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# Ha-Shilth-Sa

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

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## Treaty Planners and Ha'wiih talk traditional governance in Ahousaht

By Denise August, Ha-Shilth-Sa Reporter

**Ahousaht** -Nuu-chah-nulth treaty teams, community members and Ha-wiih met at Ahousaht's T-bird Hall on a rainy November 8<sup>th</sup> & 9<sup>th</sup>. Stanley Sam said the opening prayer and Maaqtusiis students greeted their visitors with a performance of Chief Billy Keitlah's welcome song. Nelson Keitlah led the singing of the Nuu-chah-nulth song marking the start of the meeting.

Keitlah congratulated Louie and Eva Frank on their 50<sup>th</sup> wedding anniversary and presented them with a gift. He apologized to the couple saying that he and his wife could not attend the party. Simon Lucas, Hesquiaht Chief Negotiator, thanked Ahousaht children for their performance saying it is an expression and practice of our traditional governance. He also congratulated Louie and Eva on their golden wedding anniversary saying he's proud to have the couple's daughter working at their Administration Office and married into Hesquiaht.

The focus of the two-day meeting was Nuu-chah-nulth Governance and Hesquiaht presented a video tape of their late Elder, Alice Paul speaking on the topic. In his introduction of the video, Lucas said Alice had valuable information to share with NCN adding the concepts she spoke of may not apply to all Nuu-chah-nulth.

Unfortunately, audio difficulties made it impossible for those non-fluent in the Nuu-chah-nulth language to know what she said. Lucas gave a brief overview after the tape saying she spoke of Tik-a-wilth, or traditional governance seating and the roles of women. He suggested that people fluent in the language get together in the evening to view the tape and make notes for the rest.

Following lunch Nelson Keitlah opened discussions on traditional governance by saying it has always been our teaching that it is not our place to talk about Ha'wilth'mis but we have lost a lot of teachings due that very thing. He said the government doesn't seem to want to understand what it is we're trying to teach them or it seems they take what we give them and throw it on the ground.

He said it is unfortunate that there have been changes (in our teachings) over

time due to the fading practice of passing knowledge down the generations and loss of language. He said we must begin to address these matters and hopefully, we will be able to accomplish things down the road.

The treaty teams agreed that those fluent in Nuu-chah-nulth would meet that night to talk about traditional governance and what was said in Hesquiaht's video tape. Stanley Sam agreed that it is a good idea but said it is important that everyone be invited so they would have an opportunity to learn these things. He requested an interpreter be present.

Lucas pointed out that the ways in which the Ha'wiih would look after his people would change in modern times. He asked how Matlahoa should look after his people in modern times when we have members not living in their traditional territories. "How does he provide housing and look after them socially in today's times?" he asked.

He said our people had a unique system of governance that had structures for law and order, conservation and other 'modern-day' concepts and the system worked. It is our task, he said, to recognize there has been an evolution over the past 150 years and we need to reconcile our old system with today. He said it is important put down on paper the things we want in a way that not only government understands but also one that our younger generation understands.

NTC Treaty Manager, Cliff Atleo Jr. said so far we have talked about individual nations' governance and the need to support that and collective governance. Atleo said how we operate at the NTC may be similar to what it is we are looking at. In terms of coexistence with others he suggested we need to consider the following in our negotiations: protection of our inherent rights, jurisdiction/management issues, and Canada's fiduciary responsibility.

"We need to negotiate this relationship, this co-existence with British Columbia and Canada," he suggested.

Richard Watts, Tseshaht Chief Negotiator, is concerned that our autonomy is at risk, that Canada will see us as Nuu-chah-nulth citizens, confederated, and not officially recognized as seven individual Nations.

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Simon Lucas, Hesquiaht Chief Negotiator, thanked the Ahousaht children for their performance, saying it is an expression and practice of our traditional governance.

## Tibetans visit Hupacasath

By David Wiwchar, Ha-Shilth-Sa Reporter

**Ahaswinis** - A delegation of Tibetan leaders paid a visit to Hupacasath territory last week, as part of an economic development fact-finding mission jointly sponsored by the governments of Canada and China.

**A delegation of Tibetan leaders paid a visit to Hupacasath territory last week, as part of an economic development fact-finding mission jointly sponsored by the governments of Canada and China.**

Delegates were welcomed into the Hupacasath House of Gathering with songs, prayers and gifts, which were equally reciprocated by the Tibetans. Ed 'Tat' Tatoosh led the singing of the Hupacasath welcome song, before offering an overview of their traditional system of governance, and how it, along with their language and culture, was brought to the brink of extinction by the residential schools system and other colonization efforts.

"We can't even pick up a clam on the beach without going to the federal government office and paying for a piece of paper so we can pick up that little clam," said Tatoosh. "We have had our land, our language and culture, our

hunting, fishing, and medicinal gathering rights all taken away," he said.

Hupacasath Chief Councilor Judy Sayers then gave an overview of contemporary issues facing her Nation, and how they are involved in numerous economic development projects such as the China Creek MicroHydro Project, Eagle Rock aggregate mining, Choo-Kwa Ventures, and local tourism developments on the banks of the Somass River.

"We're sharing our culture and knowledge with them, and exchanging ideas and values," said Sayers. "You never know what doors will be opened through these types of cultural exchanges," she said.

According to Sayers, the Tibetans share similar values around forest and water resource issues, and they are traveling between Vancouver, Victoria, and Port Alberni this week as part of a technical mission called "Providing for Basic Human Needs in the Tibet Autonomous Region".

"We were colonized long ago, and the Tibetans are now facing similar challenges from the Chinese Government," said Sayers.

According to www.tibet.net, the official website of the Central Tibetan Administration, the Chinese Governments takeover of the region, and subsequent development strategy is

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**DEADLINE:**

Please note that the deadline for submissions for our next issue is **November 26, 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](mailto: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.



**Louie & Eva Frank Celebrate Golden Anniversary**

By Denise August,  
 Ha-Shilth-Sa Reporter

**Ahousaht** –The T-Bird Hall in Ahousaht was packed with the family and friends of Louie and Eva Frank as they shared in a feast of celebration as the couple reached their 50<sup>th</sup> wedding anniversary. The dinner also served as a celebration of life, a chance to thank the Creator for the life of Eva.

The couple re-enacted their march down the aisle in the gaily decorated hall before their many children and grandchildren. Posing at the head table, Louie's Best Man Cosmos Frank stood by his brother while Eva invited Janet Mack to stand by her in place of her late mother Fanny (Frank) Tihan who was Matron of Honour.

Reverend Rick Lindholm led a prayer of thanks for the life of Eva who is recovering from serious illness. He followed with a Bible reading followed by a Kou-uss prayer led by Alec Short who thanked the Creator for the length of time Louie and Eva shared together. Reverend Merv Bowden and Reverend Earl Johnson were also in attendance reflecting Louie and Eva's lifelong commitment to Christianity.

Louie Frank thanked everyone for coming to share in the celebration of life for his wife, Eva and to celebrate their 50+ years of marriage. "I consider you all our family," he said, "You've helped us reach 50 years



together."

It seemed more than half the gymnasium gathered at the head table as the couple's children, grandchildren and other family members joined Louie in the singing of the hymn 'Bind us Together with Love.'

Louie Frank Jr. told the guests that 'today we wanted to give my mother everything she couldn't have when they first got married.' He thanked everyone for joining them in celebration.

A huge feast followed the singing of Ahousaht dinner songs and the family carried on singing, dancing and sharing fun into the wee hours of the morning.

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**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.



Ha-Shilth-Sa belongs to every Nuu-chah-nulth person including those who have passed on, and those who are not yet born. A community newspaper cannot exist without community involvement; If you have any great pictures you've taken, stories or poems you've written, or artwork you have done, please let us know so we can include it in your newspaper.

This year is Ha-Shilth-Sa's 30<sup>th</sup> year of serving the Nuu-chah-nulth First Nations.

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

Native American Journalists Association The Canadian Association of Journalists / L'Association Canadienne des Journalistes

**Tibetans visit Hupacasath**

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wreaking havoc on the fragile ecology of the Tibetan region, and straining the low carrying capacity of Tibet's environment to sustain the population increase through the immigration of Chinese migrants and settlers. The Chinese Government came out with a plan to convert grassland and farmlands back to nature through reforestation. This plan is now threatening the livelihood of the local farmers and nomadic herders. They are unjustly targeted for the destruction of the grassland and forests, when it was the state reform policies and mismanagement by the local authorities that are to take major blame for the present ecological degradation on the Tibetan Plateau. Since all natural resources belong to the state under China's Constitution, it was the state and its agencies that fully exploited the natural resources – timber, gold and minerals – in the Tibetan region. In fact, the timber industry was totally a state-owned enterprise employing a huge number of Chinese migrants. The revenue from timber was shared between the officials at local and provincial level while Tibetans

themselves had to save huge amounts of money to buy timber.

In some areas along the source of major rivers, Tibetan farmers and nomads are either resettled or forced to stop farming and herding activities and take up reforestation. So far Tibetans have neither been consulted, nor their input and knowledge sought in the implementation of these reforestation projects. There is every reason to believe that if the local Tibetan farmers and herders are included in the management and protection of nature, it could go a long way in ensuring sustainable management of the vast and rugged terrain of Tibet. Experience in other parts of the world has shown that in an inhospitable ecological zone with scattered population, the involvement of locals in the management of nature reserves has ensured a positive relationship between nature and humans.

The Chinese Government has been pushing chinese expansion into Tibet, similar to the American development of its Wild West. In 1980, the then general secretary of the Chinese Communist Party, Hu Yaobang, visited Tibet. He accepted that the Chinese rule in Tibet



Tibetans delegates give a prayer shawl to Judy Sayers

had done more harm than good. He advocated the empowerment of the Tibetans through handing back most of the decision making power to the Tibetans and the reduction of Chinese cadres. Unfortunately it was not long before Beijing reverted to its old development pattern on Tibet. Beijing's logic is that since Tibet lacks "quality human resources", it is the prerogative of the Han brothers and sisters to help Tibetans develop and progress. This Beijing hopes to achieve by bringing in skilled Han personnel or "pioneers" to the Tibetan region, to help in the development of Tibet's economy. These skilled personnel from Mainland China come at a very high price since there has to be any enough incentives for them to come and work in a cold and harsh place like Tibet.

The Basic Human Needs Projects is a bilateral project between Canada and China dedicated to improving the community and government capacity to meet basic living conditions in Tibet. By developing small scale projects that are low cost and culturally appropriate, the project hopes to improve the lives of rural Tibetans by strengthening their skills to meet their own basic needs and reduce poverty levels.

**The Chinese Government has been pushing chinese expansion into Tibet, similar to the American development of its Wild West.**

The seven Tibetan delegates (one of



Tibetans show pictures of the high mountain area they come from (4500 metres above sea level).



George Hamilton and others give the Tibetans a tour of Sproat Lake

**Upcoming Meetings**

Treaty Planning Dec. 8 & 9 Hot Springs 10 a.m. start on 8th  
 9 a.m. start on 9th

**Urban Update Meetings – December 2004**

Well it's that time of year again and Christmas is just around the corner. Our Treaty team has set some dates for our December sweep of dinner and meeting gatherings for our Nuu-chah-nulth living away from home. Christmas dinner/meetings will be provided in the following cities as per:

LOCATION	DATE	TIME	VENUE
Victoria	Dec. 13, 2004	4:00 p.m.	Our Queen of Peace 851 Old Esquimalt
Nanaimo(DOOR PRIZES!)	Dec. 12, 2004	3:00 p.m.	Fairview School Gymnasium 205 Howard Avenue
Vancouver	Dec. 16, 2004	5:00 p.m.	Vancouver Friendship Centre Gymnasium 1607, East Hastings
Seattle	Dec. 18, 2004	1:00 p.m. - finger foods 4:00 p.m. - dinner	Pearl Warren Building 606 12th Ave. South
Port Alberni	Dec. 20, 2004	4:00 p.m.	Port Alberni Friendship Centre 3555 4th Avenue
Campbell River	Dec. 21, 2004	3:00 p.m.	United Church 415 Pinecrest

**Note:** Rosie Little, Indian Registry Administrator will also be in attendance for those who need to update their status cards. Pictures are \$4.00 - Please bring old status card and copy of Identification. [Will be on location for all meetings with exception to Port Alberni update.]  
 If you have any questions, please contact Gail Gus @ 1-877-677-1131 or email: [gailgus@nuuchahmulth.org](mailto:gailgus@nuuchahmulth.org). Chuuc.

whom was a translator) and a delegate from the Government of China, toured the Hupacasath woodlot and other local ventures in the morning, and then went out on Sproat Lake on one of the Choo-Kwa canoe tours in the afternoon.

**Numerous Tibetan and Hupacasath songs were sung, and gifts exchanged, and hopes for continued dialogue between the two Nations.**

The previous day, they explored economic development projects with members of the Cowichan Nation. Over lunch at the Hupacasath House of Gathering, the Tibetans gave our prayer shawls to Elders and community members, and showed pictures of the high mountain area they come from (4500 metres above sea level). Numerous Tibetan and Hupacasath songs were sung, and gifts exchanged, and hopes for continued dialogue between the two Nations.

# Fisheries - ca-ca-tuk

## Canada-U.S. study find fisheries privatization hurting BC First Nations and coastal communities

**Vancouver** - For the first time, a new study investigating the impacts of federal fisheries policies on communities and conservation in British Columbia has quantified what many in rural B.C. already know: the ownership of commercial licences and quota is being consolidated in metropolitan areas. Rural coastal regions are losing their access to commercial fishing opportunities. Published by Ecotrust Canada, a non-profit organization in Vancouver, B.C., and Ecotrust, its sister organization in Portland, Oregon, Catch-22: Conservation, Communities and the Privatization of B.C. Fisheries investigates the economic, social and ecological impacts of fisheries licensing policy. "Fisheries contribute more than \$600 million to the province's GDP," says Ecotrust Canada President Ian Gill. "Yet when I travel the coast I see fewer and fewer fishing boats in Masset, Bella Bella, Alert Bay and Ucluelet. Fish plants are closing. Communities are losing their connection to the sea. Yet there's still enormous wealth being harvested from marine ecosystems - just not by local people." The report focuses, in part, on

individual fishing quotas (IFQs) whereby an individual or company owns a preset portion of the total allowable catch. Quotas are bought, sold or traded like shares on a stock exchange. IFQs are considered a form of resource privatization. DFO has implemented IFQs in the geoduck, halibut, sablefish, groundfish trawl and three shellfish fisheries. It is currently developing a controversial plan - opposed by many working fishermen and First Nations - to implement IFQs in B.C.'s salmon fishery. "Many of the major reforms of Pacific fisheries in the 1990s represented a catch-22 for communities," the report concludes. Although the Department of Fisheries and Oceans cut the fishing fleet in half and reduced capital investment in vessels and equipment, many of their policy reforms caused inflationary trends in the capital value of commercial fishing licences and quota. In the 1990s, salmon troll and gillnet licences doubled in value, the price of halibut quota jumped by 400 percent and sablefish quota by more than 600 percent. By 2003, the market value of licences and quotas for all B.C.

fisheries was \$1.8 billion. That's more than six times the capital investment in vessels and equipment. "Individual fishing quotas create big winners and big losers," says Eric Tamm, a researcher for Ecotrust Canada and Catch-22 author. "Those initially granted quotas by the government earn a windfall profit because the public resource is given to them for free. But as the price of the quotas rise, poorer fishermen find it impossible to buy these expensive fishing privileges." Not surprisingly, with fewer economic opportunities, lower incomes and less home equity, rural and aboriginal fishermen have less capital and thus are at a disadvantage in competing to buy expensive licences and quotas. The report identifies how inflationary market values for fishing licences squeezed out many rural and aboriginal fishermen from the industry. Using DFO's licensing database, the report shows that between 1994 and 2002 rural communities with a population of less than 10,000 have lost 45 percent of their fishing licences for salmon, groundfish and shellfish. The decline in urban areas was only 30 percent. In B.C.'s resource-dependent coastal

regions few locals own fishing quotas. Indeed, 44 percent of all IFQ licences in B.C. are owned by residents of metropolitan Vancouver and Victoria, compared to only 2 percent on the West Coast of Vancouver, three percent in the North Island and nine percent in the North Coast. The researchers used GIS (Geographic Information Systems) technology to map the distribution of licences by coastal region in B.C. "There is too much money chasing too few fish," says Dr. Astrid Scholz, a resource economist for Ecotrust and Catch-22 coauthor. "Growing capitalization in fishing licences and quota is causing the urbanization of fisheries as the resource is being bought up by those with the deepest pockets and could threaten conservation by putting pressure on fishermen to increase catches to finance their large debt-loads." The report calls for new measures to promote fisheries conservation, reduce overcapitalization and boost the economic viability of struggling fishing-dependent communities through new community-owned fishing quotas, modeled on a successful system in rural Alaska.

### Thank-you to all the Nuu-chah-nulth children who contributed to our recent drawing contest.

The winners of the "what fishing means to me and my family" contest are as follows:

- 1st Prize: Lily Charlong
- 2nd Prize: Rose Aday
- 3rd Prize: JayLynn Lucas
- 4th Prize: Chantelle Johnson
- 5th Prize: Kathaleen Good
- 6th Prize: Allison John

In addition, a number of entries received special mention, as there were so many excellent drawings and submissions. Klecko to all who helped, and to all those kids who drew us such wonderful pictures! It is encouraging to see, through the eyes of our children, how important fisheries resources are to us as Nuu-chah-nulth people. Thank-you, Emily Recalma



### Call For Submissions - Ocean Life Poster

The WCVI Aquatic Management Board is currently working to create a poster about sea life on the West Coast of Vancouver Island, combining the artwork of local artists with Nuu-chah-nulth vocabulary.

This project aims to promote awareness of the varied and beautiful life forms that make up our oceans and their Nuu-chah-nulth names. The combination of image and Nuu-chah-nulth language is a simple and direct way that helps to promote a fuller understanding of the links between our local culture and environmental surroundings. Nuu-chah-nulth culture is closely linked to the many resources within the ocean through myths, legends and teachings, and for food, ceremonial and economic uses. The Ocean Life poster serves to strengthen those links for the community in a colorful, fun and entertaining way. We are currently looking for local west coast artists willing to donate dynamic, colorful artwork of ocean life. We are looking for specific species, and are open to others.

The poster will be produced by and distributed to local schools, First Nations and community members through the West Coast of Vancouver Island and beyond!

If you would be interested in producing small illustrations or artworks (approximately 6cm x 6cm) for this poster, please contact: Kelly Foxcroft-Poirier, West Coast Aquatic Management Society, (250)724-6244

**The deadline to let us know if you will participate in the Ocean Life Poster Project is: November 30, 2004 at 5 pm**  
**Deadline to submit completed artwork(s): January 3, 2005**

## Social Development Questions & Answers

Submitted by Nene Van Volsen  
 NTC Social Development Coordinator

- Q:** Are there changes to Disability Level Two (DBL II) rates?  
**A:** Yes. DBL II support benefits are increasing by \$70 a month. This increase will be reflected on January 2005 cheques that are issued in December 2004.
- Q:** My Social Development Worker told me I am not eligible for assistance because I refused incentive, is this right?  
**A:** Yes. Recent changes to policy give the worker discretion to deem someone ineligible if they do not accept incentive. Additionally, if you are not actively seeking employment, participating in required training programs or accepting suitable employment you are not eligible for assistance. First Nations have the authority to make training programs or clients information sessions mandatory for all clients of the Social Development Program.
- Q:** My worker is issuing my assistance on a weekly basis instead of all at once. Can my worker do this?  
**A:** Yes. Effective October 2004, Social Development Workers have the discretion to make alternative arrangements to issuing benefits to clients who have demonstrated inability to manage their funds. Repeatedly requesting food vouchers between cheques, losing cheques, or not using benefits for providing food, clothing and shelter would give a Social Development Worker cause for making alternate arrangements for issuing benefits.
- Q:** Is there a December Supplement?  
**A:** Yes, to qualify for a December Supplement you need to have been on assistance for two consecutive months prior to December. In some cases communities issue the benefits to all clients and those that have not been on assistance for two consecutive months

prior to December are funded through their own Community Initiatives dollars. The rates for the December Supplement are:

CLIENT	SUPPLEMENT
Single Person	\$50
Family Unit (First Adult)	\$100
Adult Dependent	\$50
Children (up to 18)	\$25 each

- Q:** My son is on assistance and I don't think he is getting the right amount, I called the Social Development Worker and they wouldn't tell me anything, why not?  
**A:** Client files are confidential. Information cannot be shared (even with a parent) without the client signing a consent form. If you want to know more about your son's benefits you could go see the worker together. It is helpful if you make an appointment and bring a list of all your questions.
- Q:** My Social Development Worker called the Bingo Hall to find out if I won any money, are they allowed to do this?  
**A:** Yes. Every time you sign a renewal form you are authorizing your worker to verify any information you have reported on the form, this includes checking with the Bingo Hall, calling an employer, ICBC or any other potential income source. It is your responsibility as a client of the Social Development Program to declare any income and it is your workers responsibility to verify what you declare. Often in our communities other people may go in to the office & complain to the worker that certain people are receiving assistance and shouldn't be because they have money from other sources. Workers are required to investigate and verify the information. If you have received funds and not declared them it is considered to be fraud.

If you have a question you would like to see answered in Ha-Shilth-Sa you can phone, fax or email Nene Van Volsen at the contacts below.

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### PRIVATE POST SECONDARY TRAINING SCHOOLS

There are a growing number of private Post Secondary (P/S) training schools in BC. Any adults considering enrolling in courses at one of these private schools should be aware of the "complications" listed below:

- Costs:** Most of these schools do not qualify for provincial funding as public colleges and universities do. The tuition costs, therefore, are very much higher than at public schools. These schools are private businesses. The tuition is also high to provide a profit for the schools' owners.
  - Eligibility:** The courses at these private schools do not have transfer credit to a public university or college. The courses at these schools therefore do not qualify for NTC Post Secondary (P/S) funding.
  - First Nations:** The First Nations' budgets for adult training are not very large. The First Nations therefore cannot provide much if any financial assistance to members wishing to attend private training schools.
  - Student Loans:** Many students attending private training schools must take out student loans. The student loans are set up to mainly support students in public colleges where the tuition costs are much smaller. In many cases, the student loan will barely cover tuition at the private training school and there is little, if any, of the loan left to cover living costs. As above, the First Nation and the NTC can usually not provide living support for these courses. Student loans are LOANS. The loan must be paid back, whether the student completes the course or not.
- If you are considering enrolling in a private training school, first, please contact Kelly Johnsen, Vicky Watts or Blair Thompson at the NTC, 1-877-677-1131 or 250-724-5757.

## Former teacher donates \$1000 to Ahousaht Youth Centre

By Denise August,  
 Ha-Shilth-Sa Reporter

**Ahousaht** - A retired teacher who once worked for Ahousaht Day School donated \$1000 to go toward renovations of the old building that she once worked in so that Ahousaht Youth would have a safe place to carry out healthy, social activities. Joan Jacobson taught elementary school for years in the old Ahousaht Day School before it closed in 1986. Married to the late John 'Smitty' Jacobson of Ahousaht, Joan was an integral and active member of the community until she moved away after the passing of her husband. In a past issue of Ha-Shilth-Sa, it was reported that the Youth Centre, now known as Ahousaht Cultural Centre had been struggling to raise funds to make the building safe.



Ahousaht students performing at recently renovated cultural centre

Johansen estimates the Society needs another \$5000-\$7000 to finish the work and says four proposals have been submitted to funding agencies.

Mrs. Jacobsen sent a cheque by mail to Ahousaht Cultural Centre after reading the article says Youth Coordinator, Leif Johansen. He went on to say

the donation came just in time as bills were rolling in from recent electrical work on the building. He said the donation would allow for the construction of safe fire escapes and other small renovation jobs. Johansen estimates the Society needs another \$5000-\$7000 to finish the work and says four proposals have been submitted to funding agencies. Mrs. Jacobson now lives in Port Alberni and can sometimes be found visiting patients in the hospital or cuddling the orphan cats at the SPCA. Ahousaht youth and community members are very grateful for Joan's generosity as they move closer to finishing the building code-required renovations.



### First Nation Scholarship Announcement

The Clayoquot Biosphere Trust (CBT) and Genus Capital Management are pleased to be providing \$3000 in scholarships to First Nation students who will be attending post-secondary school for the 2004-2005 academic year. The scholarship will be available to students for the duration of their program of study by maintaining academic standing.

To have your application considered, you must be a member of the Hesquiaht, Ahousaht, Tla-o-qui-aht, Ucluelet or Toquaht First Nation and you must have graduated from secondary school in June 2004. The awarding of the scholarships will be based on a combination of:

- academic achievement on provincial grade 12 exams;
- citizenship (involvement in your community); and
- three references who support your scholarship application.

**Application deadline:**  
 December 3, 2004  
 4:30 p.m.

**Applications must be submitted to:**  
 Craig Paskin  
 CBT Community Coordinator  
 P.O. Box 67, Tofino, BC V0R 2Z0  
 or by fax: 725-2219

or by email: craig.paskin@clayoquotbiosphere.org  
 Please provide a transcript of your marks and your reference letters with your application.

Awards will announced  
 December 15, 2004

Please call Craig Paskin at 266-0049 for more information.



www.bctc.com

www.bchydro.com

# NTC hosts FASD Workshop

By David Wivchar  
Ha-Shilth-Sa Reporter

**Tsahahch** - "Fetal Alcohol Spectrum Disorder (FASD) affects all our children in all communities," said Deb Foxcroft in her opening address in front of more than 100 registered delegates at a 2-day workshop at Maht Mahs. "Whether Native or non-Native, FASD affects us all, and we have to work harder to prevent it," she said before introducing speakers Drs. Sterling and Sandra Clarren.

The Clarrens set the tone for discussions by outlining fetal development, and the way alcohol affects unborn babies.

"The science is there, and people recognize the need for work to be done, but the political will just hasn't been there," said Dr. Sterling Clarren, who recently moved to BC with his wife after 30 years in Seattle, because they saw positive initiatives starting in western Canada for the study of FASD.

The pair spoke on issues around prevention and diagnosis of FASD children born with physical and mental disabilities.

**"The key issue here, other than the obvious danger of alcohol consumption, is that most damage occurs 19 to 35 days after conception, which is before most women even know they're pregnant," said Dr. Sterling Clarren.**

"The key issue here, other than the obvious danger of alcohol consumption, is that most damage occurs 19 to 35 days after conception, which is before most women even know they're pregnant," said Dr. Sterling Clarren. Women must realize that if there is even the slightest chance they may be pregnant, they should not consume any alcohol until they've confirmed they're not pregnant, he said.

Dr. Sandra Clarren spoke about FASD children she has worked with, and provided case studies of issues raised by her husband. She related the story of Brandon, an Aboriginal infant born with

FASD who was adopted by a very caring family in Washington State. "His adoptive parents told me that they believe FASD children are sent by the Creator to remind us we have to heal our society," she said.

Throughout the two days, numerous speakers offered evidence and statistics pointing to an obvious need for support services.

"As caregivers and parents of FASD children, we need more help and support," said conference participant Vic Amos. "The stress of FASD children has led to many separations, divorces, and family disintegrations which is directly linked to the lack of support services available to those families," he said.

On the second day of the conference, participants were pleasantly surprised by the arrival of children from Hahopayuk School, who sang a song and started the day off in a positive way.

According to NTC Mental Health Supervisor Louise Tatoosh, an estimated 80% of First Nations inmates at prisons have some form of FASD, but most remain undiagnosed.

"We finally have some diagnosis and assessment work happening, but assessments need to be followed up with treatment and support," said Louise.

"There are things being done now to address FASD in our communities, and this conference is just one of the forms that work has taken. The NTC takes an active role in finding out what the issues are in our communities, and working towards resolving those issues," she said.

"FASD was not a problem in First Nations communities until alcohol became a problem in our First Nations Communities," Louise added. "Our culture has all the ingredients we need to prevent FASD and alcohol problems in our communities. The rhythm of the drum helps calm them and connect them to their culture at the same time. Our culture helps people treat the chaos they feel inside," she said.

Michelle Anderson, Deb Lambert, Wendy Gallic and Jackie Watts gave a presentation on the community mapping project that has been happening throughout Nuu-chah-nulth territories. The project is designed to list support

systems and infrastructure in various communities, capitalizing on strengths and assets, and identifying needs.

Ki-ke-in (Ron Hamilton) talked about his interactions with Tim Manson (a Tla-o-qui-aht man with FAS), and how impressed he was that Tim traveled the province, speaking to groups about his experience living with FASD. Hamilton was inspired by Manson and painted a design for the FASD conference, and spoke to the audience about the meanings behind a print.

Conference participants were given an opportunity to make closing remarks, and to ask questions of presenters or make suggestions to conference organizers. Many contributed by sharing stories, offering advice, and identifying needs.

"Thank you all for coming together to discuss issues relating to FASD as it affects so many of us. Some of us have loved ones who are affected, whether it is one of our children, a foster child, a niece, a nephew, a friend, and we all have an opportunity here; an opportunity to become informed, to become vocal, to become an advocate, and to become involved in some way. We may not realize it, but we all have a part to play in healing within our community. By reaching out for help we may be helping another, and working towards improving the lives of children and people with FASD," said NTC Executive Director Florence Wylie in her closing comments.

"I hope everyone realizes they are not alone in dealing with FASD children and issues, and hopefully this workshop will spark more work to bring everyone together for the betterment of our people



Dr. Sterling Clarren

and our communities," she said before acknowledging all the people who worked behind the scenes, with special mention to Jackie Watts, Jennifer Miller, Jack Cook, the guest speakers, and several other volunteers who stepped forward because they wanted to be involved.

As the conference ended, many parents came together and organized a parents' and caregivers' support group, which will begin meeting in the coming weeks.

The conference, sponsored by the Nuu-chah-nulth Tribal Council (NTC), Nuu-chah-nulth Employment and Training Board (NETB), NTC Aboriginal Management Society and NTC Access Awareness Committee was a great success according to participants, who had many compliments for organizers, and expressed a desire for more workshops and discussions on FASD.



Members of the FASD Conference Organizing Committee present Drs. Stirling and Sandra Clarren with a framed print developed by Ki-ke-in (Ron Hamilton) for FASD awareness events.

Jackie Watts on behalf of the NTC Infant Development Program would like to say Kleco, kleco to all those who helped in organizing their time and gifts to the conference: Bank of Montreal, Budget Rent a Car, Choice Chocolates, Clock Tower Gallery, Coast Hospitality Inn, Finishing Touches, Marina's Hair Design, Quality Foods, Ralph's Men's Wear, Rootcellar Café, Solda's Restaurant, Steamer's Café, Swale Rock Café, Taylor's Flowers, Thimbleberry's, Tseshah Market, Twin Travel, Deb Foxcroft for facilitating, Dr. Sterling Clarren and his wife Dr. Sandra Clarren. Ron Jorganson and Penn Thrasher, Arlene Bill for rounding up donations on such short notice, and Wendy Gallic for taking notes, warmest wishes to Florence Wylie, Jack Cook, David Dennis, Tseshah First Nation, Eileen Haggard, Jennifer Miller, Ha-Ho-Payuk singers, Ron Hamilton, Michelle Anderson, Debbie Lambert, Louise Tatoosh, Stan Matthew, Hilda Nookemis, Renee Reibin. With sincere gratitude to all those who attended the FASD workshop / conference!

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# FASD Workshop Notes:

## A Federal Framework for Action for FASD

Action is needed to support five broad goals, each with a distinct yet overlapping focus. (Throne speech)

1. Increase Public and Professional Awareness and Understanding of FASD and the Impact of Alcohol Use During Pregnancy
2. Develop and Increase Capacity
3. Create Effective National Screening, Diagnostic and Data Reporting Tools and Approaches
4. Expand the Knowledge Base and Facilitate Information Exchange
5. Increase Commitment and Support for Action on FASD

[http://www.hc-sc.gc.ca/dca-dea/publications/fasd-ctcaf/framework\\_e.html](http://www.hc-sc.gc.ca/dca-dea/publications/fasd-ctcaf/framework_e.html)

### The Canada Northwest FASD Partnership

1. Shared Vision All partners and sectors share a common vision and guide their actions to achieve it.
2. Social Marketing / Public Awareness Members of the public are aware and understand the issues and effects related to FASD
3. Prevention of FASD  
Primary Prevention: All pregnancies are alcohol free and healthy based on the determinants of health.  
Secondary Prevention: All women of childbearing potential who may be at risk for having a child with FASD are identified early and provided with appropriate services
4. Community Capacity Communities have a supportive environment for building community capacity to address FASD
5. Training / Education Professionals, general public and vulnerable individuals have the necessary knowledge and skills in prevention and care of FASD
6. Government Leadership Governments and sectors of society act together to change the environment and reduce FASD
7. Evaluation / Research Quality information for decision making from research and evaluation is easily available  
<http://www.faspartnership.ca/>

### BC Provincial Strategy

1. Community Development, Health Promotion and Public Awareness of FASD as a lifelong disability and the risks associated with alcohol and substance use during pregnancy
2. Early Identification and support to all pregnant women who use alcohol and their partners/support systems
3. Focused intervention with high-risk pregnant women and their partners/support system.
4. Timely diagnosis and assessment and planning for children, youth and adults affected by FASD
5. Comprehensive and lifelong intervention and support for children, youth and adults affected by FASD and their families/support networks.
6. Leadership and Coordination of

FASD initiatives at the community, regional, provincial and national levels.  
<http://www.mcf.gov.bc.ca/fasd/>

### Alberni Valley FASD Action Group Mandate of Action Group

To build capacity of every agency in the Valley to be able to support those with FASD & their families  
Secondary disabilities that arise are due to the lack of "fit" between the child/adult and the environment. We want to increase the "fit" between the environment and child/adult That means "being able to change the environment"

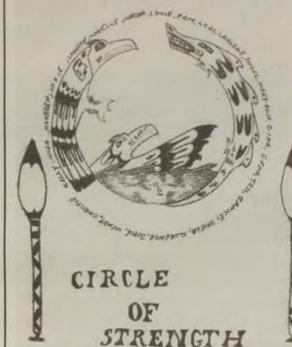
### Western/Northern FASD Research Network

7 western provinces and territorial gov'ts Led by Dr. Stirling Clarren  
Prov. Health Services Authority of BC to lead the network for 2004-05  
Notable for its aboriginal and Inuit

representation  
VIHA setting up Diagnosis and Assessment resources - Dr. Stirling Clarren

### FACTS

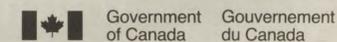
80% of individuals with FASD are raised by other people than their parents  
52% of children in care have alcohol related disability  
50% of parents of children with FASD are FASD  
FASD children are teachers, learners and doers given the right support  
Prevention is both primary and secondary  
Caregivers need mandatory support and mandatory respite.  
Mandatory screening for women giving birth to screen out FASD.  
Diagnosis & assessment is the beginning of understanding how to support children and families.



CIRCLE OF STRENGTH

### Invitation

To the Core Training Class of 1998-99  
You are invited to attend a class reunion in Tsaxana in March 2005  
Interested persons please contact  
Marsha, Marie, Sue, Lauren or Kelly @  
[corereunion@hotmail.com](mailto:corereunion@hotmail.com)  
Or phone 283-9149



## What Canada's New Health Care Investment Means to Aboriginal Peoples

The Government of Canada recently committed an additional \$700 million over 5 years to meet the health needs of Aboriginal people, including First Nations, Inuit and Métis, which brings the total investment to over \$10 billion. This additional money will be used to:

- Improve health services to better meet the needs of Aboriginal peoples
- Increase the number of Aboriginal doctors, nurses and other health professionals in Aboriginal communities
- Support health promotion and disease prevention programs that focus on
  - suicide prevention
  - diabetes
  - maternal and child health
  - early childhood development

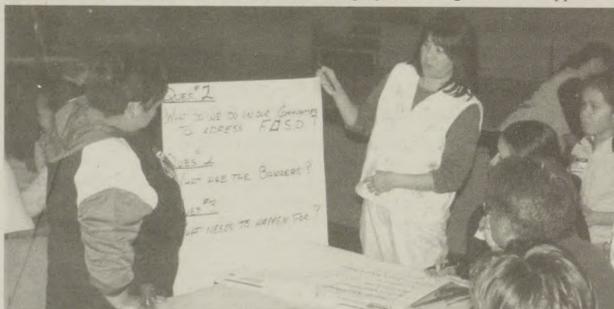
In addition, the Prime Minister, Premiers and Aboriginal Leaders have agreed on the need to develop a blueprint to improve health services and improve the overall health of Aboriginal Peoples.



To obtain a copy of the "2004 Health Care 10-Year Action Plan at a Glance", call 1 800 0-Canada (1 800 622-6232) or, to see it on the web, click [www.canada.gc.ca/healthplan](http://www.canada.gc.ca/healthplan)



Canada



NTC Infant Development worker Jackie Watts leads a workshop group examining issues around FASD awareness.

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## Hupacasath announces boardwalk

By David Wiwchar  
Ha-Shilth-Sa Reporter

**Port Alberni** - The path of transformation has begun along Port Alberni's scenic riverfront area, thanks to the Hupacasath First Nation and their efforts to build a world-class First Nations tourism center at the foot of Johnson Road.

The Hupacasath First Nation's Tsu-ma-as Transformation Society has started construction on their latest effort to beautify North Port, as they have started construction of a boardwalk stretching from Clutesi Haven Marina to the Victoria Quay.

"This area is a real focal point as more than a million tourists pass through this intersection every year on their way to the west coast, and many stop here to watch the salmon, and the bears and eagles across the river," said Hupacasath Chief Councilor Judith Sayers. "It's going to be a real improvement to our town and to our waterfront," she said.

The 900-foot long cedar boardwalk will be built over the boulders that line the river's edge, supported by more than 150 large pilings, according to Evan McLellan of West VanIsle Contracting. A pedestrian bridge will also be built alongside the existing highway bridge, linking the walkway at Clutesi Haven Marina to the new boardwalk. West VanIsle Contracting will be hiring six Hupacasath members to work on the two-month long project scheduled to start immediately.

The \$300,000 project is a partnership between the City of Port Alberni and the Tsu-ma-as Transformation Society, and is the latest phase in a multi-year effort to turn the area into a First Nations based tourist attraction.

The City is contributing \$130,000 to the project through grants and in-kind services, and NEDC provided \$125,000 through the Community Economic Adjustment Initiative (CEAI), which provides funding to projects in communities hard hit by the downturn in the salmon industry. Another \$50,000



**Tsu-ma-as Society member Paulette Tatoosh joins Hupacasath Chief Councilor Judy Sayers in announcing the \$300,000 boardwalk project.**

still needs to be raised, and society board members hope to attract that financial support from local service organizations.

At the November 2<sup>nd</sup> announcement held at the Hupacasath carving shed, Port Alberni Mayor Ken McRae spoke on the many developments that have affected the area, from a log dump to the former city hall building that once stood at the site.

McRae said he hopes the Tsu-ma-as project will inspire others to become involved in beautifying the city, and rekindle plans to eventually build a walkway from Victoria Quay, through Weyerhaeuser and Norske Skog properties over to the Harbour Quay.

Carvers Rod Sayers and Cecil Dawson have begun carving of the female welcome figure to be raised beside the male welcome figure in three months, and work continues on designing and building a tourist information center, performance space, museum and gift shop on the site currently used for the carving shed and small parking lot.



**Port Alberni Mayor Ken McRae, Judy Sayers, NEDC's Ron Arcos, and Paulette Tatoosh where a pedestrian bridge will meet the walkway.**

## Sports - ʔim-čap-mis



**Thank you Creative Salmon for your generous sponsorship of Opitsaht Canoe Races 2004. Arnold Frank presents Spencer Evans, General Manager, Creative Salmon with a paddle made by Irvin Frank. The paddle was given in gratitude for \$1000.00 sponsorship of Opitsaht Canoe Races 2004.**

## Tournaments

### SR. MENS & WOMENS Ball Hockey Tournament



In Memory of  
**Barry Thompson (Bear)  
& Arthur Thompson**



November 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>  
Maht Mahs Gym - Port Alberni, BC

MENS Entry Fee: \$400  
Prize Payout:  
1<sup>st</sup> Place \$1600 (based on 10 teams)  
2<sup>nd</sup> Place \$ 700  
3<sup>rd</sup> Place \$ 350

WOMENS Entry Fee: \$350  
Prize Payout:  
1<sup>st</sup> Place \$1200 (based on 7 teams)  
2<sup>nd</sup> Place \$500  
3<sup>rd</sup> Place \$ 250

Entry Fee must be paid before first game. Cash or certified check only accepted  
For rules, rosters and questions please contact Colleen Thompson @ 250.618.1127 or email - cdt\_mal@hotmail.com  
Iris Lucas @ 250.720.6657 or email - lucascd@island.net  
As a family our goal for this tournament is to bring awareness and attention to both Speed Racing & Cancer

The Port Alberni Friendship Centre  
is hosting a  
**Youth Ball Hockey Tournament**  
November 27<sup>th</sup> - 28<sup>th</sup>  
@ Maht Mahs Gym

For ages 12 - 18 years (must provide i.d.)  
Accepting first 8 teams / limit 15 players per team  
\$100 Entry fee / Team (Cash only)  
For more information please contact:  
Mike Rumney @ (250) 723-8281 or Fax (250) 723-1877

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For more info contact Arnold Frank 726-6576  
or Ivy Martin at 725-2299, or Moses Martin  
or Carla Moss at 725-2765



## Ha-Shilth-Sa welcomes cartoonist

By David Wiwchar  
Ha-Shilth-Sa Reporter

Ha-Shilth-Sa is pleased to now include "Gas Jockey Blues", a cartoon strip by Nuu-chah-nulth artist and cartoonist Randy Babichuk.

A member of the Ucluellet First Nation, the 33-year old Babichuk has been an artist since the age of 16, and has self-published an underground comic book called 'Chaos Comics', which has seen its 34 issues marketed across Canada, the United States, and into Europe over the past decade.

**His comics have been published in other newspapers before, but Randy says he's excited they will now be seen regularly in Ha-Shilth-Sa.**

Born and raised in Port Alberni, Randy has lived in Victoria and Ottawa for the past few years, and has recently returned home, taking a job at the Tseshaht Market for the past 1 1/2 years.

His comics have been published in other newspapers before, but Randy says he's excited they will now be seen



**Nuu-chah-nulth artist, cartoonist, and gas jockey Randy Babichuk**

regularly in Ha-Shilth-Sa. "I'm really excited and a little bit nervous. A lot of my family have never seen my comics, so I hope people like them," said Randy. "I meet some really interesting and funny people here at the market, so these comics will be multi-layered with a bit of social commentary and irony," he said.

We at Ha-Shilth-Sa also hope you'll enjoy Randy's comics, and we welcome him as a new contributor to your newspaper.

## Clayoquot Biosphere Trust Meets at Ahousaht Youth Centre

By Denise August,  
Ha-Shilth-Sa Reporter

**Ahousaht** - Seven directors of the Clayoquot Biosphere Trust (CBT) Board met at Ahousaht Cultural Centre on November 6<sup>th</sup> partly to conduct regular business but also to see how their financial contribution benefited the youth.

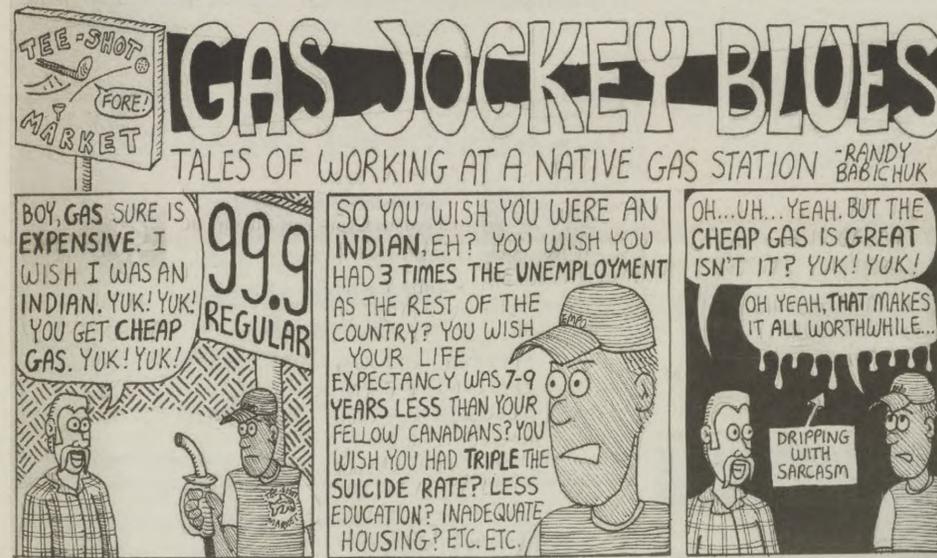
Ahousaht elementary students led by their Cultural teacher, Betty Keitlah, greeted the Board with a performance of a welcome dance.

Board Directors thanked their hosts and convened their meeting only to discover that they were one short of a quorum. They elected to carry on with routine business agreeing that any motions made at the meeting would need to be mailed to all CBT directors for their review and approval before they are passed. The meeting ended quickly and



**Ahousaht elementary students greeted the CBT Board with a welcome dance.**

members of Ahousaht Cultural Society served their hosts a delicious lunch. Youth Coordinator Leif Johansen thanked the CBT Directors for coming to the community. He informed them that their grant allowed the Society to feed their International Volunteers for Peace guests that came over the summer. This group provided free man power for building renovations of the old school in exchange for meals, accommodation and cultural experiences.



**Cliff Atleo Jr. and David Dennis lead a discussion about the West Coast Warrior's Society at Malaspina University-College before Aztlan Underground's concert in Nanaimo.**

from the north and the south, and show how the Indigenous struggles in the U.S. and Mexico are not as foreign as some may think. We're all involved in the same struggle, and that's a big part of Aztlan Underground's music and message."

## L.A. rap group performs for Nuu-chah-nulth

By David Wiwchar  
Ha-Shilth-Sa Reporter

An Indigenous rap/hip-hop/punk band from the streets of Los Angeles traveled to B.C. last week to play a series of concerts in Vancouver, Nanaimo, and Port Alberni.

Sponsored by Nuu-chah-nulth members of the Goin' Coastal radio show on Nanaimo's independent radio station CHLY (Radio Malaspina), the concert was welcomed by hundreds of First Nations youth and rap fans that attended the events.

Aztlan Underground have been performing their unique urban sound of funk and fury since 1990, blending the power of Rock with the soul of Hip Hop, and the roots of indigenous traditional music. Aztlan's uniqueness lies in its use of Indigenous instruments in its repertoire. Indigenous drums, flutes, and rattles are commonplace in their songs.

This unique sound is the backdrop to the bands' message of dignity for

Indigenous people, all of humanity, and Mother Earth. Aztlan Underground have been cultivating a grass roots audience across the continent. This has translated to a large and loyal underground following. Their shows are intense and captivating, led by Chenek "DJ Bean" on turntables, samples and percussion, Yaotl on vocals and indigenous percussion, Joe "Peps" on bass and rattles, Zo Rock on guitars, Ace on drums, indigenous percussion, and Bulldog on vocals and flute.

Opening for Aztlan Underground at their series of concerts was a Miq'maq group called Donna's Boy, and at the intermission of the Vancouver and Port Alberni shows, and prior to the Nanaimo show, members of the West Coast Warriors Society gave a presentation on their organizational history and purpose.

A video presentation showed the transition from the Native Youth Movement (NYM) to the West Coast Warriors (WCW) and mixed news

reports from conflicts in Cheam and Burnt Church with interviews with WCW members and footage of survival training exercises.

"We're an organization of serious minded people involved in military operations," said David Dennis. "Our role is purely defensive. We do not go into an area without being expressly invited, and we appreciate everyone coming out to understand more about what WCW is all about," he said.

The Aztlan Underground concert at Maht Mahs gym, sponsored in part by the Nuu-chah-nulth Ha'wiih was particularly successful as more than 200 people came out for the all-ages show.

"It was successful because everyone from Elders to infants were there, and the community was really involved," said Cliff Atleo Jr., one of the organizers of the event. "The teenagers definitely identify with the music, and they're much more receptive to the messages in conscientious hip hop than in political speeches," he said. "It was good to connect Indigenous struggles



**Lead singer Yaotl sings 'Blood on your hands' at Dizzy's nightclub in Nanaimo.**

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## Huu-ay-aht Community Celebrate New Book at Anacla - November 4, 2004

By Denny Durouher  
for Ha-Shilth-Sa

More than 75 Huu-ay-aht members and their guests gathered at the House of Huu-ay-aht to celebrate community commitment and to strengthen the future of our precious Nuu-chah-nulth language. This Celebration was highlighted by recognition of our remaining Huu-ay-aht language speakers and their unselfish contribution of knowledge in producing a remarkable little book — *Nuu-chah-nulth Phrase Book and Dictionary: Barkley Sound Dialect*.

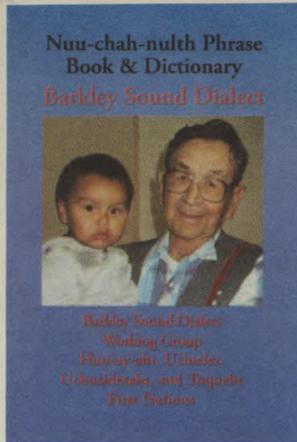
Those gathered to witness this celebration and the distribution of this book were aware they were participating in an historic moment. This Phrase Book itself emerged from an 18-month collaboration with the language development teams from the Huu-ay-aht, Ucluelet, Toquaht and Uchucklesaht First Nations. The result is a beautiful 192-page pocket-sized, full-colour book.

Distribution of the Phrase Book began with presenting books to the Ha'wiih, Chief & Council, then to all Huu-ay-aht members older than twelve.

Called to the front of the hall for special recognition were those Huu-ay-aht language speakers who had unselfishly contributed their language skills to this Book Project.

Recognized on this evening were: Ralph & Ethel Johnson, Benson Nookemis, Nelly Dennis, Annie Clappis, Lizzy Happynook, Marie Newfield, Linda Young, Pat Lecoy, Clifford Nookemus. Also recognized but unable to attend were: Angie Joe, Robert & Julia Johnson Irene Williams, Oscar Nookemus and Connie Nookemus.

The Huu-ay-aht Language Development Team: Hilda Nookemis, Deborah Cook and Denny Durocher



*Nuu-chah-nulth Phrase Book & Dictionary: Barkley Sound Dialect*  
Barkley Sound Dialect Working Group  
Huu-ay-aht, Ucluelet, Uchucklesaht, and Toquaht First Nations

Canada. For a century, children at Indian Residential Schools were forbidden from using our language and punished when caught. The result of this sad history is that our language is all but gone now. The efforts of the Huu-ay-aht and their neighbours are to be lauded. This little book is easy to use, beautiful to look at, and inexpensive".

Robert Dennis said, "as Huu-ay-aht, I am proud of the work of our community, who produced this remarkable and historic book with our Barkley Sound neighbours. It is a great step forward in our unending efforts to strengthen our communities through language, culture and spirituality. At the same time, we are pleased to share our language with the wider community who may be interested in learning a bit our language and get to know us a little better".

Tommy Happynook said, "I am very proud of the work of the Huu-ay-aht people for producing this historic publication and I am going to use it as an important part of recovering my language".

Ron Hamilton publicly acknowledged the Huu-ay-aht Chief and Council for "leading the way" by committing financial support to the Huu-ay-aht Language Development program — not just "lip service" support. Ron also said, "the only language native to this part of the world has been overlooked by in this country since the founding of



L-R: Maria Newfield, Linda Young, Clifford Nookemus, Nellie Dennis, Lizzie Happynook, Annie Clappis, Ethel Johnson, Ralph Johnson, Pat Lecoy, Hilda Nookemis and Ron Hamilton

who produced this remarkable and historic book with our Barkley Sound neighbours. It is a great step forward in our unending efforts to strengthen our communities through language, culture and spirituality. At the same time, we are pleased to share our language with the wider community who may be interested in learning a bit our language and get to know us a little better".

Robert Dennis said, "as Huu-ay-aht, I am proud of the work of our community,

**The Nuu-chah-nulth Phrase Book & Dictionary: Barkley Sound Dialect is available for sale at \$15.95 at the NTC Office, Tse-shaht Market and in Port Alberni at the Alberni Valley Museum. Contact the Huu-ay-aht First Nation (250-728-3414) for information on wholesale purchase & prices.**

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E-mail: tseshahtmarket@shaw.ca ~ Web address: www.tseshahtmarket.ca

## MISSING

A framed painting has gone missing from the Nis'ma office, at 5000 Mission Road in Port Alberni.

The painting, shown above, is an original by Ron Hamilton. Please contact the Nis'ma office at 250.735.0997 with any information on the whereabouts of this painting. Thank you.



## The Spiritual Assembly of the Bahá'is of Port Alberni

He is the Compassionate, the All-Bountiful! O God, my God! Thou se'est me, Thou knowest me; Thou art my Haven and my Refuge. None have I sought nor any will I seek save Thee; no path have I trodden nor any will I tread but the path of Thy love. In the darksome night of despair, my eye turneth expectant and full of hope to the morn of Thy boundless favor and at the hour of dawn my drooping soul is refreshed and strengthened in remembrance of Thy beauty and perfection. He whom the grace of Thy mercy aideth, though he be but a drop, shall become the boundless ocean, and the merest atom which the outpouring of Thy loving-kindness assisteth, shall shine even as the radiant star. Shelter under Thy protection, O Thou Spirit of purity, Thou Who art the All-Bountiful Provider, this enthralled, enkindled servant of Thine. Aid him in this world of being to remain steadfast and firm in Thy love and grant that this broken-winged bird attain a refuge and shelter in Thy divine nest, that abideth upon the celestial tree. - 'Abdu'l-Bahá -  
For information about prayer meetings, call 724-6385

## Port Alberni Friendship Centre Events

By HollyJoy Massop,  
Communications

### Knee-waas House Coat Drive

As the cold weather settles for its long stay in the Valley - people are reaching into their closets for warm winter coats. If in your closet you find any gently used coats - drop them off at Knee-waas House for the 1<sup>st</sup> annual Winter Coat drive.

Warm coats are needed in all sizes for babies through adults - remember what you are growing out of others will be growing into. The coats will be available for pickup throughout the winter months- free of charge - to anyone within the community that is in need.

So, if you have clean coat that still has some useable miles left on it - please bring it to Knee-waas House, 3435 4<sup>th</sup> Ave., Port Alberni, open Monday - Friday 9:00am - 4:00pm.

### Giant Garage Sale

Join the First Nations Youth Resource group on Saturday November 20<sup>th</sup> from 9:00am-1:00pm for a Giant Garage sale at the PAFC. There will be lots of great stuff and home-baked goods. Come on down and check it out!!!

### Children, Family and Elder's Activities

November promises to be a great month at the PAFC. The Children, Family and Elder's program has lots of great events and activities planned for everyone to join in on. For children ages 6 - 12 there are lots activities taking place on Wednesday and Thursday evenings from 7pm-9pm - these include movie nights and making a variety of First Nations art (ie. Dream Catchers). Every Tuesday mornings at 10am, Elders (age 55 and over) are invited to come and make crafts. All the events are drop in, free of charge and everyone is welcome to attend.

### Hockey Rules the month of November

There may not be hockey on TV, but there is a lot of hockey at the Friendship Centre. The 27<sup>th</sup> and 28<sup>th</sup> of November will be especially great for youth. The Port Alberni Friendship Centre is hosting a Hockey Tournament at Maht Mahs Gym (5000 Mission Road, Port Alberni). There is a \$100 entry fee per team, which goes to cover the cost of the awesome prizes and trophies that will be given out to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>



place teams - as well as All Star Team Selection, MVP and the team the demonstrates the most sportsmanship. Deadline for registration is Wednesday November 24<sup>th</sup>. For more information call Mike or Dan at (250) 723-8281 or fax (250) 723-1877.

### National Addictions Awareness Week

For the third full week of November, the PAFC is celebrating the joy of living an addictions free lifestyle in our community. National Addictions Awareness has been celebrated (change word) for over 20, with the theme of "Keep the Circle Strong". The theme conveys the image of a circle of individuals, families and communities who have triumphed over addictions and chosen to live a life free of addiction. As well the slogan suggests a constant moving forward of people, encouraging balance and harmony.

### There will be lots of events for the whole family throughout this week.

A family dance will be held on Friday November 19<sup>th</sup> in the PAFC gym from 8:00pm to Midnight. There will be snacks and pop for families to enjoy, while dancing the night away. All the events are free of charge and everyone is welcome to attend. For more information please contact Gordon at (250) 723-8281 or fax (250) 723-1877.

### Events to Keep in Mind

The holidays are quickly coming up and the PAFC has lots of events planned. December 14<sup>th</sup> there will be a community Christmas Dinner and on December 21<sup>st</sup>, Elders are invited to their own special Christmas dinner. New Years Eve there will be a party at the PAFC, this event is FREE, open to the whole family and snacks will be provided.

# renew

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new experience

We've created a whole new feeling in our store. Experience the difference.

- New Full Service Cosmetic department
- easypix™ 1-hour Photofinishing, Digital & Film
- Expanded Food department
- Healthy Living section – vitamins, supplements and herbal remedies

Join us for our  
Opening Celebrations on  
**Saturday, November 20th**  
Store opens at 8 a.m.

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Toll Free: (866) 724 -0185

2nd Floor, 4445 Gertrude St.  
Port Alberni, B.C. V9Y 6J7

\*While quantities last; see store for details.

## MISSING PERSON



Age: 21  
Height: 5'4"  
Weight: 115 lbs.

Long dark hair, brown eyes.

She was wearing a black skirt, black top, high black boots. A silver hooped necklace.

Tattoo of a band of flowers with a heart in the middle on her right arm.

Last seen in the Jingle Pot area June 17, 2002.

## Lisa Marie Young

The TLA-O-QUI-AHT Band is offering a CASH REWARD OF \$11,500 for information leading to the location of LISA MARIE YOUNG

If anyone has seen Lisa or has information as to her possible whereabouts please call RCMP in Nanaimo (250) 754-2345 or any RCMP Detachment.

Donations to the Lisa Marie Young Search Fund can be made at any Bank of Montreal or Coastal Community Credit Union or call

Moses Martin at (250) 725-2765 or Carol Martin (250) 725-3389

## AIDS & First Nations Peoples

### Here Are the Facts!

The HIV/AIDS pandemic continues to grow and threaten Aboriginal Peoples throughout the world. The last decade has seen a steady rise in Aboriginal AIDS cases in Canada. Some studies have shown that as many as twenty percent of 16,000 AIDS cases in this country may be Aboriginal. Infection rates in First Nations women and 2-spirited (gay) people are rising rapidly. Injection drug users, inmates, and street involved persons are increasingly at risk.

First Nations AIDS cases are younger than non-Aboriginal AIDS cases. 30% of all newly documented cases among First Nations Peoples are under 30 years old, with almost one in four cases being female (compared to one in thirteen among non-Aboriginal persons). In some cases, people are being infected at ages 19 and 20.

### Why are First Nations People Susceptible to HIV/AIDS?

No one is immune from AIDS. The economic and social power imbalance between Aboriginal people and non-Aboriginal people in this country plagues our communities with a host of social problems. HIV is rapidly becoming one of them. Studies in mainstream society also show that instances of HIV infection occur more frequently where poverty, violence, drug abuse and alcoholism are present.

The high degree of movement of First Nations people between inner cities and

rural on-reserve areas may bring the risk of HIV infection to even the most remote First Nations reserves. Some reserves may be governed by leadership that are unsympathetic to AIDS and HIV. Cases where HIV infected 2-spirited men have been unable to return to their reserve for holistic treatment have been reported.

Disproportionate inmate populations with higher at-risk factors can unwittingly contribute to new infections both during incarceration and after release.

### What Can Be Done to Help?

More education and better information among First Nations people in Canada is needed to guide prevention and control strategies.

More on reserve programming and treatment must occur. The barriers between reserve and off-reserve leadership must be broken down, and issues of homophobia must be addressed in reserve communities.

More First Nations programming and education in prisons and institutions must be provided. Communities must take an active role in the education of their children and members about the dangers of unprotected sex and other risk associated behaviors.

Governments and other agencies must respond to HIV/AIDS in First Nations communities by ensuring that resources and services are culturally appropriate with access to counseling and HIV testing.

## Halloween Fun in Kyuquot

Here we are having fun on Halloween night, everyone has gone trick or treating, now we are going to have some more fun, watch fire works, play games, have a good time.

All the kids are super hyper after eating all that candy they collected earlier, the noise level is unbelievable.

In Kyuquot everyone gets involved with Halloween. Our kids are not the only one's who have fun and go trick or treating. Some of the parents dress up and are right out there too. We started the weekend of Halloween with a dance at the school.

Everyone was encouraged to dress up in costume. Many people showed up for the party and everyone had loads of fun.

Elvis Lives!! we have proof, he was out trick or treating too. I got a picture of him. there is my proof.

M. Short, Kyuquot, BC



## Indian Residential School Survivors Society

### National Survivors Support Line

1-866-925-4419

(Open 24 hours a day, 7 days a week)

Are you a survivor of residential schools?

Are you an intergenerational survivor?

Do you need to talk?

The Survivors Support Line is available to all Aboriginal people affected by their residential school experience or the experience of others.

We are survivors of residential schools too. We understand the issues and we have information that might help.

Just saying hello is a good place to start.

Give it a try. You can take your time. We care and we promise to listen.



Indian Residential School Survivors Society

General Information Line:

1-800-721-0066

Website: www.irsss.ca

## Peter inspires challenge participants

By David Wiwchar  
Ha-Shilth-Sa Reporter

**Port Alberni** - Olympic champion wheelchair athlete Richard Peter spoke at a Healthy Living Challenge meeting, inspiring participants to reach their goals.

A member of the Cowichan Nation, and ten-year veteran of Canada's National Men's Wheelchair Basketball team, Peter was paralyzed as a child after being run over by a school bus.

"It was hard growing up in Duncan as I was the only kid in a wheelchair, and I really had to push myself to keep up with my friends and cousins playing sports," he said.

An active child from an active family, Peter continued to pursue his love of sports such as basketball, football,

racquetball, hockey, and skiing. "I didn't do too well in soccer," he joked.

Over the past decade, Peter has traveled the world as a wheelchair basketball athlete, and has won five bronze, five silver, and five gold medals from Olympic competitions. He also speaks as an advocate for the disabled and works to promote wheelchair sports.

Peter was in Port Alberni to talk with Nuu-chah-nulth-aht who have taken up the 'Healthy Living Challenge', where participants try to better their health conditions through weight loss, exercise, and nutritious diets. "Everyone has disabilities at some point in their life, but staying healthy makes it easier on you as you get older," said Peter.



Peter shows one of his five medals from Olympic competitions shown with Ina Seitcher, Jerry Jack, Barney Williams and Dolores Bayne

## hearts @ work

### Hiisteak Shilth-iis Teech-Maa

(Coming from the Heart)

Are you at risk for Heart Disease?

Risk Factors

- Age
- Family History
- High Blood Cholesterol
- Obesity and Overweight
- Physical Inactivity
- Gender
- High Blood Pressure
- Diabetes
- Smoking
- Stress

Would you like to know if you are at risk?

Want to get tested?

Call your local Nuu-chah-nulth Community Health Nurse.

## HAVE YOU USED THE BC HEALTHGUIDE HANDBOOK AND THE BC FIRST NATIONS HEALTH HANDBOOK?

If so, are you interested in participating in a focus group, to do an evaluation of these two handbooks? Lunch will be provided.

FOR MORE INFORMATION AND TO REGISTER, PLEASE CALL MATILDA WATTS AT 724-5757



## STRESS

By Anett Muller  
for Ha-Shilth-Sa

### What is stress?

Stress is defined as a person's individual non-specific response of the body to his environment. All humans, adults and children, experience stress and each person has his own normal level of arousal or stimulation at which it functions best.

### Is there only bad stress?

No, certain amount of pressure and stress is necessary and shows positive adaptation being made by a person. Although the body reacts physically in a similar way to situations of excitement and pleasure, it is only when reacting to an unpleasant situation that you seek to reduce stress. Positive stress is called Eustress and negative stress is called Distress. Signs of the physiological response include, increased heart rate, blood pressure, increased respiration, dilated pupils, increased muscle tension, which are all symptoms of a fight-flight reaction. If these symptoms remain chronically elevated the negative physiological and emotional response remains intense and unresolved and common stress related illnesses can occur, including Coronary artery disease, Peptic ulcers, Depression and other Mental illnesses to name only a few.

The stress cycle begins with your thoughts. It is not the events of your life that cause stress, but the way you think about them. Problematic stress occurs only when you think negatively about whatever is stressing you. The second stage is your emotions, negative thoughts produce negative emotions. The thought triggers an emotion consistent with the thought, be it fear, anger, guilt, hatred, anxiety...or any other negative emotion.

The third stage includes a number of chemical reactions involving the sympathetic nervous system and the hormonal system. Your negative thought sends nerve impulses to the adrenal glands, which release into the blood stream a number of different chemicals. These circulate in the blood stream throughout the body, affecting the

pituitary gland, causing it to release yet more chemicals. These are generally known as the stress chemicals, they include corticosteroids such as adrenaline and noradrenalin, other hormones and neurotransmitters. The fourth and last stage of the stress cycle includes all the physical symptoms mentioned before as physiological response and because many of the stress chemicals pass through your brain and are biochemically and psychologically depressant your brain is set off by further negative thoughts and the cycle is perpetuated. Once you start to become stressed you are likely to continue to be so.

Although the stress response is a normal human reaction, some conditions predispose you to becoming stressed more easily and therefore having more difficulty in managing stress. These include previous traumatic experiences, for example unresolved grief over a loved one, chronic anger and hostility. Also, imbalances in the sex hormones: oestrogen, progesterone and testosterone can play a role. Predisposing conditions also include personality characteristics for example low self esteem, fear of failure or guilt, feelings of vulnerability, need of approval, fear of rejection. In addition, interpersonal issues such as lack of adequate support and healthy communication in relationships, power struggle or chronic conflict or disagreement with no healthy resolution or troubled persons who do not recognize a need for help can cause intense stress. In order to treat stress and it's symptoms you have to identify your sources of stress. There are many strategies for managing stress you can teach yourself and some you can only learn through a therapist. The only effective long term strategies are those which shut off the cycle at stage one, i.e. which prevent the flow on effect of negative thinking. Massage or relaxation techniques for example may relax tense muscles but will not alter your negative thinking. Meditation will alter your thinking while you are meditating, but will not necessarily affect the way you think after you stop. Tranquillizers, beta blockers and anti-depressants may affect your thinking but don't necessarily address any of the issues that cause you stress; you also run the risk of dependency on them. You will probably need to use more than one technique in order to manage stress. Once you have identified your sources of stress ask yourself can I do anything about this?

Take responsibility for planning your way and coping with the issues, take rational actions and be reasonable, seek advice and support, express feelings privately, use humor, confide in someone. Stress management also include balancing your life activities you enjoy, exercise, regular meals and rest. Some stress cannot be resolved but you can change your attitude.

Parts taken from :

© Family Health Guide STRESS - a

patient's guide

Dr Gail Ratcliffe - Psychologist

## The Westcoast Women's Resource Society

### New Resource Integration & Development Project

The Westcoast Women's Resource Society (WWRS) would like to announce their new Resource Integration & Development Project on the Westcoast. Due to the isolation, part-time employment, and inaccessible services the residents of the Westcoast face, the WWRS has decided to access SIIIF funding through the Queen Alexandra Foundation for Children to address short and long term identified needs.

The project will run until August 2005 and has 3 components. A very small component will be to provide direct service to vulnerable children, youth, and families. Another component will be to provide support to the Coastal Family Resource Coalition's (The Coalition) initiative to develop a community-based, integrated model of service delivery and the final component is to develop family resources and programs in the coastal communities according to the needs that will be defined by community members and service providers. The needs will be identified through individual interviews with Westcoast service providers and community members.

The project will be administered and managed by the WWRS Executive Director, under the supervision of the Board of Directors and the direction will come from the Coalition and a steering committee for the project staff.

The Coalition consists of service providers who serve the Westcoast. The Coalition's purpose is to review services and service delivery on the coast, and identifies overlaps and gaps in services.

The project has 2 staff. The staff consists of Norine Messer and, myself, Ruby Ambrose. We will be making community visits on the Westcoast and will be doing individual interviews with as many service providers and community members as we can.

We will also be organizing a service providers Fair in February 2005 and a Coming Together meeting Tuesday, December 7, 2004. The Coming Together meeting will be an opportunity for service providers to discuss benefits and challenges of developing an integrated model of service delivery. It will be held at the Legion, 331 Main St., in Tofino. There will be coffee ready at 9:30 and the meeting will be from 10am - 4pm with lunch provided.

We are currently seeking interested representatives from each community to have input into this project at the Coalition monthly meetings. This project will benefit all the communities on the Westcoast.

For more information or if anybody is very interested in doing an interview with us, please contact Ruby or Norine at 726-2343.

**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)**

## UCLUELET FAMILY TIES HEALTHY BABIES PROGRAM

Family Ties is a program that offers information and support to help you have the healthiest baby possible. Weekly drop-in sessions provide topics and guest speakers of interest to families. Everything from nutrition to childbirth to adjusting to parenthood to infant massage. We are open to your ideas too!

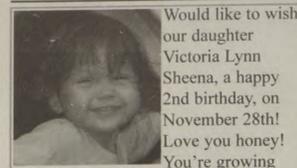
**Where?** Family Ties, Davison's Plaza, #4-1620 Peninsula Road  
**When?** Tuesdays from 10:30 am to 12:00 pm  
**How?** Drop in or call: Margaret Morrison, Outreach Counselor @ 726-2224 or Kelly Drabit, Public Health Nurse @ 725-2172

## TOFINO FAMILY TIES HEALTHY BABIES PROGRAM

Family Ties is a program that offers information and support to help you have the healthiest baby possible. Weekly drop-in sessions provide topics and guest speakers of interest to families. Everything from nutrition to childbirth to adjusting to parenthood to infant massage. We are open to your ideas too!

**November 25<sup>th</sup>: Prenatal Drop In**

**Where?** Coastal Family Place, 265 First Street, Tofino  
**When?** Thursdays from 11:30 am to 1:00 pm  
**How?** Drop in or call: Laurie Hannah, Outreach Counselor @ 725-2172 Local 2



Would like to wish our daughter Victoria Lynn Sheena, a happy 2nd birthday, on November 28th! Love you honey! You're growing big soooo very fast. Too quick...too smart!!!! Too spoiled! But we love you lots Toria- Lynn. Loads of b-day wishes for the baby of the family. Love always mom and dad {Tania & Casey} your brother Tyler, sisters Kayla and Rayanne. Your cousins Tamara and Tharron.

Happy 1st Birthday to my Beautiful niece/sister Savannah Sam. We love you girl. Have a great day. Miss you lots. Love, Auntie Crystal, Joey and Shanille.

Happy belated birthday to my good friend - Roxanne T. for Oct. 28th. Also, a belated 19th birthday wish to my niece Aliza Billie. I think of you often, miss you too. Take good care. Hugs from ya Auntie Ann.

Happy Birthday to my Auntie Eunice Joe, for Nov. 7th, over at Sarita River. I'll be thinking of you on your special day. Take good care, hugs and Kiss's from Buck and I. I Love you Auntie. Chuu - Ann.

Nov. 12, a birthday wish going out aunt/grandma/niece Crystal Weget all the way in Victoria. Hope you have a very special day. Love from your niece & nephew Erica & Dan, your granddaughter Alissa, and your Auntie Sisa. Love Ya n Miss Ya guys :)

Happy Birthday to our mother Brenda Sue Campbell on Nov.16th. We love u soo much ma'. Blessed to have u in our lives n' as our mother. You've come so far to get where u are, we're so happy n' proud of u. You're doing so well, continue working hard, we r here to work with u. Have a great day, take care n' God Bless. Love ya', ur husband Angus n' children Elizabeth,

Walter, Sophie, Skylar, Adam n' Chasta Campbell. Happy belated to Crystal Sam on the 6th, KC, KR n' Yvonne Thomas on the 8th. Happy bday to Byron & Josephine Mack on the 11th, Thomas Campbell on the 15th, Tabitha Thomas on the 17th, Darcy Dick on the 18th. Hope that y'all have a nice day. From Elizabeth, Sky, Adam n' Cha-asta Campbell. Happy belated bday to

Happy Birthday to a special man in my life who has opened a lot of love in my life...I am so lucky to have met you. Rob Dearden I will not say how old you are because I am happy with you for who you (are). Meeting You

Early evening of August 15th, 2004 I waited for the moment for you to walk thru the door, Heart beat pounding a mile a minute to a daze, you walked in with awestruck smile to my amaze, The red rose you gave me so happy to see, Your smile so enticing because its you and me, Conversations we had so glad to met, Sputtering with excitement with all we have said.

Now we are one and love grew so strong, I am so lucky because you are my number one, I want to live my life with you forever, Thank you Rob, I am glad we are together. I love you soooooo much... Love Gert Smith....

## Birthdays and Congratulations

Happy Birthday Jason Sheena of Victoria B.C!!! Hope you have a great day! Love all of us in Uncle Casey's tribe!



Crystal Sam on Nov 6th, I was really thinking of u that day. Auntie Brenda Sue.

I would like to say happy birthday to my bro Nathan on the 27th of Nov all the way in Victoria have a good day luv Shish and Jay.

I would like to say Happy Birthday to my uncle Babes have a wonderful day luv u, love lil Wynya, Peter Nicole and Brandon, Trina and Chad and Court.

Happy birthday Babes on the 27th have a good day and many more to come from Candace and Steph and Shish and Delia.

We would like to wish our son Cory Knighton, a Happy 16th birthday on Nov. 25. After you get your drivers licence, you have to drive us around. Love Darrin, Shirley, sis Randi.

Nov. 5, 2004 - I would like to say "Happy sweet 16th Anniversary" to my dear aunt Robert Adams (nee Thomas) and Mr. Samuel Adams Jr. Wow how time flies. I wish you all the best. Love from the Mattersdorfer's.

Happy "70th" Birthday to a very beautiful aunt "Mabel Adams", just want to wish you all the best for another year. You are so nice, thoughtful, kind and have a sense of humour auntie. Always know that we love you if we forget to tell you okay. Love from Donny, Carol, Sammy, Nick, Fred, Jessica and baby Dawn.

Nov. 3, 2004 Happy 37th Birthday to my friend Clara Mickey in Nanaimo, BC. Hope you had a good one. But until than take care of yourself and each other.

Congratulations to David Miller and his girlfriend on having a baby boy on Oct. 11th I believe. A great grandson for Mabel Adams, a grandmother for Margaret Miller and to Kurt Mccloud of Ahouaht B.C. Well David we wish you the best in being the best father to your gifted son of yours over there. From the Mattersdorfer's.

Happy Birthday to my brother Peter C. John Sr. on Nov. 19, 2004. Hope you have a good one and take good care of yourself and each other. I love you so much. Love your sister Carol Mattersdorfer and family.

Happy Birthday to my friend

To a very special man - Happy 60<sup>th</sup> Birthday to my dad, John Peter Amos on November 18, 2004. I love you very much, you're always in my thoughts and prayers dad! Love always Catherine and Al. Happy Birthday papa John. Love you more every day! Hope you have a good day. Choo! Love always Marissa Amos.



To all family and friends of John Amos: You are invited to a very special birthday dinner to celebrate John's 60<sup>th</sup> birthday! The dinner will start @ 3 p.m. on Saturday, November 20, 2004 held @ the Port Alberni Friendship Centre. Hope to see you all there! Choo! For more information please contact Catherine Frank @ 725-2602.

Would like to wish our nephew Melcolm of Victoria B.C a very Happy Birthday on November 25th. Love uncle Casey and family.



Rachel Williams of Duncan, B.C. on Nov. 19, 2004 hope your wishes are granted to you my friend. Love your friend Carol Mattersdorfer.

Nov. 1, 2004 - to my friend Annie Watts, "happy Birthday" happy birthday to you and many more. Well you sure weren't at work that day! Because I telephoned you. I bet you had a good one hey my friend. Many more to come Annie. Your doing the best job that you can. From your friend Carol Mattersdorfer.

Happy birthday to Nathan Charlie on Nov. 27, 2004. We hope you have a great day, we can't make it to the roller-skating party, maybe next time heeheehehehe. have fun "babsee" we love you, Daniel, Freda, Calvin & Shanny girl & Lil' "e". chuu.

Happy birthday to dizzie Izzi & Rose Chester we hope you have fun ladies. No clubb'n a'ight! take care ladies. Daniel Freda Lil' Calvin & Shanny & Lil' Edgar.

Happy 30th Birthday to my baby brother Nathan ( Babes !! ) Charlie in Victoria, on November 27 have a great day & many more to come!! your sister Stephanie W.

Happy Birthday to our uncle Babes !! on November 27th in Victoria, we miss you all. Give Christian a hug from all of us here in Seattle. Love your nieces & nephews Na, Chad & Edgar, Floyd, Ash, Calvin, Shanney, Peter, Brandon, & Pretty Girl, lil Nathan & Martin.

Happy 47 Birthday to Rose Chester Nelson, have a great birthday. From your cuz Stephanie W & Na, Edgar & Chad.

Happy Anniversary to my bro and sis Martin and Rita on Nov. 15. From Mr. Beaver.

Happy birthday to Nathan Charlie (11-27-04) from your best friends beaver, Bell bottoms, Heavy "D" & Hightower!

Happy Birthday Charlie Cootes Sr. Thank you for all that you have done to support my family. It does not go unnoticed or unappreciated. Love always, Pam, Rebecca and Freda & family.

I'd like to wish my daughter Andrea a happy 17<sup>th</sup> birthday on Nov. 19. From your Mom and brother Vincent.

Peter Charles John Sr, November 19th, your birthday is always

We would like to acknowledge our son Nathan Tom of Hesquiaht First Nation for all his hard work through school. As a child Nathan attended Hot Springs Cove Elementary and when he graduated from grade 7 he spent 5 years traveling by boat every day to Ahouaht and graduated grade 12 from there. He moved on to Camosun College in Victoria and then to Uvic and graduated with a Bachelors in Child Youth Care in June 2004. So with this his family, Dad Mike Tom, Mom Sheila Tom, sister Nadine, Leroy and Jake would like to send our congratulations to him for a job well done. We love you lots Nathan. Love Mom and Dad.



Happy Big 40 Birthday to my darling husband Donald Michael Mattersdorfer proud son for Marie Donahue (nee) Frank

Well darling you're pretty lucky to have another year for I don't know what I would do without you, dear You are my night and shinning armour

today tomorrow and always, forever more I love you today this is something I have to say Have a great time okay. Love from your darling wife Mrs. C. Mattersdorfer

remembered by my little McEwan family. We hope your day is fulfilled with much joy and happiness. I don't know how old you are now, not that it really matters as long as you're doing well and keeping busy. Cecil, Kirk and Kathleen express their love by sending you hugs and more hugs. Enjoy your day and may this 40 some odd years continue to be good. Oh yeah, try send me some Halibut! I really miss home sometimes and crave for all the seafood. Since you're the fisherman of the family...think of your young sister here in Vancouver. I love you bro! Take care. Hugs and Kisses, the McEwan Family.



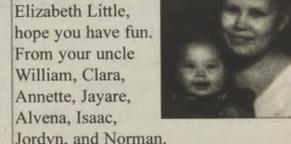
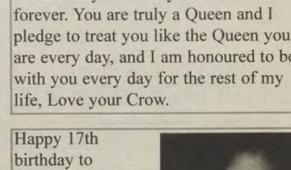
Happy Birthday to Destiny Livingstone / Hamilton on Nov. 28. From Annie, Dave, cousins Dave Jr., Nate & Jen.

For my Queen the only woman I have ever truly loved. Your birthday means so much to me as it is the day the Creator sent you here to this earth. My only regret in this life is that we never found each other sooner. I hope that this day, the day you were born is one filled with light laughter and love. Everyday I wake next to you is a gift from the Creator a miracle that despite my mistakes you still love me, need me, want me. Sacheen I couldn't live without you, life would be empty, barren, and meaningless without you by my side. You complete me in every sense of the word and I thank you for loving me and for taking care of me and for giving me our baby our Chico. Sacheen my love for you will last forever. You are truly a Queen and I pledge to treat you like the Queen you are every day, and I am honoured to be with you every day for the rest of my life. Love your Crow.

Happy 17th birthday to Elizabeth Little, hope you have fun. From your uncle William, Clara, Annette, Jayare, Alvena, Isaac, Jordyn, and Norman.

I would like to say Happy 17th Birthday to my Mommy Elizabeth Little on November 17th. Love Always

Your Baby Kaydence Tom-Little.



I would like to say Happy 17th Birthday to my Mommy Elizabeth Little on November 17th. Love Always

## Poets Nook

### Kissed at midnight

By Michael J. McCarthy L.E.

Unexpectedly we kissed at midnight more than that I first fell for her smile more than that I wanted to know her the summer before at that bistro with those checkered table cloths and the wondrous smells of garlic bread, and wine My grandfather said "When the mind and heart are prepared, fate finds a way to intervene" I began to believe then it was as if my fate became an ocean of lips together then apart then yes, then no, yes once more then no, no again fate rolling hard, then soft as if the

### Hero is in the Rock

Dear community members!

I have been directed by the creator to convey this message to you. I'm known as "Mook-tsu" and first I convey the love of my Creator to you. I have found to go within myself with faith, courage, risk, and willingness to serenity use full attributes over myself and others who depend on me. I travel with these tools wherever I go: • Opening and closing, getting rid of

waves became a movement a dance, together, close, then apart delicate movements of her feet on my shore she danced as if she danced in Cuba and ended by pushing me and asking me to call out her name as if to call her to the shore of my lips first yes, then no, then no, then yes she cleansed away my forgiveness and gave to me my compassion my volition to kiss her once more lips together, then apart breath together, then apart and for that one moment that gap between us became one my heart became hers her breath became mine then we separated wanting to taste the passion our passion that became us together then apart.

negatives and cleaning my abode with love. • Building good attitude through my creator's grace. • Filling up life, heart and soul with love. • Trusting the Creator. • Trust in myself. Knowing that I have been guided and gifted by the creator I offer these jewels to you my brothers and sisters of the community. Hoping sunshine and light to you all. THR ROCK. Stephen Jules

## Klecko's - ʔekoo

### Something I would never WISH on another FAMILY

Hello my name is Carol Mattersdorfer, proud daughter for Chester and Shirley John. I would like to share this with all readers out there near and far. On October 28th, 2004 I had gone to Port Alberni court for our precious daughter Samantha Mattersdorfer. First and foremost I would like to recognize my mother-in-law for driving us over there. To our aunt Mabel Adams, and Kim Miller for supporting our needs in the courthouse. Time is very valuable and from the bottom of my heart, I would like to say thank you for being there for us. Samantha is very precious to me. She is the oldest of two brothers and two beautiful sisters. Her role she plays today has turned for the better. I've seen her grow so much throughout the two years of being incarcerated. I was there through trials and errors. However that is not stopping me from been able to support her education and making sure that I had direct and indirect contact with my daughter. I walked through the doors

that were monitored, I sat and listened to stories of hers, we had good times, sad times and very pleasant visits. I am sure that I am never going to experience this again, and I would never wish this on another family. Today this message is going out to those that have been there and done it. I would like to share that this has changed Samantha's life, for the punishment was a lesson that she learnt. She made tremendous changes and will be continuing her education and going to College. The purpose I want to share this is that always know, no matter how old your child is be there for them through better or worse. Would you as readers, be nice enough to pray for my precious daughter, for I feel she still needs prayers. I give great thanks to those that did pray for her. Thank you for your precious eyes, your ears and your valuable time to read my message. Until than take care of yourself and each other. choo Carol Mattersdorfer Ahouaht First Nation.

### Sr Men's & Women's First Annual Adam Fred Memorial Ball hockey tournament January 14, 15 & 16, 2005 Maht Mahs Gym, Port Alberni, B.C.

Men's Entry Fee: \$350 Prize payout 1<sup>st</sup> Place - \$1000 (based on 10 teams) 2<sup>nd</sup> Place - \$600 3<sup>rd</sup> Place - \$350 Women's Entry Fee: \$250 Prize payout 1<sup>st</sup> Place \$500 (based on 6 teams) 2<sup>nd</sup> Place - \$350 3<sup>rd</sup> Place - \$250 Entry fee must be paid before first game. Cash or certified checks only. For rules, rosters and questions please contact Brad Starr @ 250-724-0877 or email native\_grim\_reaper18@hotmail.com

## In Memoriam - ʔaʔakʔap

### Remembering our Brother Lanny Ross "Mahoy"

November 26, 1956

Why do we wait till a man is gone before we tell him of his worth Why not tell him now he's the finest man on earth

Why do we wait till he cannot hear the good things we might say Why put it off, why not tell him now and share in his joy today

Why do we wait till the person is gone to send him flowers galore When a single rose would have meant so much if we had taken it to his door

Of course we're busy, that's our excuse but why oh why do we wait To tell a person our love for him until it becomes too late



Thinking of Lan on his birthday, our brother who always stood out from the rest but as a friend he was the best. We are waiting for you in our dreams. From your sister Annie & Bro. Dave, Dave Jr., Nate, Jen Watts & the Ross families.

In Memory of Clifton Ashacker, Rosita George, Jimmy George, auntie Fay Louie, Benny Touchie, Barry McCarthy, Eddie Charleson, Jackie Williams and Evan Barney

Why do they take the good ones?

The one's who were always smiling and had something to call out, Especially! Nicknames, I miss u all, cause u all have taught me something, You all had life to expand and spread around, The ones who always treated you with! Nothing to worry about, or what people say! They are the ones, I depended on as a brother, friend & relative. I'm sorry but I miss them a lot.

From Butch Patrick Jr.

## Bizlife

By Michael J. McCarthy

Bizlife is how you can better run your business life, in the new economy what drives your economic engine are knowledge, network, and compassion. Let this bizlife vocabulary become contagious and full of enthusiasm.

**Knowledge:** Anchor you learning around books, lectures, workshops, humor, read biographies, and take classes when you can, always lead with knowledge.

**Network:** Keep business cards with you at all times, have several in your car, gym bag, suite, never run out! Metcalf's Law: The value of a

network grows in proportion to the square of the number of users which means that once a network achieves a certain size, it becomes almost irresistibly attractive. Make a habit to have your associate's numbers close by you can refer them on to potential customers.

**Compassion:** Means you can have deep empathy for others, this can mean the ability to help others by your natural given talents. Always help, give, and never give into envy, or critical of others; most important is love. The love you have in your life partner/spouse, you can have a bank account full of money and without love it is all meaningless.

Michael owns a Fusion Spa in Victoria, consultant in health programs, speaker for events, and sits on the board of Directors for the Queen Alexander Foundation. For more Bizlife information contact Michael at fusionspa888@hotmail.com or call 250-361-1831

## Canada's Criminal Law: Stalking

The following is legal information only, not legal advice. If you have a real stalking situation, you are advised to see a lawyer or the police without delay.

Stalking is a crime which Canadian criminal law calls criminal harassment. It is clearly defined at section 264 of Canada's *Criminal Code*. The *Code* states that no person shall, without lawful authority and knowing that another person is harassed (or recklessly as to whether the other person is harassed):

\* repeatedly follow the other person, or anyone known to them, from place to place;

\* repeatedly communicate with, either directly or indirectly, the other person or anyone known to them;

\* "beset" or watch a place where the other person is visiting, lives or works; or engage in threatening conduct directed at the other person or any member of their family.

The punishment for stalking can be as high as a five year jail term.

### The punishment for stalking can be as high as a five year jail term.

This new section of the *Criminal Code*, passed in 1993, makes it much easier for the police to charge a stalker. The *Code* did contain other sections that were helpful in blatant cases of stalking but they were ineffective against the more passive but just as frightening forms of stalking. For example, the *Code* prohibits trespassing on another's property at night, uttering threats, indecent or harassing phone calls, intimidation and mischief to another person's property. Under the *Criminal Code*, you can also get a restraining order or a peace bond against a person, measures which might, in certain circumstances, be preferable in some cases of aggressive or predatory stalking. The new law now protects you even if the conduct of the stalker is not done with the intent to scare you. It is enough if it does scare you.

Actions that might be acceptable in a normal, loving relationship could become criminal harassment when one of the persons wants the relationship to end and the other does not. For example, in these circumstances, giving someone roses could, in some cases, be considered to be stalking as could repeated visits, telephone calls or waiting for the victim after work.

## Deadline for submissions approaching for B.C. Creative Achievement Awards

**Vancouver** - The deadline for the first annual British Columbia Creative Achievement Awards is fast approaching. B.C.'s applied artists and designers can be nominated or submit their own entries until December 1, 2004.

Four awards of \$5000 each will be given to three established, and one emerging artist or designer in the field of applied art and design, selected by an independent jury. Celebrating art with a practical purpose, entries in applied art and

Everybody has a right to end a relationship. A former spouse or partner should stop communicating with you if you have told them that their attention is not welcome. If they persist, section 264 is there to help.

One of the key parts of section 264 of the *Criminal Code* is the requirement that when the conduct being complained of is "following" or "communicating", it has to be "repeated." There is no set rule on this. It can mean persistent or frequent behaviour but the "following" or "communicating" has to happen more than once for it to constitute criminal harassment.

But if the conduct is watching, prowling or "besetting" a place where you are visiting, live or work, or if there has been threatening conduct, one incident would suffice in getting a conviction under section 264.

In all cases, the conduct must be such that apprehension or "fear for their safety" is "reasonable." This means having a fear for which there is a reason; not a fear based on exaggeration of the situation or on imagined problems.

The law also excuses those that have "lawful authority" from being convicted under this section. One example of this has been given as the private investigator that has been hired to check into an insurance claim that you have filed. Some cases which have gone to court under section 264 include:

\* the accused made telephone calls and left threatening messages on the victim's answering machine;

\* the accused visited the victim's work place for no legitimate reason and followed the victim on buses;

\* the accused made rude or obscene gestures towards the victim.

If you are being harassed, we suggest you talk to the police, a lawyer or a victim services agency. Any of the above should be able to counsel you on your best course of action. You may be advised, for example, to stay away from your home for a short period of time. You should certainly keep a diary of the harassing behaviour in case your memory should later fail in court. If calls are coming in, get a tracing device connected through your telephone company. If you have a restraining order or peace bond, carry it with you at all times.

If you are being stalked, call the police. If you know that the suspect carries or owns weapons, this is important information for the police.

design include, but are not limited to, jewelry, glass, wood, fibre, clay, metal, furniture, textiles, ceramics, weaving, fashion and industrial design.

Launched October 4, 2004, the Creative Achievement Awards are presented by the British Columbia Achievement Foundation. More information on the awards and the foundation can be found at [www.bcachievement.com](http://www.bcachievement.com) or by calling 604-261-9777 or toll free at 1-866-882-6088.

## A-in-chut brings benefits to Nuuchah-nulth

By David Wiwchar  
Ha-Shilth-Sa Reporter



Sitting in the B.C. Premier's office, A-in-chut (Shawn Atleo) is relaxed as he runs through a series of issues he wants to bring to the attention of government. Sitting beside BC Premier Gordon Campbell, Geoff Plant, BC Attorney General and Minister Responsible for Treaty Negotiations also listens attentively as Atleo speaks.

Even though Shawn is there to open up lines of communication between the Premier and the Assembly of First Nations (AFN), his first points raised deal with the Nuuchah-nulth Central Region Interim Measures Extension Agreement (IMEA) negotiations, and their importance to west coast communities. This is a common strategy for Atleo.

**The NTC Central Region co-chair was elected to the position of BC Regional Chief for the AFN in January, and makes every effort to further the aspirations of Nuuchah-nulth Nations he represents as a co-chair, as well as all 198 First Nations in the province he represents in his role with the AFN.**

The NTC Central Region co-chair was elected to the position of BC Regional Chief for the AFN in January, and makes every effort to further the aspirations of Nuuchah-nulth Nations he represents as a co-chair, as well as all 198 First Nations in the province he represents in his role with the AFN.

Having an NTC Central Region Co-chair who also works as the BC Assembly of First Nations Regional Chief, Shawn has brought untold benefits to Nuuchah-nulth-ah through his dual role.

Being an executive member of the National First Nations organization, Shawn has been able to meet with Prime Minister Paul Martin, senior cabinet members such as Indian and Northern Affairs Minister Andy Scott, and numerous senior bureaucrats and policy makers in Ottawa and Vancouver.

"We had been trying to arrange a meeting with the Minister of Indian Affairs for two years, and after mentioning this to Shawn, we had a meeting with the Minister in Ottawa within two weeks," said Hupacasath Chief Councilor Judith Sayers. "Having him in that high level position has really been a benefit to us, and all Nuuchah-nulth Nations," she said.

Nuuchah-nulth Nations have been trying for decades to get the kind of access to government Shawn has been able to provide. No senior leaders or paid lobbyists have been able to do even a fraction of the work Atleo has been

able to accomplish, even though he's only been on the job for less than a year.

In his position as BCFAN Regional Chief, Shawn works with all of the provinces 198 First Nations, and takes their issues to the federal government in Ottawa, or regional offices in Vancouver or elsewhere.

He carries heavy portfolios for the AFN, including Chair, Constitutional and Legislative Affairs (Lands, Treaties, Parliamentary Liaison, and Justice), and Co-Chair, Resources and Revenues (Environment, Fiscal Relations, Fisheries / Resources)

But flying back and forth between his home in Nanaimo, and his offices in Ottawa, Vancouver, and Port Alberni come with a price. Atleo isn't always available for people the way he'd like.

"I've only been able to get home to Ahousaht twice this year, and that's really weighing heavy on me," said the 37-year old Atleo. "Going home always helps me clear my mind and get focused, and I feel like something is missing in me when I haven't been home to Ahousaht in a while," he said.

A dedicated family man, Shawn also strives to make time in his busy schedule to be with his wife Nancy, and their two children Tyson (18) and Tara (15), and visit with his parents Richard (Umeeek) and Marlene Atleo who now live in Winnipeg.

Sitting in Gordon Campbell's legislature office, Atleo works to build bridges between First Nations and governments, and carries that same resolve wherever he goes.

With many BC First Nations belonging to the First Nations Summit, and others members of the Union of BC Indian Chiefs, Atleo is trying to bring all groups closer together beneath the AFN umbrella, with the federal and provincial governments close by as well. His efforts have already borne fruit, as First Nations leaders gain improved access to leaders in Victoria, Vancouver and Ottawa.

As Atleo left the Premier's office bound for a meeting on the IMEA with forest companies, he was already thinking ahead to upcoming central region, N.T.C., First Nations Summit and AFN meetings in the coming weeks. Clearly, Shawn has much work to do, and is doing everything possible to make sure that work gets done like it's never been done before.

## Community Events

### Announcement Invitation:

The "Frank Family" of Tla-o-qui-aht First Nations wishes to invite friends and family to join us for a potlatch celebration. On December 11/2004. At the Tofino Community Hall. To start at 12:00 noon. For more information please call Darlene Frank or Randy Frank @725-4452 or email [dmf\\_tf@hotmail.com](mailto:dmf_tf@hotmail.com) for more information.

### Peter Joe Memorial

The family of late Peter Lawrence Joe will be holding a memorial to celebrate his life and to honor those who were with us in our time of mourning. The memorial will be held as follows:

Date: January 8, 2005  
Time: 3:00 p.m.  
Location: Suquamish Tribal Centre  
Suquamish, WA (USA)

For more information contact Geraldine Joe at: (360) 440-9873

### 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.

### NEW DATE - ADAM FRED MEMORIAL POTLATCH

Out of respect for the Fred family and their recent loss of Gerald Fred Sr. The Adam Fred (grandson to Gerald) Memorial Potlatch will be postponed until September 17th, 2005. If there are any questions, please don't hesitate to call one of the available numbers.

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 September 17th, 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.

### Flea Market and Loonie Twoonie Extravaganza

Somass Hall on Tseshaht Reserve #1

Saturday, November 20th

10am to 4pm

Tons of great deals, arts and crafts, baked goods, Tex-mex concession, haircuts and mini-manicures by Myra, Ron the DVD King, draws, raffles, 50/50s, and Krissy, John, and Jazzy's supremo loonie twoonie. Come out and join us for some great bargains and lots of fun.

More info call Linda Gomez at 723-6194



### Rainbow Gardens Auxiliary

#### Christmas Bazaar

Crafts and Baked Goodies available for purchase

Saturday, November 27, 2004

8 a.m. - 11 a.m.

R.G. Auxiliary will do their Christmas Raffle draw @ 11 a.m.

There are tables available for rental @ \$10/table

### To All Ucluelet First Nation Membership

Treaty Discussions on Frequently Asked Questions. An opportunity for members to ask questions and get answers from the Treaty Negotiating Team

Example: Will there be a cash handout to members after the Treaty is signed?

Who will govern us?

Will Indian Affairs cut us off right away?

November 22, 2004 at the U.E.N. Band Hall  
6:00 p.m.

First Nation Youth Leadership is hosting a Celebration of Life Potlatch  
December 4, 2004 @ 4 p.m.  
Zeballos Community Hall

For more information contact Jennifer Auld @ 250 761 4227 or Maggie Miller @ the Ehattasht Band office @ 250 761 4155

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

### WestCoast Native Health Care Society Tsawaayuus (Rainbow Gardens)

Mission Statement:

"Tsawaayuus is a unique, responsibly managed, Multi-level Care Facility whose mission is to provide holistic, culturally competent care in a family-like environment with an emphasis on Aboriginal People"

### Employment Opportunity - Office Assistant

The WestCoast Native Health Care Society is accepting resumes for the position of Office Assistant.

The Office Assistant is responsible for the organizations secretarial and clerical needs including reception, typing, filing, greeting visitors, and assisting the Administrator and Business Manager.

### Qualifications

- Grade 12 or equivalent.
- Experience in a secretarial position.
- Demonstrated ability to use computer and software for word processing.
- Must have a typing speed of 50 WPM.
- Skills to take minutes and be fluent in the English language
- Individual with a good working knowledge of basic office and administrative procedures, ComVida Payroll and ACCPAC Accounting programs is preferred.

Applications will be accepted until November 30, 2004.

Only those applicants selected for interviews will be contacted. We thank all other applicants for their interest in the position.

Tsawaayuus (Rainbow Gardens)

6151 Russell Place, Port Alberni, B.C. V9Y 7W3  
(250) 724-5655

### Treaty Planners & Ha'wiih talk traditional governance at Ahousaht continued from page 1

Simon Lucas says we should suggest to the governments that fisheries are on the table because "it's so important to our Ha'wiih and we shouldn't let them (government) get away with it".

Richard Watts says he remembers the late Johnny Jacobson always used to talk about the confederacy of Ahousaht, "I was thinking in terms of the confederacy of Canada; Ontario, Quebec and others have their autonomy, I don't see why we can't."

On day two Simon Lucas gave a report on the Elder's traditional governance meeting held the night before. He said while we all have total respect for what the Elders put in Ha'wiih Patuk Nuuchah-nulth document there still is a need to build on it and correct it.

He invited everyone interested to meet at Hot Springs Cove December 7-8 to review and revise the document. They ask that all Elders be supplied with a copy of the document so they can be prepared to make contributions at the meeting.

NTC Treaty Manager Cliff Atleo Jr. presented draft language on a Nuuchah-nulth Governance chapter with four headings: Recognition of Nuuchah-nulth Governments; Nuuchah-nulth Nation Governments; Collective Nuuchah-nulth Governance; and Co-existence. He outlined supporting information under each heading and the table offered feedback after the presentation.

Atleo offered to go to each of the communities before the December meeting to record preliminary input from community members so that we could have a head start on information gathering.

Nelson expressed his displeasure at the actions and inaction of the provincial government in their negotiations with the Central Region on the Interim Measures Extension Agreement and over Nuuchah-nulth Treaty Negotiations.

He said BC is offering inadequate resources in their proposal to extend the IMEA for one year.

He asked Atleo what their position is with respect to the Tri-partite Negotiation Meeting scheduled for the end of the month. Atleo now says their agreement to attend the meeting is conditional. Now they want Nuuchah-nulth to agree to send documents on their positions ahead of time.

Richard Watts said, "BC is asking to be appeased before they come and talk to us and we should be insulted by that." He says there is a notion that all three parties need to sign off in order for NCN to have a treaty. "If BC chooses to sit on the sidelines like spoiled brats while we continue to negotiate with Canada, let them," he said.

The table began speculating about how Nuuchah-nulth would fare with other provincial parties given there will be an election next spring. They talked about tactics to employ that have worked in the past to get government talking to them.

Watts said the Meares Island case worked because it impacted BC's economy, it forced the province to talk to Nuuchah-nulth. He said Nuuchah-nulth need to think about what it is we need to sustain our communities and maybe that means taking another look at our mandate see if there are different ways to achieve what we want.

Atleo noted that many governance issues are community-specific. He offered the resources of the Nuuchah-nulth Treaty Office and the services of himself and Co-chair Archie Little for community meetings on the issue.

Delegates ended the meeting with a lunch prepared by Hesquiat men as their show of respect for Nuuchah-nulth women.

## Klecko's - kekoo

### Titidat First Nation Member Lands Major Role in Johnny Tootall

Submitted by Shirley Knighton

Randi Knighton daughter of Shirley Knighton and Darrin Szaszik was very surprised and excited when she auditioned for a lead role in the movie Johnny Tootall and got the part. She joined the cast of Alex Rice, Adam Beach, Nathaniel Arcand and Sheila Tousey.

After we arrived back from Kamloops, we were informed of an audition for a young First Nations girl, the open cast was advertised throughout Canada. Randi auditioned at the Red Room studio in Nanaimo and to our great surprise she ended up landing a lead role in the movie Johnny Tootall. It was all such a shock to us as parents, only because it seemed like such a long shot and Randi never seemed to try at the auditions. But in the end it was because Randi just went in as herself and that's what got her the part.

Randi's role was filmed in Saanich, we were put up in the luxurious Laurel Point Inn in downtown Victoria. It was all very so overwhelming to be pampered and catered to the way we



were. Randi plays Tiffany, the niece of Johnny Tootall, a war veteran who returns home to the reserve after serving in the army. A principal role for Randi was the coming of age ceremony. Randi's brother Cory also played a small part in the film as a dancer. We are very proud of our daughter and we would like to congratulate her for all the hard work she put into the movie. Way to go Randi! We love you. Special thanks to Rhoda Gibson for informing us of the part and all her support.

Harlem Clowns Basketball, October 27th - Ucluelet First Nations Youth Program would like to thank the following people who assisted in making this event a success: Constable Chris Pallan of the Ucluelet RCMP; Tyson Touchie, Tim Williams, Collin McCarthy, James Horne, Jack Patrick Jr., Matthew Jack-Sabbas, Lance

### THANK YOU

There are so many people that helped me, I would like to say thank you to: **MOM, Caroline Little** - no matter how old we get (or how old our parents get!), they're still our parents, our caregivers. Thanks for coming to sit with me day after day Mom, and always managing to make it up to the hospital for a visit. And, thanks for cooking us those delicious meals, too. **BARB Audet** - My sister-in-law. You know my sons so well. Thanks for "keeping them on schedule" and everything you did for all of us. Thanks for all the delicious meals, too. **MELISSA Frank** - Thanks for coming to do all my laundry. And, thanks for keeping your brothers company. All your help was really appreciated. Love you daughter! **LAVERN Frank** - Hey you! Thanks for always phoning me, always checking up on me, and asking how I'm doing. You were the first call in my hospital room (well, besides Mom who called the recovery room). It's always nice to hear your cheery voice! To all my friends that emailed - Mona Carlson, Barb Masso, Diane Masso, Laura Evans, Patricia McDougall - everyone, thank you. To all my friends that called, or came to visit - I'm afraid to start a list, as I know I'm going to leave someone out ... "THANK YOU" to each and every one of you, you know who you are. It was really nice to hear from you, Colleen (hope everything is going well for you in Neah Bay). Thanks for dropping by Bev Jack. Thank you for the flowers - from my boys, from Mom and Shane (and thanks Shane for spending all day making me that beautiful necklace and then riding your bike all the way to the hospital to give it to me), from Mel, from Sister Kathy,

Martin, Ryan Touchie, Thomas Martin, Floyd Williams, Murray's, Number One Market, Gray Whale Deli, Place TV, Ucluelet Secondary Staff, Ucluelet First Nation Council & Staff, Lyle Clutesi, Nicole Matter, Andy Horne & Stan Mickey. Thank you, Dave McDowell, Youth Worker

from my brother Howard and family, from the staff at NTC, from nephew Randy and family, from Surespan Construction. Thanks for your thoughtfulness! Thanks to my brother, William Little, for driving my van, for getting my boys to school on time, for picking them up from school, for getting them to their basketball practices, and everywhere else they had to go. Thank you so much! To NTC Administration staff, THANK YOU for your patience and cooperation. Especially to Lisa Sam, thanks for covering my job for ten weeks, plus the three weeks holidays that I took with my boys. Sometimes we just need to take the time to get healthy again. Thanks everyone! Saving the best for last: To **PUNK**, thanks for being there for me, always. It really means a lot, Love you! To **ALEX & RICKY** - My children, my treasures! I LOVE YOU BOTH SO MUCH. Lots of times we're alone when Dad has to be away at work for so long; but, we manage, don't we? We get through everything TOGETHER! Remember I'm always there for both of you, NO MATTER WHAT. And so, thanks for being there for me, thanks for all the help, thanks for all the hugs, and kisses! I Love you Alex, I Love you Ricky - Thank You! Anna Masso

**Regal** Linda Gomez  
Ceramics & Gifts  
NO TAX & FREE DELIVERY  
PORT ALBERNI  
Tel: (250) 723-6194 Cell: (250) 730-0677  
lindagomez67@hotmail.com  
Independent Regal Representative

### Role Models

Siblings, my oldest brother and sister, two individuals I have always looked up to while growing up on the reserve of Ahousaht.

I have always thought that my parents were busy hard working people and their jobs caused them to have time away from their responsibilities, which were me and the other siblings. I could not grasp at the concept that they committed themselves to hard labour because of the Provincial and Federal Government who had power over our Aboriginal Communities. Soon enough I learned that the Residential School assimilated aboriginal children from their natural lands and their natural laws. This act of Assimilation caused our ancestors to loose much of their culture, beliefs, traditions and values and most of all our language. My Identity is most valuable to me and to my children this is why I am recognizing my older brother and my sister who played a major role in my grown up years.

My father was away from home majority of the year, going fishing, hunting, and logging. My mother, she joined my dad during the fishing seasons, she worked as a homemaker and later took many years to work in a local fish plant. I admire her for her efforts to upgrade her education.

While I attended an Indian Day School (part of Assimilation) and two years at Christie Residential school (Tofino), I always thought that to better myself in the "white" society was all for the better. Not realizing that I was loosing my language, the culture and traditions. It is in the community of which I was born and raised that I was to gain the knowledge, the language and spiritual belief's from my great grandparents and grandparents. Here I am taking courses in a college to learn more about my heritage. Goodness it is frustrating, my emotions are overwhelmed. The topics are very, very controversial! I have shed tears and walked out of a class to suppress the emotions. Now I sit here thanking my brother, Peter John Sr. and my sister, Carol Matterstorfer for their roles they have in my life. My brother still to this day, gives me the confidence to move forward and not give up if I face any troubles or turmoil. He followed my father's footsteps and employs himself in and around the community. I went to visit him one year, I sat there listening to a story of survival, a story that got to my heart and made me cry, crying silently. He was out fishing with my father, and ex-brother in-law and during this trip he fell over the stern of the fishing vessel. My father and brother in-law were in the cabin keeping busy while Pete went to check the lines. His actions and emotions are what caught my attention. He had gone so far under, wearing all his gear, boots and all, the current took him under about six feet or more. Meanwhile my father was unaware of his accident until my ex-brother in-law went outside to see how things were going and noticed Pete was not aboard the boat, yelling back to my father in the cabin. "Pete fell over!" My bother tells me, "All I could think of was my kids, my family. I don't want to die now! So I used everything I had to swim up to the surface." His emotions in his face brought tears to my face. He motioned with his arms by extending

them open, pushing and pulling himself through the water. He stood up to show me how he reacted. He could not breathe but he expressed his strength through this story. His big fisherman hands opened and his legs moved a little. He said, "If I moved my legs too much it would not help to swim to the surface." because his boots would make it that much more difficult to make it to the top. Obviously he survived and I share this story to let the readers know that I am proud of his courage and his strength to survive for his family. He may struggle at times and not always get his quota when he goes out fishing, but he contributes to the community in his own way. The point of his story for me is not to give up, no matter what the consequence. Carol, she was like a mother to me, I tell her that all the time. She faced and challenged all obstacles put in front of her. Her domestic role around the house were harsh yet a learning experience. Our grandmother and mother instilled in her the wisdom, love and compassion she holds dear to. What I looked up to is how she makes herself available for her brothers and sisters. Her ambition to complete her grade 12, even though we lost our grandfather during the time of her graduation, helps me set goals and pursue a career. Alcohol abuse affected our family environment and she was there to comfort us when things were difficult. I see her go through physical and verbal abuse, as we all did growing up in our home. I am a middle child and it did hurt to observe what our family encountered as children. I lost a brother at the age of 15, he passed away of Alcohol poisoning, he and I were one year apart and I see him face many awful situations that I will never forget. Carol you have so much passion and patience in your heart, your spirit is so alive! You have taken every negative issue and turned them into positive ones. You're an awesome homemaker, wife and mother to your own immediate family. Your move back into the community has given me more reason to move home. When times are difficult for me I take notice how my family survives off the land and the sea. (I do get homesick) I greatly appreciate my brother and sister who have contributed to everything I know today as a parent. I only wish I could have their strength and courage that they been given. Our creator has blessed them in many ways! This story does not mean I am disrespecting my parents, I am learning why the Indian Affairs and all the policies which has been amended many times, has destroyed my culture and my language. I no longer blame my parents on how they raised me, they only wanted what was best for me as a child. I will always honour their identity, their traditions and their roles as parents. Peter and Carol, I hope that by sharing this story that it does not offend you but informs you that I am recognizing your courage and determination to survive regardless of all the issues we faced as children. I love you both so very much, from the bottom of my heart. I thank you for all you have done for me and your support and advise hasn't changed to this day. I miss you both every day! Klecko's kleco, Always your sister, Beverley McEwan

**URGENT** - Lost Jacket at Maht Mahs Oct. 14, 2004 at G. Lucas Services. Had all I.D., bus pass, keys and S. Belongs to young, pregnant working mother. Please return I.D., bus pass & keys. Bring to NTC office reception or mail to 796 Cecil Blogg Dr. Victoria, B.C. V9B 5N7. Attention Karla Point. Jacket is black/red reversible, Nike, worn with the black outside.

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### 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 6<sup>th</sup> St, New Westminster BC V3L3C5.

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

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

**ROSE AMBROSE:** Basket weaving, shawls, baskets, headbands, roses, etc. Also teach 723-2106.

**NOOTKA ART GOLD & SILVER:** rings, bracelets, pendants, and stone settings by Gideon Smith. Sales - this year till year-end spend \$150 on silver jewelry and get 50% off on next item. Orders over \$150 can be delivered as far as Port Alberni to Victoria and Campbell River with a \$15 delivery charge. Phone 250 751 9413.

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Email: winchee@pacificcoast.net



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### Automotive

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**PROFESSIONAL BODYWORK:** Will do professional bodywork and painting. 14 years experience. Experienced, certified welder on-site. Marcel Dorward. 723-1033.

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

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

**FOR SALE:** 1990 Acura Integra. Too many mods to list. \$8500. 730-0783 Willard.

**FOR SALE:** 1981 Dodge Campervan, Auto, cruise control, red and white. Fully camperized, sleeps 2 adults, seats 5 passengers. \$800.00 call 723-6194

### 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 Ropp - 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:** New and Used Barclay Sound Sockeye Nets. (250) 923-9864.

**WANTED:** 18' - 19' Fiberglass Deep V Fishing Boat, Soft Top, (Double Eagle, Houston, 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.

**MISSING** - 30 HP Yamaha. Any information please contact Boyd or Josh Fred at 723-5114 or 724-6491. Reward!  
**WANTED:** Boat Trailer for 20' boat. Call Michael @ 720-6026.

**FOR SALE:** Nets - Different Sizes, Different prices, make an offer. Trolling gear - offers. View - 5010 Mission Rd. Phone - 723-9894.

**FOR SALE:** Combination Gillnet Troll Longline Pacific Cruiser. Phone 728-3519 for more info.

### Employment Wanted/ Services Offered

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or Email: ladybrave05@hotmail.com

### ADVISORY SERVICES:

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First Nations training. Ticketed/ Qualified Carpenter available. Roofing, drywall, framing, plumbing, electrical, renovations, etc.

Reasonable rates. Also Class II Driver with reasonable rates. Call Dave Watts (250) 723-9706, cel 720-5738, fax 723-9705.

**T.S.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, outboard motors, your boat, canoe or travel trailer towed or moved. By the km and by the hour. Call 250-724-5290.

**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 Tatoosh. 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 kleco. Edward Tatoosh, Certified Linguist.

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

**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.

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

**ELEGANT ADVANTAGE DECORATING AND CATERING SERVICES:** Tracey Robinson @ home: 723-8571, Margarett Robinson @ home: 723-0789. We do all occasions: Weddings, Showers, Graduations, Banquets, Brunches, Dinners, \* Super Host and Food Safe Certified\*  
**AL & JO-ANNE'S CLEANING SERVICES:** The most reasonable rates! Call Al or Jo-anne (250) 723-7291.

**UNDER NEW MANAGEMENT:** Nitihaht Lake Motel. Now open year round. For reservations and other information call 250-745-3844. Mailing address P.O. Box 340, Port Alberni, B.C. V9Y 7M8

**FOR SALE:** 1100 motorized wheel chair, with adjustable air seat. Brand new battery charger, (value \$450) colour is candy apple red. Value is \$8000, want \$3000 firm. phone Terry @ 250 741-1622. Nanaimo, B.C.

**FOR SALE:** Seaside Adventures in Tofino \$695,000.00 Serious Inquiries Call 725-3448 OR 725-8329 ask for Steve or Cindy Dennis.

**Nuu-cha-nulth Living In Victoria** please contact Robin Tate @ (250) 360-1968 or the Victoria N. Friendship Centre @ (250) 384-3211 and leave your name and phone number.

**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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### TOQUAHT BAY CONVENIENCE STORE:

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### Miscellaneous

**PRICED TO SELL.** 14x70ft. Princeton 1993 Mobile Home. 2 Bedroom, plus 12x18 ft. addition. Located at Sprout Lake Mobile Home Park. Can be relocated. By appointment only. NO AGENTS! Phone: 724-5290.

**BOARDROOMS FOR RENT:** At the Tshesht Administrative Buildings, Port Alberni. For more information call the Tshesht 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.

**WANTED:** Medical Equipment such as wheelchairs etc. Can be dropped off at the Tshesht 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  
**WOOD FOR SALE:** \$80 per cord. Leave a message @ 720-3555.

**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.

**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.  
**WANTED:** NCN women to join my fantastic Mary Kay team. Perfect way to invest in a home based business. Call me for more information Rosalee Brown @385-9906 or email rosaleeb\_61@excite.com

**FOR SALE:** Crib, \$50 o.b.o. and highchair \$40 o.b.o. both like new. Phone 250-723-3257.

**FOR SALE:** 1100 motorized wheel chair, with adjustable air seat. Brand new battery charger, (value \$450) colour is candy apple red. Value is \$8000, want \$3000 firm. phone Terry @ 250 741-1622. Nanaimo, B.C.

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# N.E.D.C. BUSINESS NEWS



## DON'T MISS YOUR OPPORTUNITY BC HYDRO'S ABORIGINAL BUSINESS PARTNERSHIP PROGRAM (ABPP)

www.bchydro.com  
BC Hydro Sustainability and Aboriginal Relations  
6911 Southpoint Drive – 16th Floor  
Burnaby, BC V3N 4X8

Applications will be received between October 1st, 2004 &  
December 17, 2004.

Successful applicants will be notified after February 1st, 2005.

The Aboriginal Business Partnership Program provides grants for business start-up or expansion - each applicant is eligible to receive up to 30 per cent of the total business project costs, to a maximum of \$10,000.

To be considered for an ABPP grant, you must:

- courier or mail a business plan and a signed and dated ABPP application cover page by 4:00 p.m. PST, Friday, December 17, 2004 (Application packages must be post-marked no later than 4:00 p.m. PST, December 17, 2004 – incomplete applications will be returned immediately.),
- be located within BC Hydro's service area
- have a minimum 51 per cent Aboriginal ownership (See *Terms and Conditions* for more details).

Grants **will not** be considered for capital purchases

Business Plan Elements: please include the following elements, as a minimum:

- Description: explain your business.

- Action Plan: show timelines, anticipated milestones and dates.
- Business Goals and Objectives
- Market Analysis and Marketing Plan
- Budget Summary: include the total budget for your business and indicate what portion of the total you would like BC Hydro to contribute listing all other secured funding sources. Existing businesses please include a copy of your current financial statements.

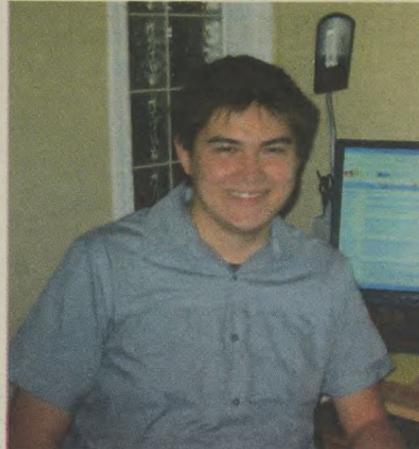
An impartial evaluation committee selects grant recipients. Those who have been unsuccessful in the past may reapply.

The 2005 application form [PDF, 108 Kb] is now available for your use. For more information on the Aboriginal Business Partnership Program, please call John Emery (604) 528-2844.

www.bchydro.com  
BC Hydro Sustainability  
and Aboriginal Relations  
6911 Southpoint Drive –  
16th Floor  
Burnaby, BC V3N 4X8

**BC hydro** 

## Jack Little Jr.: Congratulations on starting your new business



Jack has started an online retail company. What he does is shop online to get the best possible price for his clients, he then orders and delivers the product. This is especially useful for those who like myself, don't know how to use E-bay, or don't feel comfortable shopping online and/or those who just don't have the time.

Jack started by just purchasing for family and friends but as the demand increased he recognized an opportunity.

Jack is from the Ahousaht First Nation and is the son of Jack and Rosie Little. He is currently a full-time student at Malaspina University College completing a Bachelor of Business Administration with a major in finance.

Therefore, it is quite natural that his major challenges for his business centre around time management. Not only is he carrying a full course load and

meeting school deadlines, he also makes time for his family, his girlfriend, Kathleen and himself. Jack says his family is very supportive, in fact, 'they use word of mouth advertising just to help me get out there.'

He says his most difficult business experience so far, 'was going through the slow process of communicating with the government, finding out all the rules and regulations for my business, and registering my business.'

Jack spent time developing his business plan, researching his potential clients, his competition, insurance fees, pricing structure, etc. He decided early on that one of his marketing strategies would be excellent customer service. He says 'it is very important to get back to my clients as soon as possible, to understand their needs and be able to offer potential solutions.'

After researching his business and accessing the viability Jack approached NEDC for financing and support.

Though still very new in business (Jack officially started in September 2004) he is really enjoying entrepreneurship and says, 'I find that the best aspect is that self-employment is so interesting and rewarding. The only constraint is the time commitment.'

*Jack Little Purchasing*



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to promote and assist the development, establishment and expansion of the  
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*Celebrating 20 years - 1984-2004*

