:30 to 1:30

How? call: Laurie Hannah (Outreach Counselor) c/o Health Unit at 726-4242.



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)



Happy 12th Birthday to our grandson Sheldon Touchie ("touchiemann") on May 31st. Hope you have lots of fun on your special day, and

many more years to come to the future basketball champ. We really enjoyed watching you play in Tuf City that day. Hope to see you again sometime soon. Lots of love from Grampa Hank Charlie and Grama Anne Joseph

Happy 4th Birthday to my handsome grandson, Shakeen McKinley on May 10th. I will never forget Sunshine, when I looked after you when you were a bouncing baby, when your mommy went



to work. We would always sing this song: "You are my sunshine, my only sunshine, You make me happy, when sky's are gray, You'll never know Shakeen, How much I love you. So please don't take my sunshine away." Always remember you're grama's Sunshine. Have lots of fun on your special day. Thinking of you over there at Nitinaht from over here in Ahousaht. Love always Grama Anne Joseph and Grampa Hank Charlie. (P.S. Miss you lots)

Happy Birthday James! From Dad. Happy Mother's day to Mom Alfreda Charlie, we hope you have a wonderful day! Love Calvin, Shanny & Dad & Lil' E.

Happy Mother's day to Mom, we all love you very much & wish very well on Mother's Day. Love Stephanie, Delia, Daniel, Muskie, Nathan, Candace, Shishee & all your grandchildren (Edgar, Courtney, Trina, Floyd, Martin, Calvin, Shanny, Peter, Brandon, Nathan & Nicole.) Have a great day!

Also Happy Mother's Day to Grandma Rhoda, Love your grandchildren & Great grandchildren in the States! We miss you & hope you have a phenomenal day.

Congratulations! Christen Thompson for graduating high school. Our family is very proud of her and would like to acknowledge this accomplishment. Love from all your sisters, brothers, parents and grandparents.

We would like to say happy birthday to Ginger Catherine Joy Frank on May 21. Have a great day Ging. Love Virgil, grandson Corby and Ilene.

Happy mothers day to very special mom Ginger Frank. Love Virgil, Corby, and Ilene

Happy mothers day to Daisy George. Love you mom always and forever. Don't ever forget that I love you with all my heart mom. Thanks for everything that you do for me and Virgil



Happy 5th Birthday to our most precious and beautiful nieces on May 26th, Jamie Lee and Jade Lynn. With all our love, hugs and kisses, Auntie Jenn, Uncle

Richie, Cousins Collin and Miranda. Happy 19th Birthday to Abel Johnson on May 31st. With love from Richie, Jenn, Collin and Miranda.



Birthdays and Congratulations



Happy Birthdays from Nana Mare and Papa Richard Atleo to: Daddy Taras Quinn will be thirty something on May 26; Kwin Fernando will be 4 on May 22; Krista Marcela will be 1 on May 15 (and Kira Martina who was 2 on April 8 with Papa); Mommy Lorena and big sister Alex will help them all celebrate big time in Chilliwack!

and your grandson Corb.

Happy mothers day to my grandma Daisy George. Love your grandson Corby David Edward-Lynn Felix George Frank. Have a good day grandma.

Happy mothers day to my mom Ilene George. Love you lots mom. Daddy says happy mommy's day too. Love your baby Corby Frank and Virgil.

I would like to wish a very happy 36th birthday! To Dennis J. Hetu for May 20. I Love you so very much babe I hope you enjoy your day! Lots of Love Char.

We would like to wish Dennis (Dad) A very happy birthday on May 20th we all Love you very much. Lots of Love Cory, Erika, Meg, Brandi, J.R., Rosalind and Dennis J.R.

For May 23rd a very Happy Birthday wish to Thomas Johnstone (T.J) Hope you enjoy your day neph we all Love you Lotsa Love Auntie Char, Uncle Den and family.

For May 28th a very Happy Birthday wish for Edward (Ed) 16 today (HOLAY) neph. Gonna hafta stay of the sidewalks huh when ya get your learners license hey LOL JK. Hope you have an awesome day Neph. Lotsa Love Auntie Char, Uncle Den and all the kids.

For June 9th I would like to send a very special Birthday wish to my oldest daughter Erika.C.S.Curley a very Happy 13th Birthday. Wow oh my gosh a teenager now Holey. I Love you so very much CHICKIE Hope you have a really nice day (Have lots of FUN) Lotsa Love Mom and Dennis.

We would like to wish our sister Erika Curley a very Happy Birthday from all your bro's and sis Cory, Meg, Brandi, Jr, Rose and Dennis Jr.

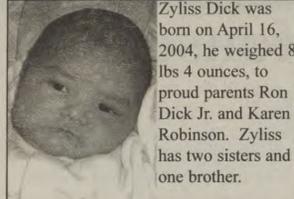
Also a Happy birthday wish to Michael (Hippie) Andrews. For June 10th. Hope you have a really good day neph. Lotsa Love Auntie Char, Uncle Dennis and all your cousins.

For June 16th a very Happy Birthday to Margaret (Maggie) Hope you have a really good day niece. Lotsa Love Auntie Char, Uncle Dennis and all your cousins.

For June 20th a very Happy Birthday to Bro John Watts Have a good



On May 4th, Happy 2nd Birthday! To our handsome nephew Phoenix Calum Gates. We love all of your hugs 'n' kisses. Most of all We Love You! Love always Uncle Nathan, Auntie Mar & cousin Jocelyn! XOXO



Zyliss Dick was born on April 16, 2004, he weighed 8 lbs 4 ounces, to proud parents Ron Dick Jr. and Karen Robinson. Zyliss has two sisters and one brother.

day bro Lotsa Love Char, Den and family. A happy mothers day to Stephanie, Delia, Candace, Sheila, Ramona. We hope you all had a enjoyable & relaxing day. We wish you all the best, Freda, Daniel, Kal, Shan & Lil' E.

Happy Birthday to Arlene Paul - June 12; Sophie Campbell - June 12; Colin Frank - June 12; Gladys Swan - June 12; Geneva Haiyupis - June 12. From Molina Dick.

A special birthday wish to my Grandpa Angus Campbell on June 12. I miss you Grandpa Angus. I hope you enjoy your day. Love you lots. from Molina Rose.

Happy 26th birthday to my cousin Chaa-chee Sam (Oops, Denise John) on June 12. From Molina Rose.

Happy birthday to Robert Atleo on June 8th and to Warren Atleo on June 13th. From Molina Rose.

Happy birthday to my cousin, Courtenay Louie on June 22nd and also congratulations Courtenay on your graduation this year! Way to go Cuz! From Molina Rose and family.

Happy 32nd birthday to my sister luv, Margaret Ann Dick on June 21st. Also happy anniversary to my brother, Curtis and Margaret Anne, also to my parents, Alec & Darlene Dick on June 17th, many, many more. Love Moe-Rose and family.

Happy birthday to my crazy cuz Feebz on June 14th, you know who you are! From Moe Rose.

Congratulations to my cousin Denise Michelle (Sam) and Richard (Dickie) John on their marriage on May 13th. They got married up in Esperanza. Wish you the best of luck. From Moe Rose & family.

Happy 22nd birthday on May 18th to the best daughter a mother could ever want. I'll be thinking of you on your day and I miss you, June. Love mom.

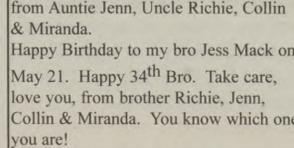
We would like to say happy birthday to Ginger Catherine Joy Frank on May 21. Have a great day Ging. Love Virgil, grandson Corby and Ilene.

Happy mothers day to very special mom Ginger Frank. Love Virgil, Corby, and Ilene

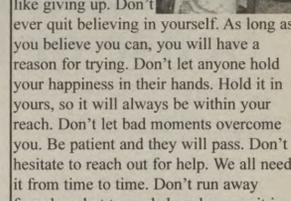
Happy mothers day to Daisy

Happy Birthday to my niece & Goddaughter Katrina Joy Smith on May 10. I love you and think of you lots. Miss you much. I hope you have a very good day niece. With tons of love from Auntie Jenn, Uncle Richie, Collin & Miranda.

Happy Birthday to my bro Jess Mack on May 21. Happy 34th Bro. Take care, love you, from brother Richie, Jenn, Collin & Miranda. You know which one you are!



Happy 13th birthday to our daughter Kara-Anna Adams. Don't let go of hope. Hope gives you the strength to keep going when you feel like giving up. Don't ever quit believing in yourself. As long as you believe you can, you will have a reason for trying. Don't let anyone hold your happiness in their hands. Hold it in yours, so it will always be within your reach. Don't let bad moments overcome you. Be patient and they will pass. Don't hesitate to reach out for help. We all need it from time to time. Don't run away from love but towards love because it is our deepest joy. Don't wait for what you want to come to you. Go after it with all you are, knowing that life will meet you halfway. Don't do anything that takes away from your self respect, feeling good about yourself is essential to feeling good about life. Don't ever forget how to laugh Kara-Anna, or be too proud to cry. It is by doing both that we live life to the fullest. Kara-Anna, your talent is God's gift to you. What you do with it is your gift back to God. I know it's hard for you to celebrate your birthday without your big brother, just remember how much he loved to be around family. He's up there watching over you with PRIDE!! May today be the start of the best in your life. Babe, you're someone who always has smiles to share, love to offer, and time to spare, you're someone whose kindness has brightened our days at so many times in so many ways. We love you with all our heart. Mom, Dad, sisters Birdie, Margo Frank, brothers Eric & James Adams, Raymond Michael & Brandon Frank and you nieces Ashley & Jordyn Frank.



April 24th - Happy Belated Birthday to my little baby girl Marisa McKinley. Wow, you are six years old now. Oh my gosh, we love you sooo much sweetie! Love always Mom/Dad, Lisa Joe & Joe McKinley. Bros and Sister XOX Have fun!

May 10th - Happy Birthday Son, Son, Shakeen McKinley! Whoa, you are growing so fast, I can't believe you are four now! Love you Boy Boy! XOX Love always Mom/Dad, Lisa Joe & Joe McKinley, Bro & sisters.



George. Love you mom always and forever. Don't ever forget that I love you with all my heart mom. Thank for everything that you do for me and Virgil and your grandson Corb.

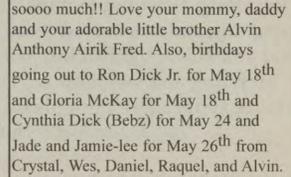
Happy mothers day to my grandma Daisy George. Love your grandson Corby David Edward-Lynn Felix George Frank. Have a good day grandma.

Happy mothers day to my nephew Tristen Tate a Happy Birthday on May 11th. 2004 from Auntie Karen, Uncle Andrew and cousins.

We would like to wish my nephew Brendan Tate a Happy 11th Birthday on May 15th, from Auntie Karen and family.

We would like to wish our niece Crystal Charles a very happy birthday on May 21st, Hugs and Kisses from Auntie Karen, Uncle Andrew and cousins Cediese and Koda.

I would like to wish my sister-in-law a Happy Birthday on May 26th, to Bonita Mack, From Karen Mack.



Poets Nook

Lady Bugs

My soul is long gone nowhere to be, but a better me

Though it seems you are not around, I guess love does has its grounds Oh no I'm walking, sighing, no thoughts flying, hey wind don't blow me away. I know love wasn't to stay but hey I guess you're here to help me run away.

O well help isn't funny, of needing. It's like a ton of bunnies of my confusion, taking me to a place of illusion. Who cares. I didn't ruin anything but myself and health, but I do have something to tell.

I was only trying to be happy and be a part of the sappy world, but you took it like an actual person. You might think your special, but you're just like a hot kettle ready to go, no warning. You might be hot, it's why when I see you my thoughts don't care to hit the spot. Maybe starting not to care does scare me, even though it's only me loving, snuggling to keep my hands warm.

Being in love alone isn't fun, it's like you're a sun can't wait till you go down, waiting to hang around clowns. I'm not the love of your world. If I was my eyes wouldn't have both worlds, wo You might be cold, but I'm just chilling, easing my hearts mood swings, waiting

for the next little thing. Maybe along the clocks, I'll be happy. That's if it's not to late, that you're already in the sappy world of no clocks. It's not my fault I'm here. I'm just here to enjoy the drinks that don't make me think.

Though love is gone and I'm feeling no love senses, I think you should be gone or take to a place where all your friends shake you, as I sit here seeing that my hearts senses has no making of you. I do love you though, I just don't feel time to see if there ever was a glow.

I guess I do want my spots back, but they the first ones nowhere in sight, which drove my soul in tight to me, telling me to take it easy, her eyes are dirty and her grounds are purky. O well she has tons of friends, who gets a bit of her, head to toe. O well were nothing of the worlds, it's not special, love left to get another whirl of some other, which is a bother, because of us, who gave love a bad name.

I herd you don't like me, aww poor me, what to do, oh I know turn my love senses into lights, maybe for you, but mostly for me cause I can't see.

You were saying you loving me nothing else matters, I say that quite deceiving, when there's nothing to be Erica M.

What Car Am I?

By Belinda Nookemus

I'm a Ferrari F 50 with 22's. I also got a really damaged engine. My appearance is always good. But inside I am not running good. I appear happy and that I got everything together but in the inside everything is falling apart. I am always confused. I am stuck in the driveway, not being able to go anywhere or move. I'm stuck in school, behind in my studies and I'm a slow learner. I'm always constantly being shot down. All of my doors are locked because I have a hard time trusting people. The windows always roll up when someone gets too close to me because I'm scared if someone gets too close they will hurt me. The Hood is locked down some how so, nobody can get to my heart. No one can look or touch my heart. I wont let anyone mend it or fix it because I'm scared someone will take a piece of it. I'm always locked because too many bad things have happened to me. And, that's me, a Ferrari F50, with 22's, and a damaged engine.

Birthdays and Congratulations continued

mom Ilene George. Love you lots mom. Daddy says happy mommy's day too. Love your baby Corby Frank and Virgil.

We would like to wish my niece Shannon Charles a very happy belated 5th Birthday for April 29th. Lots a hugs 'n' kisses from Auntie Karen, Uncle Andrew and cousins Cediese and Koda.

I would also like to wish Elsie Jeffrey a happy birthday for May 2nd, 2004 from Karen Mack.

Also, Happy belated Birthday to Robyn Mack Jr. on May 3rd, 2004. Love from Auntie Karen, Uncle Andres, and to my Niece Alex Tate on this day as well. Happy birthday Alex.

I would like to wish my sister Peggy Tate a Happy 3rd Birthday on May 19th. Lots of Love from your little sis. Karen and Family, hope you have a good one!

We would like to wish my nephew Tristen Tate a Happy Birthday on May 11th. 2004 from Auntie Karen, Uncle Andrew and cousins.

We would like to wish my nephew Brendan Tate a Happy 11th Birthday on May 15th, from Auntie Karen and family.

We would like to wish our niece Crystal Charles a very happy birthday on May 21st, Hugs and Kisses from Auntie Karen, Uncle Andrew and cousins Cediese and Koda.

I would like to wish my sister-in-law a Happy Birthday on May 26th, to Bonita Mack, From Karen Mack.

I would like to wish my sister Sandra Tate a Very Happy Birthday on May 27th. Lots of Love from your little sister Karen. Enjoy your day!

A very Happy 1st Wedding Anniversary going out to my brother Wayne & Melissa Tate on May 30th. One year already. Oh how time flies! Love ya both, from your sister Karen Mack.

Happy Birthday to my sister Molina Rose Dick on June 12th, have fun sis, also to Grandpa Angus, Sophie Hannah and Denise Michelle. Ina Dick

Happy Birthday to my sister Margaret Anne Dick on June 21st. Wish you many more, sis Ina.

To my favourite cuz, "Phoebe" Sheila Dick on June 14th, Happy Birthday! Ina

Happy Anniversary to my parents Alec and Darlene Dick and Curtis and Margaret Dick on June 17th, hope you all have a beautiful day and I wish you many more to come, Love Ina, Alec Bob and Richie Jo.

To my cousin Courtney Louie. Happy Birthday for June 22nd, way to go on your graduation, wish you all the best cuz! From Ina and Boys.

Congratulations to Denise and Richard John, who got married on May 13th in Esperanza. Wish you well and I'm proud of everything you've both done for your family. Love Ina and boys.

In Memoriam - ʔaʔak^w ap

In Loving Memory of our dear mother

Rose D. Ross

October 31, 1929 - May 27, 2000

She always learned to watch for us
Anxious if we were late,
In winter by the window,
In summer at the gate.
And though we mocked her tenderly
Who took such foolish care,
The long road home
Would seem more safe,
Because she waited there.
Her thoughts were all so full of us,
She never would forget,
And so we think that where she is
She must be waiting yet.
Waiting till we come home to her
Anxious if we are late,
Watching from Heaven's Window
Leaning o'er Heaven's Gate.



With eternal love from your children & grandchildren

Kayla Nicole Shyann John
January 18, 1991 to April 26, 2004

Daughter of Simon and Colleen, sister of Troy, Ashley, and Shaylene

Mothers and Creators of Spirit and hope receive our Kayla as we her family and friends carry the spirit of her life on.

Kayla's Prayer:

I pray. We all pray because we need help and we just want to say "Hi". You can tell God anything you want to tell him and he will try to solve your problems and show you the good path, not the bad. One day you will become a Christian and you will be saying, I wish I became one a long time ago, but I am happy. I believe in him and trust in him to solve all of my problems.



It's been Five Long Years Mike

It's been five long years my dear brother yet it feel like yesterday.
Each and everyday I fight the urge to call you. I try so hard to find a reason to smile, some how my dear brother I make it through another day then a week then a month now it's been another year.
I tell myself in my tears that you're in a better place with no pain no tears.
So my dear dear brother We will meet again with smiles and hugs.
I've sure missed you these five long years.
I LOVE YOU MIKE
LOVE ALWAYS SSITER ADELENE

In loving memory of late Ruth Curley

To the one I love
To go along the silent way,
Grieve not.
Nor speak of you with tears.
But laugh and talk of you
As if I were beside you there
And when you hear a song or see
A bird you loved, please do not let
The thought of me be sad... for I
Am loving you just as I always
Have.
From Mauriah J. Curley

To Andrea and David (Love) Wivchar, Congrats on Marriage! From Ina.

Happy Birthday June 12 - Molina Dick, June 23 - Alex Mark, June 26 - Dwayne Ambrose. From Kathy Mark.

Happy Mother's Day to my mom Effie Williams. From Lyle & Kathy.

Happy Mother's Day to Kathy. From your Hubby Lyle.

Happy Mother's Day to all my sisters. From your brother Lyle.

I would like to wish 2 of my good friends a Very Happy 14th Birthday. To Khrystina Lambert on May 18th, and Tasha Charleson on May 24th. Love Ya! And have a good day! Love Mercediese Dawson. We would like to Congratulate Tiffany and Jesse on the birth of their baby boy Alex McMullan born on May 11th, at 2:30 am at Nanaimo Regional Hospital. Alex weighed 6lbs 11oz. Love from Andy and Karen Mack, Auntie Colleen Mack, Terry and Families.

Ucluelet First Nation Members

General Band Meeting Scheduled for Monday, June 7, 2004

Dinner to be served at 5PM and meeting to start at 6PM
Door prizes: for those who are in full attendance (chance to win one of four prizes)

Health Ability Fair continued from page 10

where I walk outside or inside always keep your head up and see the people, and what they are doing and what they look like," said J'net August. "For whatever reason in my time I have been given the opportunity to speak in the microphone, and I am glad to," she said. "Let's talk less about where you get down from and let's talk about where you get your power. Do you get inspiration from beading or reading or other sources? If so then that is where you regain your power! I get a source of energy from books like the one I am reading. This book, when I close it I see all the colors and energy that is in there. I told my boss this of what I see, and when I put this book down I can say how can you be down when there is so much going on in this book," said August.

"Whenever I work in communities word usually gets back and I hear 'how does that J'net August stay so darned perky?' I stay perky because I choose to live well without all the baggage. All that bad stuff will always be there, it is how we choose to deal with it that matters," she said. "Humour is part of being Native. I have been across Canada and back that I have seen many things and I've seen that Natives take things so seriously until a trigger happens that makes them lighten up and not be so serious," said J'net.

Scott Beckett a Certified Fitness Trainer facilitated the Personal Care & Wellness in Managing Disability portion of the Health workshops. He gave demonstrations on various exercises to keep your back, stomach and legs fit. "There are many forms of disability other than visible forms like a quadruplegic or paraplegic, other disabilities are diabetes, arthritis, or osteoporosis," said Scott. "In order for your body to stay maintained you need to stretch or exercise even light workouts will help keep you in tune" he said. "You can do stretch exercises to keep from having sore backs, you would need to do simple exercises on your abdominal muscles to help give strength to carry your upper weight, you would need to stretch your hamstring muscles in your legs because they help move your legs and are connected to your lower back. Doing simple stretches will keep your pelvis and spine in alignment and this keeps your back pain away," said Beckett.

Linus Lucas (NTC Education) facilitated the "Supporting Children and Youth with Disabilities in the School System" "The biggest thing you can do to help a child is to read to them at birth and on

continuously, my wife and I took turns reading to him. So as time went on my son wanted to start school early and he started school a year early. So now 12 years later he is graduating with full credits," said Lucas.

"A couple years later we had a daughter and we had done the same with her, and to her credit she has made honour role several times, these are just my families example of reading to our children," he said.

"This year there are more children staying in school," said Lucas. "Children with FAS have a totally different way of learning things, and one of the most common thing you can do is sit in a quiet room and read to them, and soon you will see they want to read what you are reading," said Linus. "Like I say reading is the most important tool there is out there for children with disabilities or not," he said.

"One thing I am starting to see with children and my own is they are doing their homework at around 11 pm. So I asked my son what the heck are you doing up so late doing your work, get to bed I told him. His response to me was this is the only quiet time in the house for me to study and get the work done. As a result of his late night work he is finishing school," said Linus.

"One thing I see in the classrooms is the lack of physical activities, as soon as my son became physically active, he was going to bed earlier. The more physical activity the children do the more calm their bodies they become, and have the ability to think more," said Lucas. "But doing physical activities can be an outlet for home problems, but that is just a start and soon it will become a personal thing for them to continue," he said.

"One of the other things that I have been doing in the past year or 2 is that I have been drinking water, our people in our history have located their villages near water," said Linus. "Today our children are now relying on coke or other soft drinks to quench their thirst. My son did a study on our people and he found out that we were always near fresh water. My son found out a glass of water in the morning opens up the brain cells, so that is what our people did near the water, besides bathing first thing in the morning," he said. "I know we are going to have a great future for our people because we have great kids. There are children that can sing our songs, children that have the ability that can learn the white mans system and apply it to our culture. We will have a great future if we help them and guide them, teach them to read, teach them to drink water, get them assessed and I would like to thank you for listening to me," said Linus.

Day two of the health conference was cancelled. The committee that hosted the Health Fair decided to postpone the

Health Fair until further notice out of respect for the two deaths in the Tseshaht and Hupacasath Communities.

They asked Nelson Keitlah to say a prayer. "These are tough things to go through, and I hope our prayers go out to the family of the young girl in Ehattesah, it is a terrible thing to happen to a person and I think we have all tasted this at one time or another. We need to continue to think about others who are suffering and think good thoughts for them," he said.

Nelson then performed a chant that belongs to his family to close the Health Fair with a blessing.



Vernon Ross gets his blood-sugar levels checked by Nurse Lynn West

The Mowachaht/Muchalaht First Nation now has a toll free phone number.

If you wish to contact our office, you don't have to call long distance or collect any longer. The toll free number is: (800) 238 - 2933. Our Office hours are: Monday - Friday 8:30 am - 4:30 pm

Attention Tseshaht Membership Re: Updating Address list for the up coming Election

We are once again updating our mailing list and this list will also include mailing address's for membership who also live in Port Alberni. Please send me your mailing address and those family members who live out of town. So that we can send you information on this up coming election and meetings on this election. Thank - You. Gloria Fred. please reply to: satsma@yahoo.com or call 250-723-7134 or leave a message at the Tseshaht Band Office 250-724-1225 or toll free 1-888-724-1225

NOTICE OF NOMINATION MEETING (To off-reserve electors)

Notice is hereby given that a meeting of the electors of the Ucluelet First Nation will be held at the Ucluelet First Nation Hall on Tuesday, the 13th day of April, 2004, beginning at 6 o'clock, and lasting for at least three hours, for the purpose of nominating candidates for the positions of chief and councilors on the Band Council of the said Band, for the next ensuing term. There are 6 councillor positions and one position for chief available. The election will be held at the Ucluelet First Nation Band Hall on Tuesday, the 26 day of May, 2004.

Please note that any voter may nominate candidates by using a mail-in form. Voters residing off-reserve may only nominate candidates for the position of chief. Voters residing on-reserve may nominate candidates for both chief and councilor positions. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the electoral officer before the time set for the nomination meeting OR you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the electoral officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot. Given under my hand at Ucluelet, this 12 day of March, 2004. Emily Shirley, P.O. Box 225, Ucluelet, B.C., V0R 3A0, Phone # 250-726-7117.

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: cmos@island.net Fax: 250-725-4233 attn: Carla Moss

ATTENTION UCHUCKLES AHT DESCENDANTS

Will all of those people, who are descendants of the Uchucklesaht First Nation, PLEASE contact Pam Watts 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 and 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

A big THANK YOU to Ucluelet First Nation members

Who have called our office to inform us of the whereabouts of "lost" members from our band list. For years, we have been trying to locate some of them! It's safe to say, we have found everyone! We are happy about this! AND thank you to members, who keep our office up-to-date with addresses, email and phone numbers!

ONE OF THE IMPORTANT THINGS HAPPENING - IT IS ELECTION YEAR! We are having elections for Council this year, so it is important to keep in touch with the band office for the mail-outs.

CONTACT: Vi Mundy for treaty Up-dates, announcements of meetings, AT (250) 726-2414, email address: vmundy@island.net or cell: (250) 726-5478

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 lisagallic@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.

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



Proposal Request

The Clayoquot Biosphere Trust (CBT) is pleased to announce the third allocation of funds that will be used to fund projects in the Biosphere Reserve region for the 2004 fiscal year. If your organization is interested in submitting a proposal to be considered for funding, the proposal must be consistent with the goals of the Clayoquot Biosphere Trust and meet the funding criteria outlined below. Projects will be funded up to a maximum \$10,000.

The goals of CBT are to promote

- Modelling of ecosystem-based management and sustainable development;
- Research that gathers information, organizes knowledge and achieves wisdom for conservation and sustainable development;
- Educational initiatives that benefit the region in achieving its goals;
- Training initiatives that benefit the community and the region in its pursuit of conservation, sustainable development and community health;
- Cultural initiatives that promote and support cross-cultural understanding to create strong vibrant cultures and united communities;
- Building capacity to work within the framework of the Man and Biosphere programme.

Proposals must meet the following criteria to be considered for funding:

- Research Projects should be based on scientific, socio-economic or traditional knowledge principles.
- Strong preference for locally based proponents.
- Preference for projects that have matching resources (e.g., money and/or in-kind contributions).
- Long-term benefits.
- Respect local protocols and regulations.
- Develop local capacity.
- Consider both short- and long-term environmental impacts.
- Effective local communication of results.
- Conform to the above goals of the Clayoquot Biosphere Trust.

The CBT does not fund:

- Capital acquisitions (e.g., computers, scanners, office furniture, etc.)
- Core activities for the operation of organizations
- Individuals.

Two Stage Application Process

Stage 1: Letter of Intent

Deadline: June 9, 2004

The letter of intent should be no more than 2 or 3 pages that outlines the following information:

- Introduction of organization
- Statement of issues, priorities or activities that the project will address or undertake
- Start-up and completion dates
- Project budget - indicating contribution in human capital or funding from other sources
- Amount requested from CBT

Stage 2: Formal Application

Deadline: July 14, 2004

Once the proposals have been reviewed, those which meet the criteria, goals and are appropriate for CBT to fund will be invited to submit a more detailed proposal which must contain the following:

- Concise description of activities to be undertaken
- Community support for the project/program - letters of support
- Formalized budget itemizing all potential and confirmed expenditures and revenues

All proposals submitted will be assessed on their merit. Approval of funding will be announced by July 26, 2004.

Proposals can be submitted to:
Clayoquot Biosphere Trust
Box 67
Tofino, BC V0R 2Z0
Or by e-mail

Stan.Boychuk@clayoquotbiosphere.org

If you have any questions or wish to discuss your proposal, call Craig Paskin, CBT Community Coordinator at 725-2219 or 726-2086

Help Wanted

Ucluelet First Nation is looking for a certified Care-Aide to help our elders. Please send cover letter and resume to Ucluelet First Nation Personnel Committee, P.O. Box 699, Ucluelet B.C. V0R 3A0 or fax to Attention: Personnel Committee at (250) 726-7552. Deadline for applications is Monday May 24, 2004.



AV Museum worker Kelly Porier stands beside a few of George Clutesi's works.

Students of Walsh featured

By Hazel Cook
Ha-Shilth-Sa Reporter

Everyone in Port Alberni has heard about Dr. George Clutesi at one point in his/her life. He was a renowned writer and artist who started his artistic career in the 1950's and was one of the first Native artists to have artwork exhibited in a museum.

George attended school at the Alberni Indian Residential School (AIRS) for four years, and even though he attended the AIRS, he was able to retain his identity and language.

Around that time, it was uncommon for people to accept the cultural differences of First Nations people, but one man by the name of Anthony Walsh noticed George's artistic talent. Walsh encouraged George to draw and paint

and even helped set up George's first solo exhibition.

Not only did Anthony Walsh help George Clutesi start his artistic career but he also instructed children from the Inkameep Indian School who were made famous by their artwork.

After George became a well-known artist, writer and actor across Canada, he returned to Port Alberni but was not overly recognized for helping preserve his culture that Carol Clutesi noted "was being bulldozed".

He was not given acknowledgment for his achievements until some time after his return home.

The Children's artwork became part of an touring exhibit that attracted the attention of many, and is now being held at the Alberni Valley Museum until the 2nd of June.



Participants, trainers and assistants involved in the Intermediate Module 1 Trauma training held on May 11 - 14 in Port Alberni. The Nuu-chah-nulth Teechuktl Mental Health Program is pleased to offer this wonderful capacity building opportunity. Back row L-R: Louise Tatoosh, Janice John, Margaret Eaton, Doug Sam, Berns Galloway, Sharon Stanley, Levi Martin, David de Rosenroth, Phillis Scott, Deb Bertin, Rick Sayers, Anne Morgan, Linda Stelte, Linda Jennings, Yvonne Haist, William Dennis, Dave Zryd, and Kim Rai.

Bottom row L-R: Lydia Mickey, Barb Atleo, Dea Hamanishi, Julie Fontaine, Dee John, Paulette Tatoosh, J'net August, Mary Dolen, Maggie Miller, Gloria Valentine, Barb Tate, Rowena Jack, Margaret Bird, Ruby Ambrose, Stella Peters, Mary Martin and Su Russell. Missing Ray Seitcher, Andrew Kerr and Anita Charleson.

Nuu-chah-nulth Tlu-piich Games Coordinator (Term Contract Position)

We are seeking a Coordinator to oversee the presentation of the Tlu-piich Games (annual First Nations multi-sport gathering). Working closely with the Games Committee, in Port Alberni, the successful candidate will work between June 14 to August 27, 2004. The duration and scope of the games is subject to funding.

Responsibilities:

- To organize the Games operational plan and provide coordination;
- To initiate fundraising activities;
- To recruit and supervise volunteers;

Qualifications:

- Experience in events coordination and volunteer recruitment;
- Recreation leadership training would be considered an asset;
- Awareness and understanding of Nuu-chah-nulth protocols.

Applications must be received by: May 28, 2004
To: Nuu-chah-nulth Tribal Council, PO Box 1383, Port Alberni, BC V9Y 7M2
Fax: (250) 723-0463, Email: hr@nuuchahnulth.org
(Word 97 attachments accepted)

Attn.: Human Resource Manager, Nuu-chah-nulth Tribal Council

Klecko's - ʔekoo

I would like to say a very heartfelt thank you to those people who have helped my wife Katie and me, when we had a house fire January 4, 2004 in Ahousaht. There is one thing I'll never forget is to be thankful and grateful in my life. As I remember the teaching of the elders is to be helpful and much respect for you elders and you will be

rewarded from the creator, which I believe myself. What I see today is new generation is starting to follow what our ancestors have passed on from generation to generation. Then that shows you will have a great life. Again I say Klecko! Klecko! To all those who have helped us in the time of need. I will pray for each one of you. Klecko Klecko again. Stanley M. Sam, Ahousaht BC



I would like to thank the Tsheshaht band for paying my bartending school. My sister Crystal Fred for watching my little baby boy. I love you more then words can say. My mom Jo for watching my daughter. I would like to thank the Mowachahnt band for accepting me in the territory. Gary Maquinna and my cousin Marsha Maquinna for letting me room and board with you too. It was a blast. I will never forget my time spent there. Love you man. I would also like to thank

Jeannine Dick for driving me around for six weeks. I can't tell you how much that meant to me, for I do not know how to drive, so you mean the world to me. Last but not least, my handsome husband George Tate for supporting me all the way to the end, picking me up and driving me back to Gold River. I love you forever and always. I passed my course with everybody's support. I love you one and all. P.S. I'll be back one day. Your friend, sister, cousin, and wife Sharon Tate.

Tin Wis 10th Celebration Memorial Bench May 1, 2004

Donald Aaron Touchie
December 18, 1979 -
September 30, 2003

The Touchie Family would like to thank the Tla-o-qui-aht First Nation Chiefs and Elders for welcoming our family onto your land and to be part of this celebration today. And thanking you for bringing Donnie into your Nation and treated him as your own while he was employed at the Tin Wis Resort and had many friends outside the industry. Donnie was a great brother, son, friend and his heart was full of love for those that were dear to him. He will be greatly missed by his family and fellow co-workers; but I know that he looks down upon us from the heavens above and sends the rays of sunshine onto us. There isn't a day that I or we don't think of him, his smiling face and cheeky remarks or laughing hysterically while watching Sponge Bob with his nephews' and nieces. Donnie always had music on, whether it be Rob Zombie, Tu Pac, Alicia Keys or the King of Rock and Roll, music was a

part of his life along with watching the sunsets go down along the West Coast Shores.

I know Donnie is looking down on us at this moment and beaming from ear to ear, knowing that other individuals will be able to have the chance to share and see the magnificent of a sun rise/set and how it connects one's inner soul to the Creators. When I miss Don, I look at the sunset and I feel closer to him and I let the warmth of the rays surround my body, mind and soul.

Donnie was a great brother, son, friend and his heart was full of love for those that were dear to him. Luke and Delores Touchie, Jennifer Miller, Jenna, Trisha and Luke Miller; Terry Touchie and Carol Sedgewick, Joanne Touchie and Keith Gagnon and Raven Eve Gagnon can never repay the thoughtfulness and compassion that we received from Tin Wis Resort and the Tla-o-qui-aht First Nation when we lost our precious son and brothers and making this memorial bench to Donald Aaron Touchie.

You brought Donnie into your lives and you adopted him into your family. We are all family. Klecko Klecko Touchie Family

The BC Ambulance Service and Paramedic of the Justice Institute of BC celebrated the Graduation of the newest Paramedic Level One class on the 18th of April 2004 in Courtenay, BC. My daughter Cecelia S.R. Smith (nee Touchie), of the Uchuellet First Nation, graduated with fifteen other Paramedics from across Vancouver Island and the Lower Mainland. Cecelia was the honored valedictorian at the commencement ceremony and delivered the statement of farewell to the dignitaries and fellow graduates. They began their Paramedic Level One training course in the summer of 2003 and completed early this year. Cecelia began her service with the BC Ambulance Service as an Emergency Medical Attendant Level One in 1997 in

New Hazelton, BC where she lived with her husband Constable Dave Smith on his first posting as an RCMP member. Her higher level of training now allows her to perform many potentially life-saving protocols such as administering Ventolin and giving Subcutaneous injections for Anaphylaxis and Narcotic overdoses. This comes in addition to her previous protocols such as Nitroglycerin and Entanox. The BC Ambulance Service is one of the world's largest ambulance services. They respond to over 45,000 calls for service in an area of over 1 million square kilometers in communities all across our province. We are all appreciative of the essential services they provide. Congratulations on completing such a challenging course Cecelia. Lots of Love from your proud mom - Pearl Touchie.

Community Events and Celebrations



PUBLIC NOTICE:

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



SATURDAY AUGUST 28th, 2004
Tsxana, Gold River, Wah-meesh Gym (Time yet to be determined)

ADAM FRED MEMORIAL POTLATCH

As our son/brother focused a lot 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 a.m. We will close the doors to hold our opening ceremonies; we will then serve lunch at 12:00 noon. If you have any further questions regarding this feast, please feel free to contact one of the following family members: 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, Marie Johnny (Duncan) 746-8445 grandma, granny Florrie (Alert Bay) 974-2485, or Deane Wadhams, aunt, 974-5472.

Chieftainship Seating of the Rush Family on November 27, 2004 at 11:00 a.m. at the Alberni Athletic Hall

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.

Victoria Healing Project May 2004 Events

May 25, Men's Empowerment Group **How to network 8-10am**
May 25, Women's Empowerment Group **Poetry night. Bring story and snack. 6-10pm**
May 26, **Empowerment and Families Workshop 9-3pm with Gerry Oleman / Lunch provided**
May 31, 2004 Support Group **power of Focus bring snacks 6-8pm** Contact Michael J. McCarthy at 380-9896, All events are hosted at our office at 853 Fisgard St.

"Pour It Out" Youth Program

May 5 - June 31, 6:30 - 9:30 PM
Free Program for youth 12-24 Year Old

Drinking problem? Want to learn how to Quit? Resources? Support? Learn Information on the effects of Alcohol?

Fun, have a chance to win money, prizes and recreation activities.
Every Wednesday at the Port Alberni Friendship Center
More information, contact Gordon or Mike @ 723-8281

CLASSIFIED CONTINUED

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CALL: RENEE NEWMAN
723-2843
PORT ALBERNI, B.C.

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

PROFESSIONAL available for Workshops/ Conferences, Healing Circles/Retreats/ Canoe Journeys. Contract or full-time position. Holistic massage and aromatherapy with essential oils by Raven Touch. Please contact Eileen Touchie @250-726-7369 or 726-5505.

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Environmentally Safe Products
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24 hours
"We work well under pressure"

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: 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.

WANTED: whale teeth, whalebones, mastodon ivory and Russian blue cobalt trade beads. Lv. msg. For Steve and Elsie John at 604-833-3645 or c/o #141-720 6th St, New Westminster BC V3L3C5.

FOR SALE: Native painting. Call Bruce Nookemus (250) 728-2397

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

ROSE AMBROSE: Basket weaving, shawls, baskets, headbands, roses, etc.



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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.

PROFESSIONAL BODYWORK: Will do professional bodywork and painting. 14 years experience. Marcel Dorward. New Phone #: 723-1033.

FOR SALE: 1 1999 Safari Van - 7 passenger, excellent condition - \$12,000 (OBO). Contact (250) 726-2446 or fax (250) 726-2488.

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

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.

FOR SALE: 1971 Chev ¾ ton pick up truck w/no motor, also 1971 automatic motor (needs to be installed). Call Rick 728-3519.

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 Franceur 723-4005

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

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

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

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

FOR SALE: New and 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 and 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.

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

Miscellaneous

HOUSE FOR SALE to TFN member on Esowista Reserve. Newly added 1 bdrm suite. Views of ocean and 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.

HOUSE FOR SALE: 3 bedrooms, with 3 bedroom basement suite, fruit trees, berry bushes and flower beds. Newer carpets and lino. 4 appliances. \$95,000. Call 723-8979.

BOARDROOMS FOR RENT: At the Tsheshaht Administrative Buildings, Port Alberni. For more information call the Tsheshaht First Nations Office at (250) 724-1225 or toll free 1-888-724-1225.

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

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

WANTED: Medical Equipment such as wheelchairs etc. Can be dropped off at the Tsheshaht 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.

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

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.

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.

FOR SALE: 4 1/2' x 9' pool table, 2 years old, \$2000. 728-3537.

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 Mowachahnt/Muchalaht Band Office.

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.

Wanted: Traditional Stories for project. Call Caroline Thompson at 724-5757

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

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 and by the hour. Call 250-724-5290.

ʔumʔka Advisory for Histories, Governance, and Constitutions (forming governments), contact Harry Lucas, at 724-2313.

NUU-CHAH-NULTH NATIVE LANGUAGE: Transcribing in phonetics - for meetings, research projects, personal use. Hourly rates. Phone Harry Lucas at 724-2313.

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

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

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

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

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

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

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

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

Volunteers Needed for Choo-Kwa Challenge. Planned for Saturday, June 19, 2004. An afternoon of canoe racing, entertainment and good food. Please contact or leave a message for Paulette at: (250) 724-4041



N.E.D.C. BUSINESS NEWS



International Marketing and Exporting: tools & methods that make a difference

Tin Wis Resort & Conference Centre, May 6 & 7, 2004



Back Row: Samantha McKay, Gary Johnsen, Jackie Corfield, Jack Little, Mike McCarthy, Vina Robinson, Gale Johnsen, Roseann Billy, Carol Ann Hilton. Front Row: Coreen Moroziuk, Roger Cayford, Christina Simms, Iris Lucas.

The crowd was small but the energy was high as Nuu-chah-nulth business people met to explore their options and opportunities in the global market. Jackie Crosfield started the day with an overview of government programs and resources available to assist both the new and experienced exporter – this resource material is available at the NEDC main office.

Leslie Knight followed with a presentation on product branding and imaging and how this differs from the international to the domestic markets. Leslie also shared interesting stories of her experiences in working overseas and tied these into a description of foreign consumer demand.

Twelve Trade Commissioner from the Department of Foreign Affairs and International Trade (DFAIT) were also present and they described their jobs as overseas representatives. One of the reasons they were in Clayoquot Sound was to experience First Nation business products. Between Tin Wis Resort, Clayoquot Sound Adventures, Himwitsa Enterprises and all the businesses present they were very impressed with the Nuu-chah-nulth businesses and offered to spread the word that we are

open for business.

Albert Yu, Program Director of the Gateway to Asia project, gave the lunch hour keynote address. Albert discussed opportunities for doing business with China and he invited all the delegates to attend a Chinese consumer tradefair in Richmond in September 2004.

Roger Cayford, a former banker with many years experience in international trade, spoke about financing your ventures, the risks involved, and how to mitigate them. His presentation highlighted very simply the most obvious pitfalls and the basic precautions to safeguard your product. He stressed that planning can save you a lot of headaches. He talked about the paperwork involved and how important it is to be accurate and timely. He spoke of the precision of the international buyer and how one day, the wrong colour paper or the wrong quality of your product can lose you an order.

The day wrapped up with a lively presentation from Marilyn Hutchinson, the General Manager of Mid-Island Science and Technology Council (MISTIC). She shared her vast knowledge in the areas of product development, government programming,

and regional resources and opportunities.

Friday morning opened with Coreen Moroziuk, from Agriculture and Agri Foods Canada talking about food product development and government support in that area (this included shellfish, fin fish and wild foods) as well as the challenges involved in exporting food products – and this included everything from consumer demand to government

regulations.

Dan Samuel from NEDC wrapped up the seminar with a description of the programs offered to support business and market development as well as export.

If you would like copies of this, please do not hesitate to contact the NEDC main office and we would be happy to be of assistance.



TinWis staff members Samantha McKay and Clarence Tom

Nuu-chah-nulth Economic Development Corporation

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

Office Hours: MON - FRI: 8 am to 12 pm, 1 pm to 4:30 pm, SAT, SUN, and 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.