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'Brascan will inherit Weyerhaeuser's mess' says Sayers

By David Wiwchar
Ha-Shilth-Sa Reporter

Weyerhaeuser has sold its B.C. Coastal Group assets to Brascan Corporation of Toronto for \$1.2 billion, but First Nations are angry there were no consultations or accommodation discussions prior to the sale.

Weyerhaeuser has sold its B.C. Coastal Group assets to Brascan Corporation of Toronto for \$1.2 billion, but First Nations are angry there were no consultations or accommodation discussions prior to the sale.

The transaction includes 258,000 hectares (635,000 acres) of private timberlands and the annual harvesting rights to 3.6 million cubic meters of public land timber. The sale also includes five softwood sawmills, with a combined annual production of 690 million board feet, and two remanufacturing facilities.

"This acquisition provides Brascan with the unique opportunity to acquire some of the highest quality timberlands in North America, furthering Brascan's strategy of investing in high quality assets that generate long-term, sustainable cash flows and increase in value over time," Brascan Chief Executive Bruce Flatt said in a statement. But First Nations remain unconvinced.

"This deal further isolates First Nations from the decisions that impact aboriginal rights and title. Meaningful consultation has not occurred yet in the transfer of the harvesting rights to 3.6 million cubic meters of forests on First Nation Territory," said forestry consultant Dave Watts Sr. who cited a paragraph from the recent Haida decision against Weyerhaeuser: *The Supreme Court of Canada affirmed that the government has a duty to consult and, where necessary, accommodate First Nations about legislation, policy, decisions, and tenures governing land use and resource extraction. This duty arises before First Nations prove their rights or title.* "I will be surprised if this

deal does not draw a legal challenge from First Nations impacted by this sale. In the Port Alberni area

consultation has not occurred, to the best of my knowledge," said Watts.

A legal challenge is already underway, as the Hupacasath First Nation launched litigation against Weyerhaeuser earlier this year after they pulled their private lands out of the Tree Farm License (TFL).

"It's interesting that Brascan is willing to take over these 70,000 hectares of land in our territory with a court case hanging over them," said Hupacasath Chief Councilor Judy Sayers. "If the court rules in our favour, then those lands have to go back into the TFL, so they're at risk," she said.

Weyerhaeuser negotiated with the Government of BC to bring their private lands into the TFL in order to have access to timber on crown lands. After logging much of that crown land, Weyerhaeuser pulled their private lands back out of the TFL, causing many industry analysts and critics to cry foul. Private lands do not fall under the forest practices code, and have few guidelines in terms of environmental sustainability, said Sayers.

"It makes no sense to anyone. No one knows why the Minister of Forests allowed that to happen because there's no benefit to BC," said Sayers. "Brascan is essentially a real estate company, so there's a lot of uncertainty about whose hands those lands are going to end up in. Brascan will soon find out the mess they'll be inheriting from Weyerhaeuser," she said.

"Brascan is essentially a real estate company, so there's a lot of uncertainty about whose hands those lands are going to end up in. Brascan will soon find out the mess they'll be inheriting from Weyerhaeuser," said Judy Sayers.

Brascan claimed they could not have discussions with First Nations during their negotiations with Weyerhaeuser because of confidentiality agreements. In light of the Supreme Court of Canada's Haida decision, the onus is on government to consult and accommodate First Nations, and the Minister of

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NTC CHS Nursing Supervisor Jeanette Watts is saluted by nurses Penny Cowan and Liz Thomsen and other nursing department staff members at a recent luncheon at Maht Mahs. The nursing staff nominated Watts for a Registered Nurses Association of BC Excellence in Nursing Administration award that she will receive at a ceremony on April 18th in Vancouver. Her framed award will remain a part of a perpetual 'Hall of Fame' display at the RNABC office in Vancouver.

Canada hires Private Eyes for Residential School claims

By David Wiwchar
Ha-Shilth-Sa Reporter

The Alternative Dispute Resolution (ADR) process for resolving Residential School claims finds itself in the midst of controversy again, as the Government of Canada is hiring private investigators across the country to validate abuse claims.

The Alternative Dispute Resolution (ADR) process for resolving Residential School claims finds itself in the midst of controversy again, as the Government of Canada is hiring private investigators across the country to validate abuse claims.

Indian Residential Schools Resolutions Canada (IRSRC), a branch of Indian and Northern Affairs Canada (INAC), launched a Request for Proposals (RFP) last month, inviting private detective agencies to apply for contracts.

"This is about locating persons of interest and finding alleged abusers," said Kirsty Jackson, Public Affairs, Liaison and Outreach for IRSRC. "It's not new work. This work has been

done internally in litigation and now in the Alternative Dispute Resolution (ADR) process. It's important to us to create a process that is fair to all parties and validate abuse claims, and it's important for us to do due diligence that is required in overall validation," she said.

According to Jackson, the primary focus is on tracking down alleged abusers, but investigators will also be called in to talk with people named as witnessed by Residential School survivors.

"If an individual puts forward the names of others, there's a potential [investigators will talk to them]," said Jackson. "As the ADR ramps up, we need to have some outside resources to do this work. There's a requirement for validation and we're looking to use experts as required," she said, adding 21 companies across Canada, and at least one firm in BC will be contracted to conduct investigations.

"Any time there are private investigators involved, it shows how adversarial and backwards the process is," said NTC Southern Region Co-chair David Dennis, who holds the Residential School portfolio as one of

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DEADLINE:

Please note that the deadline for submissions for our next issue is **March 4, 2005**. After that date, material submitted and judged appropriate, **cannot be guaranteed placement** but, if still relevant, will be included in the following issue.

In an ideal world, submissions would be typed, rather than hand-written. **Articles can be sent by e-mail to hashilth@nuuchahmulth.org** (Windows PC). Submitted pictures **must include a brief description of subject(s) and a return address**. Pictures with no return address will remain on file. Allow 2 - 4 weeks for return. Photocopied or faxed photographs **cannot** be accepted.

COVERAGE:
Although we would like to be able to cover all stories and events we will only do so **subject to:**
- Sufficient advance notice addressed specifically to Ha-Shilth-Sa.
- Reporter's availability at the time of the event.
- Editorial space available in the paper.
- Editorial deadlines being adhered to by contributors.

LETTERS and KLECO'S

Ha-Shilth-Sa will include letters received from its readers. All letters **MUST** be signed by the writer and have the writer's name, address and phone number on it. Names can be withheld by request. Anonymous submissions will not be accepted.

We reserve the right to edit submitted material for clarity, brevity, grammar and good taste. We will definitely **not** publish letters dealing with tribal or personal disputes or issues that are critical of Nuu-chah-nulth individuals or groups.

All opinions expressed in letters to the editor are purely those of the writer and will not necessarily coincide with the views or policies of the Nuu-chah-nulth Tribal Council or its member First Nations.



Canada hires Private Detectives to investigate Residential School claims

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his duties. "Private Investigators are used for insurance and divorce claims, and situations where you don't believe the people on the other side. What don't they believe about our submissions?" he said.

"Anytime there are Private Investigators involved, it shows how adversarial and backwards the process is," said David Dennis. "Private Investigators are used for insurance and divorce claims, and situations where you don't believe the people on the other side. What don't they believe about our submissions?"

The contracting of private investigators is budgeted at more than \$3 million over three years, money Dennis said would be better spent on settling claims. "The \$3 million should be paid to the claimants, and not to these people profiting from their pain," Dennis said.

According to the IRSRC website, Quest Investigation Group, Robinsons Investigations, Regional Investigations Services, Price Langevin and Associates, and Integra Investigation Services have already been hired to investigate claims in Manitoba, and are being paid almost \$25,000 each (\$123,504.20 total) for four months of work described only as "Other Professional Services". If that bill continues over the three years of the project, IRSRC will pay more than \$1.1 million for investigations in one province (Manitoba) alone. Multiply that by the five provinces and one territory where most of the abuse claims originate from, and the cost of

the program more than doubles to \$6.67 million. "Two firms are to be selected in British Columbia to ensure there are regional resources based in British Columbia," said Jackson. "The contracts will be awarded for \$125,000 per firm, per year. The work will be on an 'as needed' basis only," she said.

Dennis said this current controversy is further proof the ADR should be scrapped. Dennis showed a report from a recent parliamentary committee meeting where it was revealed ADR spent \$20,000 flying a lawyer across the country, preparing evidence binders and renting space for a claim that resulted in a \$1,500 settlement to an elderly and ill claimant; that's less than 1% of what it cost to research the claim. Critics of IRSRC claim the department spends at least \$4 on administration for every \$1 paid to victims.

"The cost of adjudicating these cases far outweighs what the survivors are receiving, adding insult to injury," said Shawn Atleo, NTC Central Region Co-Chair, and Assembly of First Nations BC Chief. "People are dying before realizing any form of justice, and that's just not acceptable," he said.

"The cost of adjudicating these cases far outweighs what the survivors are receiving, adding insult to injury," said Shawn Atleo. "People are dying before realizing any form of justice, and that's just not acceptable."

Jackson said IRSRC has been working with church groups and the Aboriginal Working Caucus to develop protocols and standards, and the need for private detectives stems

from investigations on boarding schools in Atlantic Canada where it was revealed there were false claims, which then resulted in legal action from former employees. Chief Bobby Joseph (Kwakwakawak'w) is the BC Representative on the Aboriginal Working Caucus, and said his group was not consulted and was shocked to learn of the investigations scheme. "It's a shock to everyone who has heard about it. It just came from out of the blue," he said. "It's traumatizing survivors all over again, and that doesn't serve anybody's purpose."

"It's a shock to everyone who has heard about it. It just came from out of the blue," said Bobby Joseph. "It's traumatizing survivors all over again, and that doesn't serve anybody's purpose."

The Aboriginal Working Caucus is made up of 18 Native Residential School survivors from across the country that meets every four months and makes recommendations to the government and churches regarding all aspects of the healing process, and things that should be done to facilitate healing.

There are currently 11,384 former students with unresolved Indian residential school claims against the Government of Canada.

The Government has resolved 1,952 of the approximate 13,336 individual claimants who have filed Indian residential school claims against the Government of Canada.

Currently, there are 1260 cases involved in the ADR process, and the Crown has spent approximately \$78.0M on settlements and trial decisions to date.

It is estimated there are 85, 975 people alive today who attended Indian residential schools in Canada.

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Why are we in the Treaty Process?

By Denise August
Ha-Shilth-Sa Reporter

Port Alberni – After more than ten years of agonizingly slow treaty negotiations that has seen the Nuu-chah-nulth Table splinter from one large table to several smaller ones and sparked debate over the pros and cons of treaty, some people in the communities wonder if we should even be involved in expensive negotiations in the first place.

After more than ten years of agonizingly slow treaty negotiations, the Nuu-chah-nulth Table has splintered from one large table to several smaller ones and has sparked a debate over the pros and cons of treaty.

Some fear the mounting financial cost, paid for partially by loans from government through the BCTC (British Columbia Treaty Commission). How much will it cost and how will we pay it back? Others fear the unknown; will they be required to pay income tax after a treaty is implemented? How will medical expenses, dental, and eyeglasses be paid for? There are many more questions and fears in the communities and some ask why not stick with what we've got?

So why do we need treaties after all this time? According to "Understanding the B.C. Treaty Process, An Opportunity for Dialogue", a handbook written by the First Nations Steering Committee, the B.C. Teachers' Federation, and others, "...Annual Reports of The Canadian Human Rights Commission indicate, treaties can provide a "workable balance" between the desire of Aboriginal people to preserve their rights and the desire of government to clarify the legal status of the land question. The overall task, then, is to construct a treaty that will recognize the existence of Aboriginal rights and provide certainty with respect to the rights of all interested people."

The purpose of treaties, it reads, is to provide a means to address issues related to the rights of First Nations, as well as to establish a foundation for building a new relationship between First Nations and non-Aboriginal governments and people. Treaties would also serve to provide greater certainty about the rights of non-Aboriginal people.

Canadian Court Cases have firmly established the existence of Aboriginal rights. The Constitution Act of 1982, Section 35 reads, "The existing aboriginal and treaty rights of the aboriginal peoples of Canada are hereby recognized and affirmed." In fact, Aboriginal people have been consistent in their assertion of their rights and in their insistence that those rights be recognized, affirmed and protected.

The problem is the Canadian Constitution does not define what Aboriginal rights are. Many First Nations people want certainty with respect to title, rights and interests within their traditional territories and they want their rights and benefits implemented, and respected. Most First Nations do not want to

surrender or 'extinguish' Aboriginal rights, claims, titles and interests to the land.

Non-Natives want certainty too, 'to provide all residents with a clear understanding of their rights and responsibilities, with security of tenure (land ownership), and with a clear process for acquiring and disposing of land...so that they may have the ability to conduct their operations in a stable and predictable environment.'

With no clear definition of Aboriginal Rights and Title, continued confrontations and expensive litigation would continue. Confrontations can escalate to life-threatening violence and the outcome of court decisions may or may not be in the favour of First Nations. Uncertainty for all would be perpetual.

"...Treaty-making is the best way to respect Indian rights there is no doubt...the parties have expressed a willingness to negotiate their difference. I would encourage such consultation and reconciliation, a process which may provide the only real hope of an early and satisfactory agreement which not only gives effect to the aspirations of the aboriginal peoples but recognized there are many diverse cultures, communities and interests which must co-exist in Canada. A proper balancing of all those interests is a delicate and crucial matter." -Justice MacFarlane, re: Delgamuukw appeal brought to the B.C. Court of Appeal by the Gitskan/Wet'suwet'en Hereditary Chiefs.

The treaty negotiation process allows First Nations leaders and government representatives to redefine relationships between the governments. It is also a means to address, define and protect the land, resource and governance rights of First Nations instead of having court-imposed decisions forced on these very important issues.

Here's what your Chief Treaty Negotiators had to say when asked why we are involved in the treaty process:

"Because the land question is no longer a question. Aboriginal Title exists and now is the time to negotiate something to resolve it. - Richard Watts, Tseshaht Chief Negotiator

"Because we couldn't get any recognition at all through these years regarding the land question. Under the Union of BC Chiefs we made a big push for land claims. It's also about our history; our Ha'wiih, their Ha-hulthi and the knowledge that it has always belonged to our Chiefs. It's about justice, that we need resources for our future generations and the hope that there will be economic independence by their time." - Simon Lucas, Hesquiaht Chief Negotiator

"The simple answer? The future of Nuu-chah-nulth lies with us and our fight to resolve the land question, we are fighting for our lands back for our people and future generations." - Nelson Keitlah, Ahousaht Chief Negotiator

Is the process working? Treaty planners regroup

By Denise August,
Ha-Shilth-Sa Reporter

Port Alberni – Nuu-chah-nulth Treaty Planners sat down for two days of hard work as they revisited the structure of their treaty teams, examined the roles and responsibilities of each member and discussed ways in which to improve the organization and process. Interim Treaty Technician, Michele Corfield explained this was not a treaty planning session but a strategic planning session for treaty.

Nuu-chah-nulth Treaty Planners sat down for two days of hard work as they revisited the structure of their treaty teams, examined the roles and responsibilities of each member and discussed ways in which to improve the organization and process.

Ahousaht Chief Negotiator Nelson Keitlah said the opening prayer followed by a welcome from Co-chair Archie Little. Tseshaht Chief Negotiator Richard Watts welcome delegates to their territory saying he hopes there will be a fruitful outcome. Condolences were expressed to Geraldine Tom's family after the loss of her father, Joe Edgar.

Corfield said Central Region Co-chair Shawn Atleo was not able to facilitate this session as planned because he is busy in Washington. The Strategic Planning workshop will go through as planned, she said, because it is necessary. "We will work on identifying roles and responsibilities of the delegates at the table and look for ways to improve the process," she explained.

The table, she said, would look at the

Tripartite Standing Committee, Mandate Working Groups and Drafting Groups and see if these things are still working for the table. There was a viewing of the DVD 'What's Right With the World?' by Dewitt Jones, a former photographer for National Geographic. It was an inspirational story that encouraged the viewer to see the positive side instead of focusing on the negative.

The delegation later split up into two discussion groups to talk about the roles and responsibilities of Co-chairs, Chief Negotiators, Living Away From Home Representatives and Technical Support in the Treaty Process.

With permission from Ehatesaht the treaty teams viewed a documentary of their late elder, Moses "The Old Buffalo" Smith. The show was made posthumously as a tribute to his memory. It consisted of interviews where Smith gave his views on the land question and treaty process. He described some Nuu-chah-nulth history and his interpretation of the words Ha'wiih and Ha-hulthi.

The delegation reconvened to share their views on the presentation. They talked about the importance of our history and culture and how it needs to be reflected somehow in a treaty.

In workgroups they shared ideas on how to streamline meetings by keeping order and managing time and the speaker's list. They talked about ways to save time, money, materials and supplies; making effective use resources; bring job descriptions/terms-of-references/roles & responsibilities up to date.

At the end of the two-day session Corfield congratulated the treaty teams for their dedication and hard work. "In all the years I've been involved with treaty I've never seen us work so hard and long and through breaks even."

Chiefs host NTC luncheon

By David Wiwchar
Ha-Shilth-Sa Reporter

Tsahabeh - NTC Directors and Chiefs invited their staff to a luncheon at Maht Mahs to thank them for all their hard work over the years.

"The Chiefs said it was time to recognize all the people at NTC who work so hard for the betterment of Nuu-chah-nulth communities and all Nuu-chah-nulth-aht," said Hesquiaht Chief Councillor Joe Tom. "You are a part of helping Nuu-chah-nulth to move forward and we thank you very much for the work that you do, and your focus on benefiting all Nuu-chah-nulth," he said.

"This is long overdue," said Uchucklesaht Chief Councillor Charlie Cootes Sr. "So often, political and HR issues affect the morale of staff. We care how you feel. Your work is much appreciated," he said.

Les Sam (Tseshaht), Keith Atleo (Ahousaht), and Walter Michael (Nuchatlaht) also gave their thanks to NTC staff.

"The Chiefs said it was time to recognize all the people at NTC who work so hard for the betterment of Nuu-chah-nulth communities and all Nuu-chah-nulth-aht," said Hesquiaht Chief Councillor Joe Tom.

NTC Nursing Supervisor Jeanette Watts was saluted for being awarded the BC Nursing Association Award of Excellence in Nursing Administration, and was presented with flowers from her staff.

Many NTC Managers and their staff members rose to thank the Chiefs for their kind words and for the luncheon.

**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.



Upcoming Meetings

**Treaty Planning, Feb 24-25, Somass Hall, 9 a.m. start time
Treaty Planning, March 8, Somass Hall, 9 a.m. start time**



Fisheries - ca-ca-tuk

Ehattis Oysters

By David Wiwchar
Ha-Shilth-Sa Reporter

Zeballos - "Oyster farming brings us back to our beaches to manage our resources and environment," said Steve John, as he hooks a series of cables onto a web of oyster-laden ropes in Little Espinoza Inlet. Across from the oyster farm, John points to the beach in front of their Klitsis Reserve where millions of clams have been seeded into the beach, and will be ready for harvest soon.

"Oyster farming brings us back to our beaches to manage our resources and environment," said Steve John.

The oysters are helping bring back other traditions, including eating tutsup (sea urchin); a dietary staple almost lost to hungry and healthy sea otter populations, but now stocks are returning in the areas near oyster farms where the urchins have shelter from predation. "The Elders really love it when we bring them a few big sea urchins," said John, who admits he hasn't quite developed the taste for tutsup yet.

The Ehattesaht First Nation has 7 tenures covering 55 hectares producing more than a million marketable oysters a year. The tenures cost more than \$65,000, and carry some irony. "We have to rent our land back," Smith said half-jokingly. "The Minister has the authority to give us a break, but we didn't even ask," he said, obviously determined to make their business a success despite bureaucratic hurdles and development costs.

At one site, fifteen 600' ropes stretch from dozens of blue bouys, and hundreds of 20' long smaller ropes hang down into the pristine northern waters, seeded with millions of oysters and the economic hopes of a Nation.

"We're trying to create work and opportunities for our members and make some money for the tribe," said Ehattesaht Chief Councilor Ernie Smith. Ehattesaht have invested \$800,000 into oyster farming over the past five years of operations, but are currently facing challenges in market conditions.

"The markets are flooded with oysters, so we're having a difficult time," said Smith. "With prices being down, we're just breaking even, so we're going to have to do something creative to help market our product," he said.

Global shellfish aquaculture production is valued at 13 billion (SCDN), and BC holds only 0.2% of that. According to Brian Kingzett in a recent article in *Northern Aquaculture* magazine, the shellfish aquaculture industry is suffering a death of a thousand cuts as



Steve John and Colin Calvert haul a string of their market-ready oysters out of Little Espinoza Inlet near Zeballos.

government fees, regulations, operational costs, and the rise of the Canadian dollar and its effect on the lucrative U.S. market.

With 3000 gallons of oysters ready to come out of the water, and another 4000 gallons ready for harvest soon after, Ehattesaht has hired a marketing firm to help them gain access to larger markets.

Ehattesaht also hired veteran oyster farmer Colin Calvert to manage their venture. With more than a decade of experience, and a farm of his own near Bligh Island, Calvert is helping steer Ehattis Oysters towards efficiency and profitability.

"We're trying to create work and opportunities for our members and make some money for the tribe," said Ehattesaht Chief Councilor Ernie Smith.

Calvert and John manage the farm sites, some of which are raft systems while others are bouyed ropes. Two people are employed at harvesting times, and six people work seeding.

Ehattis Oysters saves a lot of money by growing their own seed stock. The oysters are the prized Japanese pacific oysters demanded by consumers for their texture and taste. Once marketing plans are developed and put to work, Smith hopes Ehattis Oysters from the pristine waters of Northern Vancouver Island will take their deserved place at the head of the table.

Below, possible Ehattis Oyster logo



Nuu-chah-nulth fishermen met with BC Aboriginal Fisheries Commission leaders and Fisheries and Oceans Canada representatives last week to discuss the latest Wild Salmon Policy.

Wild Salmon Policy debated

By David Wiwchar
Ha-Shilth-Sa Reporter

Tsahahch - Nuu-chah-nulth fishermen met with BC Aboriginal Fisheries Commission leaders and Fisheries and Oceans Canada representatives last week to discuss the latest Wild Salmon Policy.

BC Aboriginal Fisheries Commission (BCAFC) co-chairs Arnie Narcisse, Ken Malloway and Ed Newman, along with advisor Mike Staley, gave an overview of the newly released draft policy and opened up discussions on its possible impact on First Nations. BCAFC organized the meeting at Somass Hall on Wednesday, February 9th, and other meetings around BC over the past few weeks, on behalf of Fisheries and Oceans Canada (DFO) in their desire to consult with First Nations on the draft Wild Salmon Policy.

"We're here to make sure Aboriginal voices and traditional knowledge are a part of our review process," said DFO's Mark Saunders. "We're trying to be proactive and get ahead of the curve because we want to make better decisions on fisheries management," he said.

"First Nations often talk about things as a whole. For far too long these processes have been independent bits, so we want to bring all different pieces

together," said DFO's Sandy Fraser. "We need to kick things into gear," he said.

After DFO representatives finished describing their proposed processes for managing salmon, NTC Fisheries Manager Dr. Don Hall commented on the striking similarity between their plans and the role of the West Coast Vancouver Island Aquatic Management Board. Saunders and Fraser said WCVIAMB is a model organization DFO has been studying.

"We're here to make sure Aboriginal voices and traditional knowledge are a part of our review process," said DFO's Mark Saunders. "We're trying to be proactive and get ahead of the curve because we want to make better decisions on fisheries management," he said.

The 20 Nuu-chah-nulth fishermen in attendance asked many questions of the DFO representatives, and offered their feedback on the policy during the consultation session.

Saunders said meetings will continue to happen throughout BC over the next few weeks, and information gathered will be used in drafting a final version of the policy which may be released by the end of the year.

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Elk vulnerable from lack of logging laws

By David Wiwchar
Ha-Shilth-Sa Reporter

The Vancouver Island Region Wildlife Management Society (VIRWMS) met last week at the Tseshaht Treaty Boardroom to discuss a number of very important wildlife management issues. Representatives from the BC Guide Outfitters Association, BC Wildlife Federation, BC Trappers Association, Conservation Officer Service, and BC Ministry of Water, Lands, and Air Protection Wildlife Branch, were joined by representatives from Tseshaht, Mowachaht / Muchalaht, Pacheedaht, Hamatla, Cape Mudge, and Lake Cowichan First Nations.

News of Weyerhaeuser's sale of coastal operations to Brascan was announced just before the meeting, which fit in perfectly with numerous points on the agenda regarding privately held lands within Tree Farm License (TFL) areas. "We need to fight for these areas," said BC Guide and Outfitters representative Mike Steeney. "Some of these private lands have the highest quality winter ranges. Some of the best wintering areas on the island were in the Beaufort Range, which is now logged off and there's nothing anybody could do," he said.

"Some of these private lands have the highest quality winter ranges. Some of the best wintering areas on the island were in the Beaufort Range, which is now logged off and there's nothing anybody could do," said Mike Steeney.

When private landholders such as Weyerhaeuser combined their lands with crown lands under the TFL, the provincial Forest Practices Code applied, and ungulate winter ranges, fisheries habitats, and other important areas were protected. Since Weyerhaeuser pulled their private lands back out of the TFL, those protections no longer existed, and the logging companies could conduct harvesting operations with few restrictions. "Ungulate [deer and elk] ranges are under threat, and we need to use our lobbying powers to deal with those concerns," said BC Guide and Outfitters representative Darren DeLuca. "You guys have the hammer on this one," he



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Heritage Salmon's troubled fish farms in Alberni Inlet are up for sale.

Heritage Salmon for sale

By David Wiwchar
Ha-Shilth-Sa Reporter

Battered and beleaguered Heritage Salmon is for sale after posting a \$178 million loss in 2004.

Heritage Salmon is a division of Canadian food conglomerate George Weston Ltd., which owns salmon farms in Canada, United States and Chile, including 16 salmon farms throughout BC, of which three are located in the Alberni Inlet.

Heritage directly employs 150 people at 13 fish farms in B.C. and supports about another 200 processing jobs, with the company making it clear its operations in this province will continue while it seeks a buyer.

Weston values its holdings in BC, New Brunswick and Maine at \$250 million, and industry analysts believe larger salmon aquaculture companies such as Norwegian-owned Cermaq, or New Brunswick-based Connors Brothers (Cloverleaf, Brunswick, Bumblebee brands) might consolidate Heritage Salmon with its worldwide salmon aquaculture holdings.

"George Weston Ltd.'s salmon business, once characterized as a lead weight around the company's neck, has been put up for sale — again — as the

Makah apply for another hunt

By David Wiwchar
Ha-Shilth-Sa Reporter

It's been six years since the Makah Nation celebrated the resumption of traditional whaling. Since then, an international coalition of animal protection activists has kept the issue tied up in courts, preventing Makah from landing any more than that first gray whale in May 1999.

"You get tired of fighting after a while," Makah Tribal Chairman Ben Johnson Jr. told a reporter from the *Seattle Post-Intelligencer*. "So now we're going to try it their way for a while," he said.

The Makah will be filing an application with the National Oceanic and Atmospheric Administration (the American version of Fisheries and Oceans Canada) seeking a waiver to the Marine Mammal Protection Act, a 30-

year old federal law preventing anyone in the U.S. from hunting or harming marine mammals such as whales.

Although no application has ever been successful in the history of the Act, Makah leaders are hopeful their 1855 treaty right, combined with science showing an abundance of 26,000 Pacific gray whales, will help their 55-page application pass through the court mandated governmental process.

Although the process could take two years to complete, the Makah are hopeful they will be able to return to their original plan of taking 20 whales over a five-year period, with no more than five whales taken in a single year. "We don't expect this to happen overnight. We just want to go whaling again. Whaling is our treaty right, and we see it as our way of life," said Johnson.

With files from the *Seattle P-I*

The Community and Human Services Board of Directors are sponsoring an

Elder's Gathering at Maht Mahs, Port Alberni

9:00 a.m. daily, doors open at 8:30 a.m.
Wednesday March 2nd - Lunch and Dinner Provided
Thursday March 3rd - Lunch and Dinner Provided
Friday March 4th - Lunch provided

Elders should call/see their individual First Nations for travel and/or accommodations as soon as possible; the CHS Board will send information to First Nations.
For more information contact
Helen Dick, Simon Read or Anna Masso @ 724-5757.

Ditidaht signs forestry agreement

The Government of BC has signed a \$1.6 million forestry agreement with the Ditidaht First Nation, providing revenue, timber access and new economic opportunities.

"We have worked hard to build our sawmill operation into a strong and viable business," said Ditidaht Chief Councillor Jack Thompson. "The timber and revenue in this agreement will help ensure that business will flourish for many years to come, providing jobs for our workers and greater security for our community," he said.

The Government of BC has signed a \$1.6 million forestry agreement with the Ditidaht First Nation, providing revenue, timber access and new economic opportunities.

The agreement provides Ditidaht First Nation with access to a total of 173,250 cubic metres of timber, and \$1,609,280 in revenue sharing over five years. Of the volume in today's agreement, 76,265 cubic metres will be immediately available in Tree Farm License #44. The remainder will come from Tree Farm Licenses #44 and #46 on southwest Vancouver Island once the province-wide timber reallocation process is complete. Under the Forestry Revitalization Plan, government committed to reallocate timber to communities, woodlot operators and First Nations to diversify the forest economy.

"Together with the timber awarded in January 2003, today's agreement provides the Ditidaht First Nation with a solid foundation for their forestry operations in the Alberni region," said

Alberni Qualicum MLA Gillian Trumper. "This translates into jobs and with it, brighter economic prospects for everyone in the region," she said. "We promised to increase First Nations involvement in B.C.'s forest sector, and we're doing just that," said de Jong. "We have provided more than 13 million cubic metres of timber and \$84 million in revenue sharing to 85 First Nations over the term of their agreements. Through co-operation and negotiation, we are building a strong and diverse forest sector that meaningfully includes B.C.'s First Nations."

In January 2003, the Ditidaht and Pacheedaht First Nations received a direct award of 300,000 cubic metres over seven years within Tree Farm License #46. With this agreement, the Province receives acknowledgement from the Ditidaht First Nation that the economic benefits are a workable interim accommodation with respect to the economic component of potential infringements of their aboriginal interests regarding forestry decisions and operations. The agreement also sets out a streamlined consultation process and provides certainty to forest operations within the band's asserted traditional territories.

Since September 2002, government has signed agreements with 85 First Nations (including Tseshaht, Uchueleet, Toquaht, Huu-ay-aht, and Uchucklesaht) providing a total of \$84.6 million and 13.3 million cubic metres of timber over the term of the agreements. In the February 2004 throne speech, the Province reiterated its commitment to sharing revenues, building new relationships and opening up new opportunities for First Nations in forestry.

BC Budget lacks First Nations component

By David Wiwchar
Ha-Shilth-Sa Reporter

Victoria - The BC Liberal Government's pre-election budget had no news for First Nations, other than more cutbacks.

The only mention of treaty negotiations Finance Minister Gary Collins' presentation was: "The government is committed to negotiating affordable, working treaties with First Nations that provide certainty regarding ownership and use of provincial Crown land and resources. The province has concluded Agreements-in-Principle with the Lheidli T'enneh, Maa-nulth, Sliammon, Snuneymuxw and Tsawwassen First Nations and is seeking to reach early Final Agreements with these First

Nations and the federal government. The province will therefore focus resources on key opportunities in order to reach final settlements with these First Nations and Canada. Outcomes of negotiations may ultimately affect the economic outlook and the fiscal plan when settlements are concluded."

The actual service plan and budget for the BC Treaty Negotiations Office (BCTNO) will be reduced over the next three years by \$7 million dollars, as economic development funding has been removed from the BCTNO budget.

The 2004/05 negotiations budget was \$24 million. That budget will be reduced by 28% to \$17.2 million, and reduced again in 2007/08 to \$16.9 million. BCTNO staff levels remain unchanged at 88 full-time personnel.

RCMP investigate claims

By David Wiwchar
Ha-Shilth-Sa Reporter

Campbell River - The Royal Canadian Mounted Police (RCMP) have launched an internal investigation into allegations made by Nuu-chah-nulth members living in Campbell River complaining of police abuses.

The investigation was launched after a story in the January 13th issue of *Ha-Shilth-Sa* quoted numerous Nuu-chah-nulth residents of Campbell River who claimed they were beaten and threatened by local RCMP Officers.

The RCMP have launched an internal investigation into allegations made by Nuu-chah-nulth members living in Campbell River complaining of police abuses.

"There's some strong allegations there," Campbell River RCMP Inspector Larry Stright told reporter Dan MacLennan from the *North Islander* newspaper. "They're talking about racial profiling and abuse at the hands of the local RCMP detachment. Those are a concern

to me," he said. "I disagree with those comments, but where they have raised that issue of mistrust, to be open and transparent I believe that it's a serious enough concern that I want somebody from the outside of the detachment taking a look at the allegations."

The investigation is being conducted by Staff Sergeant Tim Bain from RCMP Island District headquarters in Victoria, who will be interviewing complainants, and filing his report to the district office when completed in a couple of months.

Steve Jules, one of the complainants in the original *Ha-Shilth-Sa* investigation, said he has yet to be contacted by Staff Sergeant Bain, or any other RCMP member.

Northern Region Co-chair Archie Little met with Campbell River Staff Sergeant Doug Greep and told him Nuu-chah-nulth are watching the situation very carefully.

"They say they have a good relationship with the Campbell River First Nations and that's fine, but we want them to be aware of all our Nuu-chah-nulth-ah who live away from home in Campbell River," said Little. "We're not going to take anything lying down. We'll be watching," he said.

Brascan buys Weyerhaeuser ... continued from page 1

Forests now has to approve the transfer of the licenses, which is when consultations could occur. Hupacasath will be meeting with Brascan managing partner Reid Carter this week, but no meetings with MoF have been scheduled yet. Brascan will take over Weyerhaeuser's 49% share in Iisaak Forest Resources, and will take over ownership of west coast Vancouver Island's Alberni Pacific and Somass Sawmill, as well as West Island Timberlands operations.

Brascan will take over Weyerhaeuser's 49% share in Iisaak Forest Resources, and will take over ownership of west coast Vancouver Island's Alberni Pacific and Somass Sawmill, as well as West Island Timberlands operations.

Brascan currently controls 1.4 million acres of timberland in Maine, New Brunswick and Brazil, and has more than 30 years experience operating within the timber sector. Brascan recently purchased Duncan-based Doman Forest Products, and has shares in

other Vancouver Island logging companies.

Forestry analysts predict the sawmills will be off-loaded to Western Forest Products, and private timberlands, located mainly on Vancouver Island, would be folded into a Brascan investment trust called Timberlands Investment Management Organization headed by Reid Carter.

Weyerhaeuser purchased the coastal forests operation from MacMillan Bloedel five years ago at a cost of \$3.59 billion. According to Weyerhaeuser spokesperson Sarah Goodman, the company will keep many of the former M&B assets purchased in 1999 such as OSB mills, containerboard plants, and packaging mills throughout Canada and the U.S.

Weyerhaeuser is selling assets to reduce debt that reached \$10.6 billion at the end of last year.

Weyerhaeuser expects to complete the sale in the second quarter. The transaction is not conditional on financing, but is subject to governmental regulatory approvals.

Education - ھا-ھو-پا Message of hope to our people

Submitted by Kelly John,
for Ha-Shilth-Sa

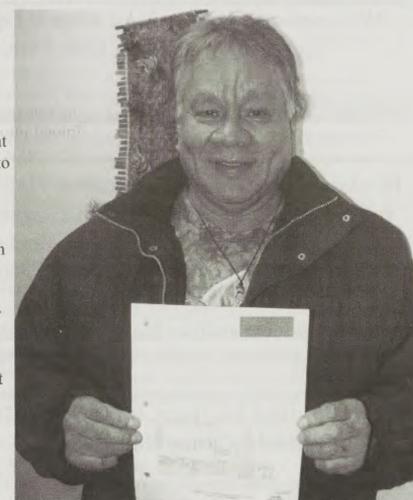
Feb.03, 2005 - This is a message of hope to our people who attended Christie Indian Residential School. I have just finished my hearing with the lawyers from the government and the Roman Catholic Church. This has been a trying time for me in my life as this was a time where I had to be very descriptive about the many forms of the abuses that I had endured from the supervisors while I was a student at Christie school. There was much damaging evidence I gave about all the effects that I suffered at the school. The hurts and the pain, that I had gone through in my time there, and all the after effects in my life from the damages that I got there. The losses that I suffered, that would affect me in my life after all those horrendous years that I was there. The loss of identity, the loss of language where I was punished. There are many points in my life one of them being that I was not able to be with my family my younger brother who we were made out to be and taught to be enemies.

To my sisters that I was not able to be with this had such a negative effect on me that I didn't know how to be a brother to them and vice versa. Our family structure was destroyed. We were ripped apart literally when we first stepped foot on the beach at Christie school. This was to the last time that I would know my sister. As, we would become strangers. Even though, we were from the same family. When we finally were able to go home for the summer holidays. This family relation was totally destroyed as the years went on.

One of the other, major parts, of my failure throughout the years, that played a big part of my dysfunction was that I had been taught that I was a stupid Indian and that I would always be a failure and

never succeed at anything I do. That I would always fail at anything I do and that I was hopeless and stupid. During my hearing I kept echoing that was over and over again all thru out the years that I am stupid. It was then that I was told that I had good grades. This is one of the things that we never got to see was our report cards while we were in that residential school.

Little did I know that I was doing ok? To day I am going to frame that report card and hang it in the house where everybody can see it. Today is another new beginning for me and that I know that my healing has started a new day for me where I can start to deal with all that negative stuff that I had in my life and start to move on. Time to turn the page, and start a whole new fresh chapter in my life. Today I am enrolled in the North Island College and to fulfill my dreams of getting my education that seemed so impossible before. And I have applied to go to Malaspina in Nanaimo. DREAMS DO COME TRUE. WE CAN DO IT. EVERYTHING IS WITHIN REACH.LETS GO FOR IT. I thank the Creator for the gift of life. Kleco, Kleco Love you all, DAD



Kelly John proudly displays his recently revealed report card from Christie Indian Residential School.



Here is a picture of Dillinger Williams with his play dough dinosaurs. Dillinger's favorite dinosaur is the Suchomimus, and he can pronounce it too! Dillinger sculpted his own dinosaur and named it LongTail. Submitted by Bamfield Community School. With permission from Dillinger's Mom.

Gold River Secondary School (GRSS) News from up north

By Marg Amos, Nuu-chah-nulth
Education Worker

Each year we promote the science and math for our students and by doing this we encourage their success in the class and give the support for each individual student that are needing the support in a variety of ways.

I apply to the school age math and science award program, which is sponsored by the Chiefs Health Careers Initiatives. A submission is made by the end of June and the draw is made during the summer.

There are five regional groups represented in the province. A total of 26 names are randomly drawn from each regional group for a total of 130 awards. A cheque in the amount of \$150.00 is awarded to a student who has successfully completed a math / science course if randomly selected.

This last school term we had two students who received an award and the were Hilary Savey and Samantha Johnson, we had 25 students who took part in this and it has helped as an incentive for the student.

We are very proud of the achievements of our students in the first term and as it was mentioned that this may be a record of the number of students on our honour role:

Grade 8: Charmaine John, Norma Johnson, Tanya Mark, Francis Savey, Raven Wilson.
Grade 9: She-wi-Eaglefeather.
Grade 10: Cindy Johnson, Francine

Savey.
Grade 11: Leah Williams
Grade 12: Hilary Savey.

The school policy prevents students from being recognized on the honour roll regardless of the grade point average if they have a failure or an incomplete on their report card.

Report cards came out on February 11, 2005 and let's see additional names to the honour roll. Congratulations! A job well done!

We have seen so many changes in the way we deal with the issues of the students on a daily basis.

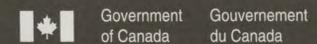
It is amazing to see the growth of each individual separately and to see that the Mentor Program has played a big part of this.

We have so many people from all walks of life that mentor our students on a weekly basis and it is all volunteer work.

We as a school have been working on becoming more aware of good eating habits and so by doing this we invite facilitators to our school and talk about it.

PAC has played a big part in this by their involvement with preparing a nutrient for the students before the exams every day and all the parent volunteers that come to the school.

We are now into planning the Cultural Week Awareness and it will be on March 7th to March 11th. Happy Valentines to everyone in our school. Choo!



Important Notice to Employers Need summer help? Hire a student!

The Summer Career Placements initiative, a key element of the Government of Canada's Youth Employment Strategy, provides wage subsidies to help employers hire students for 6 to 16 weeks during the summer. Private, public and not-for-profit employers are invited to submit their application by:

Friday, April 1, 2005

This initiative aims to provide students with work experience related to their field of study. Applications will be assessed based on the eligibility criteria, regional and local priorities, the quality of the work experience offered, as well as budget availability.

To apply or to find out more about this initiative, please contact the nearest Human Resource Centre of Canada or call 1 800 935-5555.

Or visit www.youth.gc.ca and click on *Employers*.



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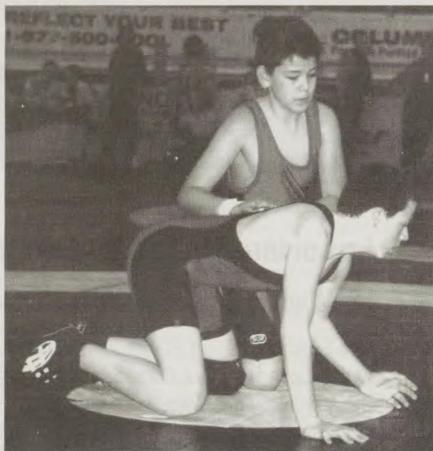
2nd Floor, 4445 Gertrude St.
Port Alberni, B.C. V9Y 6J7

Sports - 7im-čap-mis



11-year old Kyle Corfield continued his winning ways last year, and is the top BMX rider in both BC and Canada in his age group, on both 20" and 24" BMX bikes. Kyle won four #1 plates at competitions in Kelowna, Chilliwack, and Edmonton, and also brought home world placing plates. At races in Santa Clara CA and Pasco WA, Kyle placed 5th in the world championships in his age group on the 20" bikes, and 6th in the 24". "His hard work and dedication has paid off, and we're really proud of him," said his mother Michelle Corfield. Kyle hopes to one day ride in the Tour de France.

Young Nuu-cha-nulth wrestlers performed admirably against fellow wrestlers from around BC at the Alberni Invitational Wrestling Tournament, held earlier this month at the AV Multiplex. Here, 11-year old Ricky Watts from EJ Dunn school, advances to next round after beating an opponent from Vancouver.



Tournaments

Change of Date: Ahousaht Islanders Tournament In Memory of "Late Aaron Campbell Jr" Postponed

From February 4-6, to new date
February 25 -27, 2005

Maht Mahs Gym Port Alberni BC

Contact : Gena Swan 250-670-9691 home
Larry Swan 250-670-9535 work... for further information

Basketball Tournament - Gold River Tsaxana Reserve
February 26th, 27th, March 26th, 27th, April 23rd, 24th

7 players per team. \$10 per player. 1 girl on floor at all times
13 years - 17 years mixed - \$3 per player. 18 years and over - \$5 per player. Cash payout for 1st & 2nd place. Depends on how many teams there will be for the prizes. Come out and support GRSS Grad students.

Darlene Haipee Memorial Bike Ride is hosting a 3 on 3 Basketball Tournament March 5 & 6, 2005 at Ditidaht Community School.

Starting at 10 a.m. Age groups: March 5: 8 years - 12 years mixed - \$1 per player. 13 years - 17 years mixed - \$3 per player. 18 years and over - \$5 per player. Cash payout for 1st & 2nd place. March 6: Mixed tournament - Entry fee \$25. Cash payout for 1st & 2nd place. Contact Phyllis Shaw @ 250-745-3876 (home).

Annual Shorty Frank Open Co-Ed Basketball Tournament - March 5th & 6th

Wickaninnish Community School, Tofino, B.C.
\$350 Entry Fee ~ Cash Prizes (Based on 10 Teams)
1st Place: \$1200.00 ~ 2nd Place: \$550.00 ~ 3rd Place: \$300.00
MVP Awards (1 Male and 1 Female), all-stars Trophy's, etc.
Team Roster due February 28, 2005. Entry Fee due before first game.
For rules, roster and questions please contact Nellie Atleo at (H) 250-725-3495 or (C) 250-726-6047, or leave a message, or feel free to email me @ nellie_atleo@hotmail.com.

Wickaninnish Hawks First Annual Open Basketball Tournament - March 18th, 19th, and 20th

Maht Mahs Gym, Port Alberni
\$350. Entry Fee ~ 1st Place \$1000. based on 10 teams.
\$100. deposit due by March 11, 2005. Entry fee due before first game.
Contact Bob Rupert 250-723-5647 or Ivan Thomas 604-924-220-0249

Hockey Tournament Fundraiser Flea Market/Loonie toonie auction at Hupacasath House of Gathering, 5500 Ahahswinis Drive, Port Alberni
Saturday, March 19, 2005
10 am to 4:00 pm

Loonie/toonie auction **Main prize=DVD/VCR recorder**
New/used treasures, crafts, artwork, baking and much more!

You're Invited To Train, Race & Try To Beat Us in the Opitsaht Canoe Races May 21 - 22, 2005.

Possibly May 23rd depending on registration. Only 3 Months to Go!
So BE READY & BE THERE! 1st Prize - Traditional Dug-out Chuputz. Camping available. For more info contact Arnold Frank 725-8094 or 725-3186 or Ivy Martin at 725-2299, or Moses Martin or Carla Moss at 725-2765.

Landslides reveal dangers of industry self-regulation

By David Wivchar
Ha-Shilth-Sa Reporter

West Coast First Nations have uncovered a huge hole in government bureaucracy that illustrates the dangers of industry self-regulation.

Huu-ay-aht and Ditidaht forestry workers documented 20 landslides in their territories after recent heavy rains. Landslides up to 1.5 kilometres in length have put fisheries enhancement projects in jeopardy, and are raising concerns about hillside stability in logging areas.

Huu-ay-aht Chief Councillor Robert Dennis said his Nation has spent \$300,000 a year for the past ten years on salmon enhancement, and those projects could be wiped out if something isn't done.

"The province hired people to do terrain assessments, and we've been asking for those reports to no avail," said Dennis. "We want to know what BC and Weyerhaeuser are going to do about these landslides, why there is harvesting like crazy where there is terrain instability, and why there is no money for hillside stabilization," he said.

Huu-ay-aht forestry consultant Heath Krevesky surveyed the damage to some streams, saying trees and roots were stacked 15 feet high, and mud and silt-laden run-off was coating gravel spawning beds, possibly destroying incubating salmon eggs.

"Harvest plans are not taking unstable lands into consideration, and this is compromising fish habitats," said Krevesky. "It's shoddy logging at the expense of other resources," he said.

According to Krevesky, a 1.5 kilometer long slide came down one hillside straight into the Darling River, blocking a mainline logging road and dumping tons of dirt into the river. After clearing off the road, Krevesky said logging company contractors "haphazardly tried to clean out the stream with an excavator", but he fears they did even more damage as a result.

Krevesky is also concerned terrain analysts fail to take into account the heavy rains that often occur in the winter months when they do their assessments. "It rained 800 millimeters in five days just before the landslides, and although that seems like a lot of rain, it's fairly normal out here," he said.

According to Ministry of Forests District Manager Jack Dryburgh and Compliance and Enforcement supervisor Al Cross, the slides are under review



A landslide descended 1.5 km down a mountainside across a logging road, and into the Darling River near Bamfield last month, raising concerns about Weyerhaeuser's terrain stability reports.

and investigation, so they could not comment on the investigation specifically. "We will determine the cause and if legislation was complied with," said Dryburgh. Dryburgh claimed the Ministry of Forests does not see the terrain assessment reports, which are the responsibility of the leaseholder. But it is the responsibility of MoF to approve harvest plans. How MoF can approve logging plans without appropriate information on terrain stability remains an outstanding question.

Hayes Forestry holds the terrain assessment reports on Weyerhaeuser's behalf, and according to Weyerhaeuser Operational Planner Mike Davis, the province entrusts companies to comply with basic rules and make sure they're being followed. "They're relying on the professional Foresters qualifications, and if there's an issue the professional association can be brought in," he said.

Our request to see the terrain assessment reports caused a flurry of e-mails over the weekend as Weyerhaeuser officials scrambled to determine whether they were legally required to share the information. As of press-time, Weyerhaeuser had still not returned our calls.

Investment Strategies: Pay Yourself First

One of the key rules of investing is to "pay yourself first." Unfortunately, it's a rule that many of us repeatedly ignore. Fortunately, though, there is a simple and effective solution to this problem.

Any disciplined investment program begins with savings and the key to reserving money for your future is to view those savings as an expense.

This means that you must put aside a pre-determined amount of money each month to pay yourself. These funds become a regular expense like rent, mortgage payments or bills. How do you do this? Consider setting up a Pre-Authorized Chequing (PAC) plan.

With a PAC plan, a predetermined amount of money is automatically transferred from your chequing account to any one of your investment accounts.

The minimum amount may vary from as little as \$50 to \$250 and you can increase this amount at your

convenience. Most withdrawals can be initiated monthly, quarterly or semi-annually. They can be debited from your chequing account on either the middle or last business day of the chosen interval.

One of the most common applications of the PAC plan is to facilitate RRSP contributions.

Many investors struggle every year around the RRSP deadline to come up with a lump-sum contribution.

However, with a PAC plan, you can contribute smaller, more manageable sums throughout the year. And because it's important to make your maximum contribution each year, the PAC plan can make that goal more achievable.

For further details on how you can benefit from this service, or to set up a PAC plan, contact a CIBC Wood Gundy Investment Advisor.

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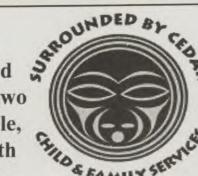
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On January 24, 2005, Surrounded By Cedar began to reconnect our Aboriginal children to their families, communities and cultures. That day marked the first time two of our staff members, Jennifer and Michele, traveled from Victoria to Powell River with two children to their home community of Sliammon. That day our children met over 100 family and community members.

You can help us bring more children home by purchasing a "Surrounded By Cedar Bear" Individual minimum donation \$25. Agency or Society minimum donation \$100. Income tax receipts available on request. All money raised will help cover transportation costs for our children and families. Please contact Darren @ 383-2990 to make your donation.



WHAT'S YOUR SIGN?



Port Alberni Friendship Centre ~ March Announcements

By David A. Watts Jr
Communications & Public Relations
Officer

FNYR CAREER FAIR

On Friday, March 4th, 2005 from 9 a.m. to 2 p.m. the Port Alberni Friendship Centre hosts its annual First Nations Youth Resources Career Fair. This career fair is open to everyone from all walks of life to visit different career booths and explore various career options. **FREE** Hotdogs and various other refreshments available during the day.

SPRING BREAK YOUTH CONFERENCE

From March 22nd to March 26th, 2005 is Port Alberni Friendship Centre's Annual Spring Break Youth Conference. This conference is for youth between the ages of 12 and 24. This Youth Conference if going to be loaded with educational and recreational activity. Registration for this youth conference is on Monday, March 21st, 2005 from 10 a.m. to 2 p.m. (See Front Desk) although, early registration is allowed. A Much Music Video Dance is also attached to this conference on Friday, March 25th, 2005 from 8 p.m. to midnight. **Registration is free!**

ELDER'S ACTIVITIES/EVENTS

On Tuesday, March 15th, 2005 is the Elder's regularly schedule Luncheon at noon. Elder's Bowling is on Thursday, March 31st, 2005 from 7 p.m. to 9 p.m. On Wednesday, March 9th, 2005 @ 4:30 p.m. is Port Alberni Friendship Centre's regularly schedule Community Dinner at Clutesi Hall.

YOUTH ACTIVITIES

Drop-In/DVD Nights: Every Wednesday on the 2nd, 9th, 16th, and 30th of March from 6:30 p.m. to 10 p.m.
Youth Drop-In: Every Thursday and Friday on the 3rd, 4th, 10th, 11th, 17th, 18th, 31st of March and on Saturday, March 12th, 2005 from 6:30 p.m. to 10 p.m.

Butt/Pour it Out: (FUN & PRIZES)

Every Wednesday of March except on March 23rd, 2005 from 7 p.m. to 9 p.m. is our Youth Butt/Pour it out program. Butt it out is our Kic the Nic program for youth. Pour it out is an alcohol awareness program for youth as well.
Nights Alive Night: Saturday, March 5th, 2005 from 9:30 to Midnight.

KID'S ACTIVITY

Video Nights: Every Wednesday in March except on March 23rd is our Kid's Video nights from 7 p.m. to 9 p.m.
Make Chocolate Bunnies: On

Wednesday, March 16th, 2005 from 7 p.m. to 9 p.m. kids are welcome to make Chocolate bunnies.

Making Hot Dogs & Chips: Thursday, March 10th, 2005 from 7 p.m. to 9 p.m.

Making Easter Chicks: Thursday, March 17th, 2005 from 1 p.m. to 3 p.m.

Marking Easter Eggs: Friday, March 18th, 2005 from 7 p.m. to 9 p.m.

FAMILY NIGHTS

Game, Play "Scene it" DVD Games: Friday, March 4th, 2005 from 7 p.m. to 9 p.m.

Play Volley Ball: Come out and play Volley Ball on Saturday, March 5th, 2005 from 1 p.m. to 3 p.m.

Cultural Speaker, "Coming of Age": Friday, March 11, 2005 from 7 p.m. to 9 p.m.

Trout Fishing: Saturday, March 12th 2005 from 1 p.m. to 3:30 p.m.

Play Ball Hockey: Friday, March 18th, 2005 from 7 p.m. to 9 p.m.

OVER AT KNEE-WAAS

3455 4th Avenue.

Immunizations: Every Monday of March Knee-Waas offers Immunizations from 10 a.m. to NOON. Except on Monday, March 28th, 2005.

Brighter Futures: Every Tuesday of March is Brighter Futures from 9 a.m. to 4 p.m. Except for March 22nd, 2005.

Little Bear Legends: Every Wednesday is Little Bear Legends from 1:30 p.m. to 2:30 p.m.

Parent Circle: On March 3rd, 2005 is Decorating Flower Pots activity, March 10th, 2005 is our Planting seeds, and March 31st, 2005 is our Spring Clean up activities for our Parent Circle events from 1:30 p.m. to 2:30 p.m. each Thursday of March.

Easter Party: Knee-Waas is hosting its Easter Party on Friday, March 18th, 2005 from 1:00 p.m. to 2:30 p.m.

F.A.S. Workshop: With Mark Sutherland on Friday, March 11th, 2005 from 9:00 a.m. to 3:00 p.m.

Family Fun Time: Traditional Language and Activities on Friday, March 4th, 2005 and Easter Crafts on Friday, March 18th, 2005 as our activities for our Family Fun Time activities.

Prenatal/Postnatal: with Liz Thompsen every Monday of March except on March 28th, 2005 from 1:30 to 2:30 p.m.

PACF'S YOUTH CENTER DEVELOPMENT PLANS

Did you know the Port Alberni Friendship Centre has plans to build a youth centre for Urban Youth in the Alberni Valley? WE ARE, FOR YOU!

The Port Alberni Friendship Centre has purchased a building directly next door to the Port Alberni Friendship Centre on



Winston Joseph and First Nation Youth Workers. Winston is PACF's Adventures and Attitude Worker that works with our youth

the corner of 4th Avenue and Burde Street. Although no dates have been set to its creation, but is in the works. The PACF is currently researching core funding for the centre and renovation money. Be patient with us!

RENOVATIONS

Did you know PACF is getting a new roof and a new heating system? Over the next several months you will notice a construction crew doing our new roof and new heating/vent system! The Centre's new roof and heating system will provide efficient heat and air



2004 Youth Conference

conditioned services to its Port Alberni Clients, thus creating a comfortable environment for staff.

TO ALL TLA-O-QUI-AHT FIRST NATIONS MEMBERS

Hello everyone, I am working as the Indian Registry Administrator (back up) I would like to update my mailing list, may you please call it in to me at the office either fax or mail would be greatly appreciated. Are you and / or children registered? If your newborn baby has not been registered yet I need a copy of the large birth certificate and register. Also if there are any deaths, marriages, and divorces I would like the proper certificates brought in so I can register them as well.

*Yes I do issue status cards from my office in Optsahit
Any questions please call me at work 725-3233 / fax 725-4233
Thank you. Hazel Curley (TFN IRA)*

Non-Insured Health Benefits Program - N I H B

Medical Supplies and Equipment Program

Specific Medical Supplies and Equipment are available to registered First Nations & Inuit for personal use when all of the following criteria are met:

- The item is on the NIHB Medical Supplies & Equipment List;
- Prior approval, if required, is granted by NIHB;
- The item is not available to clients through other federal, provincial or other third party plan; and
- The benefit is supplied by a recognized pharmacy or medical supply & equipment provider.

The following process for obtaining Prior Approval is currently in place:

- Client received prescription from authorized prescriber
 - Client is assessed for medical equipment/supplies by health professional
 - Health professional prepares assessment results and recommends supplies & equipment
 - Client takes assessment to provider and selects products
 - Medical Supplies & Equipment provider completes paperwork (outlining client info, benefits requested & costs) & faxes request, assessment and prescription to NIHB for Prior Approval
 - First Nations and Inuit Health Branch- (FNIHB) reviews request and determines eligibility based on program guidelines
 - If necessary, NIHB refers request to Medical Consultant for professional opinion on medical requirements
 - NIHB faxes letter confirming benefits approved to Medical Supplies and Equipment provider
 - Client receives supplies/equipment and signs form confirming receipt of product
 - Provider completes claims form & mails to claims payer for payment
- Questions or queries may be addressed through your community health centre (Community Health Representative- CHR), First Nations and Inuit Health Branch @ 1-800-317-7878, or NTC CHS NIHB Program Department @ 1-888-407-4888 - locally @ 724-5757.

Any denials may be addressed by an appeal process, contact the above offices for further information

Submitted by R. Cluett, CD - NTC CHS NIHB Department Coordinator



PACF hosts an Elder's Luncheon once a month.

KUU-US Crisis Line Society

Submitted by Elia-Nicholson-Nave,
Executive Director
for Ha-Shilth-Sa

The KUU-US Crisis Line Society was formed from a concern of various Nuu-chah-nulth people over the amount of suicides that were occurring with youth. Out of this concern a community meeting was held with first responders, counsellors and Nuu-chah-nulth members to address gaps in service for those in crisis. From this meeting this 24hr Crisis Center was formed.

The KUU-US Crisis Line has been in operation now for over 11 years. The Crisis Center services Port Alberni, Bamfield and the West Coast of Vancouver Island as well as provincial access for aboriginal people.

A pilot project currently established at the Crisis Center is the A.H.R.I (Aboriginal Homelessness Response Initiative). This program assists those that are homeless or at risk of being homeless. Access for this service is through the adult line.

The Crisis Center is unique from other crisis lines in that it has an Adult Line and a Teen Line with toll-free access for those long distance areas. Besides taking incoming crisis calls, this center also provides follow-up monitoring calls to those at risk. There is also a mobile outreach service that has immediate availability for those living in Port Alberni. Both the phone line service and outreach service is 24hrs.

People utilize the Crisis Center for many reasons. Some individuals need access and information to resources and referral agencies, others call for assistance in problem solving, mediation or conflict resolution. There are also others that workers provide suicide assessments on. People call themselves or about others that are going through difficulties. Those that call concerned about others are deemed 3rd party callers (calls in this nature are usually around reporting about a child's welfare, trying to arrange a family intervention for someone who has an addiction or needing guidance and an assessment on someone who is believed to be suicidal....).

Calls that workers at the center deal with vary in issue and level of severity. Some crisis' deal with relationship/marriage/family problems and mental/physical concerns through to employment/financial hardships, abuse/assault issues and grief/loss topics, to name a few. The context varies for each individual for example;

- 1) Relationship/marriage/family problems may consist of break-ups, separations, divorce, parenting skills, sibling rivalry, communication difficulties....
- 2) Mental /physical concerns may consist of undiagnosed or diagnosed mental health conditions, those in a

psychotic episode, suicide attempts/completions, those dealing with health issues, terminal illnesses....

- 3) Employment/financial hardships may consist of job loss, limited income, those needing housing/food/clothing and concerns about future projections
- 4) Abuse/assault issues may consist of recent/historical sexual/physical/mental abuse, date/spousal rape, criminal acts, victims, abusers, child welfare, addictions....
- 5) Grief/loss topics may consist of the expected or unexpected loss of a loved one, loneliness, those isolated....

Regardless of the crisis, calls are handled accordingly. For regular calls workers provide a listening non-judgmental ear, problem solve and give appropriate referrals to the callers issues. For those calls that are of a risk nature, workers provide emotional stabilization, mediation, conflict resolution, risk assessment and if needed intervene where necessary.

One such service that assists those "at risk" is the 24hr Crisis Response Mobile Outreach service. If deemed necessary by the phone line worker handling the particular call that outreach is appropriate, then specialized workers will be called out. In order to provide one on one support, outreach can attend to any location whether that be a callers home, agency or hospital. Workers work in teams of 2-8 depending on the nature of the call. For individual or family assistance 2 workers will be sent for support, assessments, mediation or conflict resolution. In terms of a traumatic incident that affects the community, teams of 4-8 would be sent to deal with critical incident debriefing and defusing. Anyone can request the outreach service (individual, agency, band).

Remember what is a crisis is based on the callers perception. The workers are caring people who are there to help through difficulties no matter how minimal or severe that it seems. The 24hr Crisis Center is there 7 days a week, 365 days a year. Whatever point the crisis is, it is never too late to reach out for help. On average 400 people utilize this service each month. To access the crisis phone service or crisis response mobile outreach call ADULT Line 723-4050 or TEEN Line 723-2040. For those calling long distance the toll free line is 1-800-KUU-US-17 (1-800-588-8717). If you are calling from a payphone tell the operator you are in crisis and they will patch you through free of charge. From this system we also take collect calls.

Remember

"HELP IS ONLY A PHONE CALL AWAY"...

COMMUNITY ANNOUNCEMENT

Film Cowichan and Cowichan Theatre are presenting the Cowichan Aboriginal Film Festival at the Cowichan Theatre March 10, 11, 12 in Duncan, B.C. Highlights include film screenings, VIP reception and meet the artists, film workshops with some of Canada's premier aboriginal filmmakers, aboriginal art, and dance. For more information, www.aff.cowichan.net or call Film Cowichan 250-746-7950.

Cowichan Ticket Centre: 250-748-7529.

Everfresh Auto Finance welcomes

Jack Little to their team

Nanaimo - Are you in need of a used car? Have you been turned down for a loan at the bank or at a car dealer recently? If you are one of these people, Everfresh Auto Finance may be your answer. Bob Melvor, manager of Everfresh Auto Finance would like to introduce and welcome Jack Little Sr. to their team, as Everfresh Auto Finance has recently hired him.

Jack, as many Nuu-chah-nulth and First Nation's communities know is well known. He is originally from Ahousaht. He has worked in various capacities for the Nuu-chah-nulth Tribal Council and other First Nation Organizations over the years. Over the many years Jack has established a rapport with many people from the respective communities. He is known to be a reliable and dedicated worker.

Everfresh Auto Finance has been in the used car business since August of 2004. They are located at 1935 Island Diesel Way, just off of Bowen Road in Nanaimo. Recently Bob sent out an Employment Opportunity to First Nation's offices. "We are looking for an energetic, outgoing, First Nation's representative to source clients for vehicle financing within First Nation's Communities. The person we are looking for ideally will be well known and respected in their respective community" Bob said.

Bob, who is the manager of Everfresh, has an extensive background in Auto sales. He works with Greg Gilbert and Tom Biggs. Although the company may be fairly new Bob, Greg and Tom bring a wealth of experience and knowledge of the Auto and Finance Industry. They previously have worked at the Tom Harris Dealership of GM, Chevrolet & Pontiac, Kia and Mitsubishi Dealers in Nanaimo. Between them they bring forty years of experience to the new company. The Company has had good results in the Nanaimo, Duncan and Victoria area. Peter Johnny from Cowichan. There is a tremendous opportunity for growth. Jack

has been hired on to work with the West Coast Communities of the Nuu-chah-nulth. "I am very excited to have an opportunity to once again work closely with our people from our respective communities. To all of my friends, colleagues and especially family and extended family, I would welcome the opportunity to offer Everfresh Auto Finance to assist you in your purchase of your next vehicle" Jack said.

To date, Everfresh has had an excellent success ratio. Bob, Greg and Tom work very hard for each of their potential client. Their efforts have paid off as there is about an 80% plus success ratio. They as well as the company understands that their clients in one way or another may have come across financial difficulty. They would like to give their customers another chance.

Each vehicle goes through a safety inspection and also comes with warranty coverage on the vehicle. Generally speaking after an application is forwarded to the company an answer will be given within 24 hours. With the experience of the sales team, Bob, Greg and Tom have not only their reputation on the line but also the Company. Jack as the new employee will also have his name too attached. For those of you that know me I too take a lot of pride in what I do.

Everfresh will do everything in their power to assist the clients in their pursuit of purchasing a vehicle. All that is required from the clients is to fill in a Loan Application Form. The required documents needed are a photocopy of your ID (Drivers Licence and status Card), Two recent pay stubs, a Void Cheque or bank account. With this you could be well under way to the purchase of your next vehicle. Please feel free to contact Jack at the following phone numbers at; home (250) 723-9541, his cell # (250) 720-3897. Bob and Greg can be reached at (250) 740-1005 or toll free at 1-866-740-1005. We look forward to hearing from you.

EVERFRESH AUTO FINANCE

"Allow me to be your First Nations specialist in your next used car purchase"

Jack Little

Phone: (250) 723-9541
Phone: (250) 740-1005

Cel: (250) 720-3897
Fax: (250) 740-1006

Toquaht Traditional Canoe Campaign receive a contribution from Jim Stewart of Coast Realty in Nanaimo. The photo shows Jim Stewart (left) presenting a cheque for \$500 to Brian Chatwin, Toquaht



Traditional Canoe Campaign Chairman. "Our company recognize s the importance of this campaign to the cultural rebirth of the Toquaht Nation", said Mr. Stewart. Anyone wishing to contribute to the Toquaht Traditional Canoe Campaign can contact Brian Chatwin at 250- 753- 9171.

VIATT moves closer to Aboriginal Authority

By David Wivchar
Ha-Shilth-Sa Reporter

Port Alberni - The Vancouver Island Aboriginal Transition Team (VIATT) held a series of meetings around Vancouver Island to discuss the future of child-care in the province. The BC Ministry of Children and Family Development is devolving some of its services to community-based groups, and these meetings are meant to create a framework so that can happen. "We're going around the island to develop community planning committees, and we're looking to get feedback and contacts to build those committees," said VIATT chairperson Deb Foxcroft. "I see this as a great chance to make changes at the Ministry level, and developing better services for Aboriginal children throughout BC," she said.

According to Foxcroft, the Nuu-chah-nulth USMA program is a model organization for the new system, where communities have a greater say in how children are cared for.

"This is a good opportunity for developing services for those living away from home in urban areas," said Foxcroft. "We haven't had the resources to work in this area, so this will enhance services available," she said.

Although Aboriginal children represent only 8% of BC's population, 46% of children in care (4,179) are Aboriginal. VIATT was formed after government acknowledged that its system of delivering services to Aboriginal children and families does not work well. BC has been divided into 5 regions, of which Vancouver Island is one. The region will have five sub-

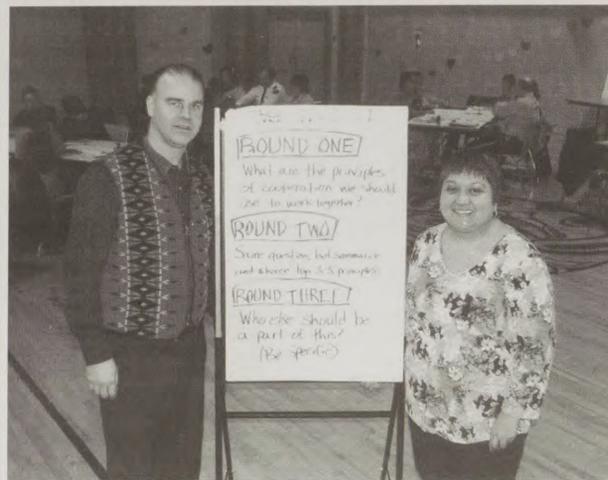
region community working groups to oversee decisions made in the area of child welfare and make recommendations to the Minister and senior Ministry staff.

"Current research proves what our Elders have always said, Aboriginal communities do best when services for them are designed, delivered, and managed by Aboriginal people," said VIATT Regional Coordinator David Stevenson. "The problem is not that there are not enough social workers, the problems are within communities and the society as a whole. While there is technical expertise at the Ministry, child support has to include family and community support services in order to get at the underlying causes of the problems," he said.

Over the next couple of years VIATT will be developing a community model to be implemented in 2007 under a regional Aboriginal authority. "It will be a ten or twenty year process to change how the system works," said Stevenson.

The Aboriginal authority will deal with child and family development services including child protection, adoption services, services for special needs children and their families, early childhood development, child care, youth justice services, child and mental health services, and community living services.

Over the past three years, members of Vancouver Island Aboriginal communities have participated in several community dialogues to develop a conceptual service plan. Community dialogue sessions were held in Victoria, Nanaimo, Port Alberni, Campbell River and Fort Rupert last week to develop a detailed service delivery plan that will guide the operation of the Vancouver Island Regional Aboriginal Authority (VIRAA) into the future.



Vancouver Island Aboriginal Transition Team (VIATT) Regional Coordinator David Stevenson and chairperson Deb Foxcroft hosted a series of meetings around Vancouver Island to discuss the future of child-care in the province.

Typical Speech Development

Submitted by Jennifer Miller, Infant Development Worker

Newborn: sucks and swallows well during feeding, Coos (), gurgling, smiling, crying

3 to 8 months: Eats cereals and pureed foods, explores objects with mouth/sucking, begins to use speech-like sounds ("buh", "Mah", "Boo"), beginning to use consonant sounds in babbling (dadada, bababa, mamama), imitates/ plays sound games with babbling, begins to use sounds to get attention or let you know wants/ needs, laughing, smiling.

8 to 12 months: Begins to eat junior animal mashed table foods, begins to use an open cup, increases variety of sounds and

syllable, combinations in babbling, begins to use mama and/ or dada meaningfully. Uses connected sounds that sound like sentences in a different language (Jargon/ Jibberish). Begins to imitate animal sounds. Uses common expressions such as, "uh oh!"

12 to 18 months: Increases variety of coarsely chopped table foods. Is able to suck through a straw. Says 5-10 word (understood by family). Imitates new, less familiar words.

18 to 24 months: uses 20 or more words (understood by family). Uses many different speech sounds at the beginning of words such as p,b,m,t, d, n

For anymore information or questions call Jennifer Miller at 725-2396 or 725-3367

Tiič'aaqł (Mental Health) Contact Numbers

Louise Tatoosh
Teechuktl (Mental Health) Supervisor
5001 Mission Road
P.O. Box 1280
Port Alberni, BC V9Y 7M2
Telephone: 250-724-5757
Toll Free: 1-888-407-4888
Fax: 250-723-0463
Confidential Fax: 250-724-6678
E-mail: ltatoosh@nuuchahnulth.org

J'net August
Southern Region Huupistulth (Prevention) Worker
5001 Mission Road
P.O. Box 1280
Port Alberni, BC V9Y 7M2
Telephone: 250-724-5757
Toll Free: 1-888-407-4888
Cellular: 250-720-1325
Fax: 250-723-0463
Confidential Fax: 250-724-6678
E-mail: jaugust@nuuchahnulth.org

Andrew Kerr
Northern Region Huupistulth (Prevention) Worker
NTC Northern Region Office
100 Ouwatin Road
Tsaxana, BC
P.O. Box 428
Gold River, BC V0P
Telephone: 250-283-2012
Fax: 250-283-2122
e-mail: andiker@nuuchahnulth.org

Kim Rai
Central Region Huupistulth (Prevention) Worker
151 First Street
P.O. Box 278
Tofino, BC V0R 2Z0
Telephone: 250-725-3367
Toll Free: 1-866-901-3367
Cellular: 250-726-5370
Fax: 250-725-2158
E-mail: kimrai@nuuchahnulth.org

Anita Charleson
West Coast First Nations' Counsellor
151 First Street
P.O. Box 278
Tofino, BC V0R 2Z0
Telephone: 250-725-4470
Cellular: 250-726-5422
Fax: 250-725-2158
E-mail: acharleson@nuuchahnulth.org

Bella Fred
NIHB Clerk
Non-Insured Health Benefits for Psychological Counselling and Substance Abuse Treatment
5001 Mission Road
P.O. Box 1280
Port Alberni, BC V9Y 7M2
Telephone: 250-724-5757
Toll Free: 1-888-407-4888
Confidential Fax: 250-724-6678
E-mail: bella@nuuchahnulth.org



Victor Andrew - Hearts@Work success story

By Penny Cowan,
NTC Nurse, Southern Region

"I was quite worried after my first stroke in 1991. After I got out of hospital the threat of another stroke was always on my mind. I had blacked out in the car the first time and woke up in hospital. I was sent to Nanaimo for a CT scan. I left the hospital in Nanaimo and went to the doctor's office and he said, "What are you doing here you're supposed to be in the hospital." and he put me back in. He told me that I was in serious danger of having another stroke. I was sent to Victoria to see a specialist and he said that I needed brain surgery to stop bleeding inside my brain and that my chances were 50:50 of my surviving it."

"He gave me some time to think about it. I had the surgery. I was in and out of consciousness for two days and woke up in a tub of ice. I had no use of my left side. When I got up I couldn't walk. I fell on the floor. Then I started physiotherapy to learn to walk all over again. The doctor told me, "We thought that we'd lost you a couple of times" I said, "I told you doctor that I would never give up on you."

"I couldn't move my left arm. I couldn't speak to anyone at all. I was in hospital for two and a half months having therapy. My girlfriend was there and my son came to see me for support. Seeing my family was a good thing for me. I promised myself one I got going I would never stop walking. I still walk around town quite a lot. Then I was



moved to Nanaimo Rehab and kept having physio and speech therapy. I was there about one month. When I got out I was able to speak but not too clearly. It was not hard to communicate with family members. At the hospital they wouldn't let me go until I promised not to drink or smoke any more. They were concerned about the reoccurrence of a stroke."

"It was really hard for me as I did a lot of smoking when I was young. I cut back on my drinking and smoking. I had to change my ways. I drink very seldom now and now I have one cigarette a week. I did drink a lot at once which I know can make a person have a stroke."

"I participated in the Hearts@Work program that the NTC nurses did at the Bread of Life. That helped to reinforce what my doctor had told me. It's been on my mind to totally quit. If I quit my children may do it too."

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

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

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

Port Alberni, BC
Ina Seitcher, First Nation Advocate Nurse
Ph: 723-2135 ext.1109
Campbell River, BC
Sandy Miller, Aboriginal Liaison Nurse
Ph: (250) 830-6961
Victoria, BC
Christine Atkins, Aboriginal Liaison Nurse
Ph: (250) 370-8847
Pager: 413-6124

Vancouver, BC
David Clellamin, First Nation Advocate
Ph: (604) 875-3440
Nanaimo BC
Santana Rose, Aboriginal Liaison Nurse
1-250 753-6578
pager # 716 4001
Port Hardy BC
Beth Scow, Aboriginal Liaison Nurse
1-250 949 3440
Pager # (250) 949-5219

N.T.C. Nursing Updates/Schedules:

CENTRAL REGION:

Mary McKeogh - Hot Springs Cove every Tuesday, otherwise at the Ucluellet Health Clinic.
Chris Curley - Tla-o-qui-aht plus one day per week focus on Sex Education and Prevention of Sexually Transmitted Diseases for all Nuu-chah-nulth communities.
Lynne West is currently filling in for the Ahousah nursing services.

SOUTHERN REGION:

Penny Cowan - Penny is at the Bread of Life on Monday and Wednesday mornings. Penny is at Hupacasath Tuesdays.
Annet Muller Home Care Nurse for the Southern Region and Community Nurse for Uchucklesaht will be making community visits as needed for client assessment and service.

Jody Vos continues to provide services to Tseshaht and Huu-ay-aht (Thursdays).
Liz Thomsen continues to provide services to Ditidaht and Knee-Was.
Ina Seitcher - First Nation Advocate Nurse- Hours: 7:00am - 3:30pm @ West Coast General Hospital. Phone: 723-2135 ext. 1109

NORTHERN REGION:

Maira Havelka - is providing nursing services in the community of Tsaxana every Tuesday and Thursday, otherwise she can be reached at the Gold River Clinic. This is subject to change according to meetings, workshops etc.

Ten steps for reducing stress

By Kim Rai,
Central Region Huupistulth Worker

1. Learn to plan. Disorganization can breed stress. Having too many projects going simultaneously often leads to confusion, forgetfulness, and the sense that uncompleted projects are hanging over your head. When possible, take on projects one at a time and work on them until completed.
2. Recognize and accept limits. Most of us set unreasonable and perfectionistic goals for ourselves. We can never be perfect, so we often have a sense of failure or inadequacy no matter how well we perform. Set achievable goals for yourself.
3. Learn to play. You need occasionally to escape from the pressures of life and have fun. Find pastimes which are absorbing and enjoyable to you no matter what your level of ability is.
4. Be a positive person. Avoid criticizing others. Learn to praise the things you like in others. Focus upon the good qualities those around you possess. Be sure to give yourself credit and appreciate your own good qualities, as well.
5. Learn to tolerate and forgive. Intolerance of others leads to frustration and anger. An attempt to

really understand the way other people feel can make you more accepting of them. Accept and forgive yourself also.

6. Avoid unnecessary competition. There are many competitive situations in life that we can't avoid. Too much concern with winning in too many areas of life can create excessive tension and anxiety, and make us unnecessarily aggressive.
7. Get regular physical exercise. Check with your physician before beginning any exercise program. You will be more likely to stay with an exercise program if you choose one that you really enjoy rather than one that feels like pure hard work and drudgery.
8. Learn a systematic, drug-free method of relaxing. Meditation, yoga, or any of a variety of relaxation techniques.
9. Talk out your troubles. Find a friend, family member, community worker, counsellor, or psycho-therapist you can be open with. Expressing your "bottled up" tension to a sympathetic ear can be incredibly helpful.
10. Change your thinking. How we feel emotionally often depends on our outlook or philosophy of life. Changing one's beliefs is a difficult and painstaking process. There is little practical wisdom in the modern world to guide us through our lives. No one has all the answers, but some answers are available.



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.

* PRE-NATAL DROP IN With Liz Thomsen

Every Monday, 1:30pm - 3:30pm. Immunization clinic every Monday from 10:00am to 12:00 pm. Prenatal drop in every Monday from 2:00 to 3:00 pm.

* **NINYAKS-HA** - You are invited to celebrate the welcoming of babies born between April to November 2004 into our community. Friday November 5th at 11:30 - 2:00 at the Knee' was House 3435 4th Avenue. A partnership between the Nuu-chah-nulth Nursing Program and the Port Alberni Friendship Centre. For more info, please contact: Delavina @ 723-8281

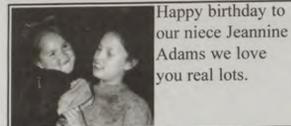
* HEALTH EDUCATION DROP-IN With Liz Thomsen

Every Thursday, 2:30pm - 3:30pm
Knee was House, 3435 4th Avenue, Port Alberni Friendship Centre
For more info, please contact: Delavina @ 723-8281

Stress Management Puzzle submitted by Tiič'aaqł

U M R V Z P R E C H E G N G L
B F T G E E R I O X S B O N A
F G A E E A G W U U I L I I U
I X L M C T L Z N P C O T L G
P S G F I I M B S T R X A A H
Q W L B N L C Z E G E S C N T
B E L G A I Y X L I X K I R E
S L A E M Y H T L A E H N U R
T U O E M I T G I D N P U O T
C L E A N U P M N M H R M J C
G N I C N A D U G I E I M X E
E C I O V T F O S K D V O K P
J O K E S A T T E S A A C Z S
C A L L A F R I E N D C E K E
A P O L O G I Z E J F Y J R R

APOLOGIZE	JOKES	DANCING	RESPECT
CALL-A-FRIEND	JOURNALING	EXERCISE	SELF-CARE
CLEAN-UP	LAUGHTER	FAMILY-TIME	SLEEP
COMMUNICATION	PRIVACY	HEALTHY-MEALS	SOFT-VOICE
COUNSELLING	READING	HOWLING	TIME-OUT



Happy birthday to our niece Jeannine Adams we love you real lots.

The Howard, Rush, Fred, and Sutherland/Haiyupis families would like to announce a wedding celebration. Steven Howard and Allison Charleson will be married at Maht Mahs on April 23rd. The ceremony will begin at 10:30 am and songs and dances will follow. For more information please call (250) 724-6904.

I would like to say happy birthday to my coz charity happy 19th enjoy ur day gurl love ur coz's in Seattle, shish.

I would like to say happy birthday to my auntie shish on feb18th and to my uncle jay on the 21st enjoy ur day. luv lil E and happy belated birthday to my mom on Jan 30 and as well to Canadace on the 29th love lil "E".

I would like to say happy 4th birthday to our nephew Andrew Mack on the 15th of Feb. have a wonderful day there neph. Love uncle jay and auntie shish and coz lil wanya.

I would like to say happy birthday to my coz Christina Pritchard on the 21st enjoy ur day their coz.luv u. luv shish, jay, and lil wanya.

Would like to say Happy Valentines day to my babes jay love u very much, and happy valentines day to everyone back home ..xoxoxo shish.

I would like to say happy 28th birthday to my baby gurl shish on the 18th of Feb. and to my son-in-law to jay on the 21st enjoy ur day all the way in Seattle..luv mom all the way in Nanaimo xoxo for lil babes.

I would like to say happy 27th birthday to my auntie Janey in Nanaimo have a wonderful day on ur special day .. xoxo for my coz, luv ur favourite niece in Seattle shish and jay and Nathan.

Happy 27th b-day to Janey enjoy ur day from ur niece Candace and kiddies.

Happy Belated, 19th Birthday to our Son, Eugene Webster Swan, Feb. 11, hope you enjoyed your day, we love you always "Sonchik" Dad, Mom, Warren, Kelli, Larry Jr, and "Nate Dogg."

Happy Birthday to my husband, father, Larry, Enjoy your day honey you deserve it, and thank you for always being there for us, your family, We love you Always your wife GSwan, Eugene, Warren, Your one and only Daughter Kelli Mar, Larry Jr, and "Nate Dogg."

Happy birthday to "my Sweets" Sky Mar Campbell Feb 2, Mena Feb 9, Gina Feb 10, and to Jane on Feb 27, you all have a nice day, and many more to come take care. from Larry, Gena and Family.

To Randi Christina Rose Sampson: Randi, you mean a lot to us, very soon you will be bringing our Grandson in to this world. Although, you are waiting in Saanich to have your child, there is not a day we think about how you and baby are doing. Never feel alone, because, in your heart we are with you in spirit. Days are going by so fast, that it can be any minute that we receive that phone call from you letting us know you are ready, and we will certainly be there for you. In the meantime Randi take care of

yourself and our grandchild soon to be born. We love you Randi Sampson. Love always Eugene, Larry, Gena, Warren, Kelli, Jr, and Nate Dogg, The Swan's.

To the "Mack Chickz" Erica, Charity and Josephine. You girls, don't know how proud I'm of you, living away from home for you education, you are very strong young ladies. Congratulations on all you exams, tests, etc, and always remember I'm thinking of you, and also that home will still be here for you when you are completed your education. I love you my nieces, love always your auntie Gswan.

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Birthdays and Congratulations



Introducing a newborn baby girl for Tracy Louie and Conrad Lucas Jr Che'lynn Cheriss Josephine Desiree Reann Louie was born on December 7, 2004 at Victoria General Hospital. First grandchild for Ira and Cathy Sam and second for Marlene and Conrad Lucas sr. We would like to thank all our family and friends for all there support when Tracy was in the hospital for a month after baby was born. Tracy and a very difficult pregnancy. But it was all it at the end. Baby Che'lynn was born 8 weeks premature and healthy as ever, she 's a feisty one. born at 5:25pm birth weight was 3 pounds 15 oz .we would like to thank grandma Doreen and grandpa Sidney Sam sr for the parcel we got it works well, and it helps out a lot thank you and we love you lots. With love from Tracy Louie and Conrad Lucas Jr and family.

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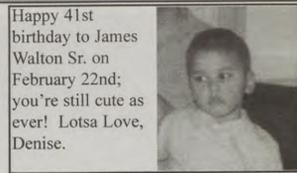
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Happy 41st birthday to James Walton Sr. on February 22nd; you're still cute as ever! Lotsa Love, Denise.

9 miss you so much many big huggz and kisses your favourite auntie Larisha over in Victoria and your lil' cuz Daral.

Happy B-day Jeffrey "Jay" John, have a great day miss you and take care Hugz and kisses to you. Love Auntie Larisha and Cuz Daral.

Happy Birthday to Stacey Titian on Feb. 12th, Nathan Lafortune on Feb. 22nd, Brandon Lafortune on Feb. 23rd, Janey M Thomas on Feb. 27th, Tina P. Titian on March 1st, Irene J. Thomas on March 3rd, Velina Vincent on march 5th, Doreen John on March 7th, Larry Thomas on March 12th, Diane and Doreen Smith on March 13th, Edward G. Smith on March 14th, Walter B. Thomas on March 16th, Glenda R. John on March 18th, Derek Thomas on March 25th. All have a good one and many more to come from: Irene, Edward, Nancy, Dorianna, Clarence and Paul Smith.

Happy 71st Birthday to my mom Violet Johnson from your baby girl Shirley Johnson.

Happy 26th Birthday to my sweetheart George Watts on Feb. 21. Have a special day. I don't know what I would do without you. I love you more and more each day. Love Age and the kiddies.

Happy 18th Birthday to the best lil sis Dawn Webster on Feb. 25. Love Age & George and kids.

Happy Birthday to the greatest grandpa of all time! Grandpa Hudson Webster on Feb. 25. Love Age, George and great-grandchildren.

Happy 1st Birthday to my lil cousin Katera on Feb. 27. Have a good day, we love you. Love Age, George, Daytwn, Raven and Serenity.

Happy 15th Birthday to our daughter Samantha Johnson on Feb. 4. Enjoy your special day Babe, we love you so much. From Mom & Dad.

Happy Birthday to our auntie Sam. Love from your nieces and all your cousins Kiara, Brooke, Mary-Emma, nephews Damion, Conrad, Ty, Leroy and Brandon.

Happy Birthday to a very special lady in our lives our dear mother Violet Johnson. Win lots at BINGO! On Feb. 23rd. We love you lots Mom. You mean the world to us. Thank you for everything that you've don for us. Love always your son Sam Jr., and daughter-in-law Brenda.

I would like to wish my daughter Mercediese Lynai Karyn Dawson a Very Happy Belated 15th Birthday on Jan. 19. I can't believe you are already 15 years old! You are growing so fast, you are becoming a very caring, loving, respectable, and responsible young lady today. You are on your way to completing your high school education with a clear path. I am very proud of your accomplishments, and most of all, your grades. Your whole family loves and supports you in anything you set your mind on. Have fun and be safe on your experience of a lifetime to NEW YORK! It will be a great learning experience for you and we are all proud of you for taking this step. Have a great year of being 15 and good luck with the rest of the school year! My little Cediese girl. Lots of Love from Mom (Karen Mack), Step-dad (Andrew Mack), and your little brother Dakota Blu. Also from Nanny and Papa and the whole family.

I would like to wish my nephew and cousin Justin Patrick a Happy Belated Birthday on January 16th. Hope you had a great day with your friends and got every thing you wanted. We love you and miss you love from your auntie Abby, Cory & Janey.

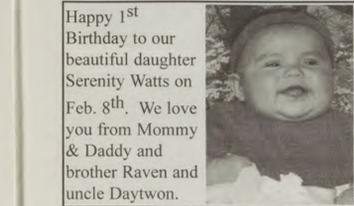
I would like to wish my loving sister Christine Hanson a Happy Birthday on February 20th. Hope your day is filled with love and happiness. We will be thinking of you. Love from your baby sis Abby, Cory & Janey. P.S. we miss you guys.

I would like to wish my husband of 1 Y2 years and my loving partner of 11 years a Very Happy 30th Birthday today

KYLE ANDREW MACK. I wish you all the happiness in the world and all the best for another great year! I love you very much and this past year has been the greatest, keep up with all the awesome carving, you're great at it! HUGS AND KISSES XOXOXOXOXO from your loving wife, MRS. MACK!

Happy Birthday to our beautiful daughter Serenity Watts on Feb. 8th. We love you from Mommy & Daddy and brother Raven and uncle Daytwn.

Happy Birthday to my son, nephew Tim Johnson on Feb. 19. Love you lots son. Hope you win at BINGO!



Happy Birthday to our beautiful daughter Serenity Watts on Feb. 8th. We love you from Mommy & Daddy and brother Raven and uncle Daytwn.

Happy 24th Birthday to my son, nephew Tim Johnson on Feb. 19. Love you lots son. Hope you win at BINGO!

Happy Birthday to our nephew Max Sam Johnson on Feb. 16. From uncle Sam, aunt Brenda and all your cousins.

Happy 15th Birthday to our sister Samantha Johnson. From Cindy, Mabel, Louie, Melissa, Jimmy, Hilary, Timmy, Jake, Nadine, Abel & Cassandra.

Happy Birthday to our niece & cousin Amelda Johnson on Feb. 4th. From uncle Sam, aunt Brenda.

Happy Birthday to our grandmother and great grandmother Violet Johnson. We love you very much Nan Vi. Love from all your grandchildren and your great grandchildren.

Happy 24th Birthday to our brother Tim Johnson on Feb. 19. From Louie, Melissa, Jimmy, Hilary, Jake, Nadine, Abel, Cassandra, Cindy, Samantha & Mabel.

Happy Birthday to our uncle Tim. Love you Uncle Tim. From all your nephews and nieces.

Happy 1st Birthday to our grandson Leroy Johnson on Feb. 21. We love you lots son. Lots of hugs and kisses! From Grandma Brenda and Grandpa Sammy.

Happy Birthday to our neph & cousin James Hinchcliffe on Feb. 22. From uncle Sam, aunt Brenda and all your cousins.

Happy Birthday to our friend Edwin Jack on Feb. 18. From Sam, Brenda Johnson and family.

Happy 1st Birthday to our nephew Leroy. We love you, miss you so much son. From your aunts Cindy, Samantha & Mabel, your uncles Louie & Melissa, Jimmy & Hilary, Timmy, Abel & Cassandra.

Happy 1st Birthday to our cousin Leroy. From Kiara, Brooke, Damion, Conrad, Ty, Mary Emma & Brandon.

Happy Birthday to Jamie Jack on Feb. 16. From Brenda Johnson & family.

Happy Birthday to Eddie Jack #3, on Feb. 17. From Sam, Brenda Johnson and family.

It is so hard to believe that you are 10 years old. It was just like yesterday you were just a baby. Erikka you've grown so much to too fast. Happy belated Birthday to my baby Erikka Shaylene Thomas Jan. 30th. I hope you had a great day my not so little girl. Love your mom & Qweesa xoxo.

Happy Birthday to my grandmother Violet Johnson on Feb. 21. From Liza, Annie, Mark, Pearl, Reynold, Raymond, and great grandchildren.

Jan 5 - Happy Birthday to brother-in-law Dick Moras. From Pearl, Marvin & kids.

Jan 6 - Happy 20th Birthday Michael. Love Mom, Dad, Lisa, Violet & Marvin Jr.

Mar. 1st - I would like to wish my husband of 1 Y2 years and my loving partner of 11 years a Very Happy 30th Birthday today

KYLE ANDREW MACK. I wish you all the happiness in the world and all the best for another great year! I love you very much and this past year has been the greatest, keep up with all the awesome carving, you're great at it! HUGS AND KISSES XOXOXOXOXO from your loving wife, MRS. MACK!

Happy Birthday to my son, nephew Tim Johnson on Feb. 19. Love you lots son. Hope you win at BINGO!

In Memoriam - ʔaʔakʷ ap

Edward Gabriel Clarence Henry Smith Jr.
 May 11, 1988 - February 11, 1989

I will never forget all the times you smiled at me
 It is your face I wish to see
 I will never forget the times we played together
 I wish we could have been together forever
 We had our share of fun and laughter
 How I wish God had made it longer
 I want to hold you in my arms again and give you big hugs and kisses
 I want to hold onto you forever
 I know that can't happen so, until we meet again...
 You will forever be our hearts
 You are missed and loved by all of us

Love Mom: (Annie) Irene, Dad, Edward, sisters: Nancy and Dorianna, Brothers Clarence and Paul Smith.

Loving memory of my brother Barry Wayne McCarthy

born: February 24th, 1975.

Hay brotha wish I could have spent these years celebrating your birthday but that was all taken away in just a flash of a thundering bolt through the heart that will never go away, left with scars that will never heal, only left with memories of you and me growing up together in our younger years, time has gone by with sunshine of your smile smiling through the clouds above...love you sonny.

Love your sis Bellrena McKay

In memory of my sister Ellie who died February 9, 2002, My sister Flossie who died October 28, 2002 and My granddaughter who died February 9, 2004

We all miss you so much.
 We know you are in God's hands now.
 There is no more pain.
 Flossie I miss you a lot, The visits we had all the time and Just hanging around.
 Ellie I miss your phone calls and The visits the grandsons and I had when we went to Vancouver.
 My precious granddaughter Ella, who I only held for awhile.
 I hold this with me all the time.
 You are so pretty baby.
 Miss you so much.
 I love you baby.

Sister, Linda
 Grandma Linda

Mom,	you
if I could see you just once more	To save you from all pain
Your face I could but touch	It is going on five years now.
Or hear you say oh, hi, just once more.	Yet the pain is still here.
Maybe the pain in our hearts would go away.	Our family is not the same
For you who have a mother	We've gone down our own paths chosen for us,
Treasure her while you can	That is the way it must be
For we know not when we get our call	Not a day or a minute goes by that we don't
They say God takes the best first	Think of you, or miss you Mom
In Mom's case that is so	Good memories you left with each of us
February 5 th has come and has gone.	We will tuck away, for sad days
That is the day God blessed her mother	Till God makes the call for each of your children here
With our mother.	Till we meet again Mom
You suffered so much in silence	
For far, far too long	
God wrapped his loving arms around	Love your children

Lanny Ross

Nov. 26, 1956 - Feb. 25, 2002

The smile you carry	Joking, hurting
Was so inviting,	Were features of strengths
There was no one that	Within
Would be turned away,	If there were no strengths
Right from day one,	There was no love
The comfort of knowing	Every time the stars are out
How much you cared,	Handsome (Deshawn & lil Oz) always
Embraced us all	Remember you
The athletic abilities	Saying "Good night Pa Pa"
You had, were rewarding	
In pride and in memories,	Miss you always
The love you showed towards	
Family and friends	Till we meet again.
Made life so much more	
Comfortable	Luxy, Mary, Derrick & Oz
Singing (Karaoke), dancing,	

In memory of Bob Mack, Nuuchah-nulth, Ucluelet First Nation, June 6, 1955 - March 3, 2004

On many occasions our communities First Nation people that have made significant accomplishments and contributions that are not fully realized or acknowledged. It is important to remember our lost loved ones and acknowledge what they have accomplished and contributed to make our lives better.

Earlier this year our community lost a friend, a caring human being and an exceptionally gifted martial artist. On March 3, 2004, we lost Bob Mack of the Ucluelet First Nation. Bob's funeral took place in Ucluelet on Tuesday, March 9th and he was laid to rest in the Ucluelet First Nation cemetery. Bob's family and many friends from various parts of Vancouver Island, lower mainland and other parts of the province were in attendance to pay their respects at his funeral.

At the funeral during the eulogy Bob's sister Gloria honoured her brother and acknowledged his status as a Kung-Fu Master. She placed with him a T-shirt from the Hung-Fut Kung-Fu School located in Victoria's Chinatown. She then had three other former Hung-Fut students to join her in performing the three bows. The Kung-Fu Master's acknowledgement of three bows included Bob's sister Gloria Mack (Toquaht), her son Danny Mack (Toquaht), Edward ("Tat") Tatoosh (Tse-shaht) and myself, Harley Wylie (Huu-ay-ah). Bob's friend and former student, Tyson Touchie, was also in attendance to pay respect to his former Sifu. It was appropriate that it was Nuuchah-nulth (NCN) martial artists that were honouring Bob as a Master; he influenced many other NCN and other people's lives.

During his early teen years Bob had some exposure to martial arts and briefly studied Judo and Bak Sil Lum. During one of my conversations with Bob in Victoria in the 79' he told me he was impressed and further motivated after seeing another First Nation person, George ("Slash") Taylor (Kwaguilth), defend himself using Tae-Kwon-Do. He was exceptionally motivated in his continued studying and practicing of Kung-Fu. He studied Choy-lay-fut Kung-Fu with Tom Fairs in Vancouver and when he returned to Victoria was devoted to the Hung-Fut Kung-Fu School. Hung-Fut is a combination of Choy-Lay-fut and Hung-Gar, both of which are established and effective styles of traditional Kung-Fu.

In 1979, while living with the Mack family in Victoria, Bob observed my interest in his books on Bruce Lee and martial arts. He invited me to watch a Hung-Fut class. While watching the class it became clear how gifted a martial artist he was and that Bob and his sister Gloria were the best students in the school. In the time that I knew Bob I learned more of Kung-Fu, Bruce Lee, martial arts, martial arts philosophy and way of life and soon became a Kung-Fu student myself.

Where it normally took a serious, devoted and committed student approximately ten years to reach Master's status Bob attained his in only five years and was presented with his



Black Sash that recognized him as a Master. He learned how to use traditional weapons such as the staff, Nunchaku, Butterfly Swords, Three-Section-Staff and other weaponry. The Three-Section-Staff is a very formidable and dangerous traditional weapon to learn and master - but Bob chose it and mastered it. Bob also taught Kung-Fu for the Victoria Native Friendship Centre in the early 80's as well as teaching small groups and giving private lessons. He was respected wherever he travelled in First Nation and non-First Nation communities and martial arts circles.

Bob's influence is seen in his sister Gloria's accomplishments as a Kung-fu martial artist. Her son Danny is also an accomplished student at Hung-Fut and has competed in the Can Am Games in 2002 and 2003. My interest in Kung-fu led to my son Richard also becoming a martial artist. Richard and I attended the same school while in Tacoma, Wa., during the 80's and Richard attended Hung-Fut while he trained for the 2002 North American Indigenous Games (NAIG). Richard competed and won a Bronze medal in the 2002 NAIG Tae-Kwon-Do competition (there is no Kung-Fu competition in NAIG, as yet) in Winnipeg. Bob's life that was founded in the ways, philosophy and practices of Kung-Fu has positively influenced many others.

Bob's empathy, generosity and kindness for fellow human beings were also a very important part of his way of life. Like many of us Bob faced his challenges in his lifetime. But whatever challenges he faced or was dealing with he was always willing to help someone else with their problems. My life has had many challenges and I have made mistakes, some of which I regret as many of us do. But I can honestly say that my outlook on life, helping other people and my way of living is better for having known and lived with my friend Bob Mack. As I mentioned earlier, we lost one of our important First Nation members earlier this year on March 3, 2004. But Bob's commendable outlook on life, respect for others and his spirit lives on in his family and friends. Bob accomplished much, helped many, is remembered and missed. Bob was my friend and I am very thankful for the time I spent with him and his family.

Gloria J. Mack

Community Events

Information to all the relatives of Louisa White, Jim White, George, Gina, Mary Olebar.

Please contact Cliff or others of the family in Seattle proposed February 26, 2005. Your support will be appreciated. Inserted by Edgar Charlie for the White & Olebar family of Ahousaht.

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
 Or phone 283-9149



Jack Family Potlatch

Ben Jack Sr. of Mowachaht/Muchalaht and Claretta nee (Jack) Newman will be hosting a family feast in the name of Christopher Jack on May 7, 2005 at 10:00am, you are all invited to come to Tsaxana (Gold River) to witness Healing Ceremonies for several family embers of our family. For more information please contact Claire Newman at (250) 957-2487 or Ben Jack Sr. (250) 283-7337 or e-mail clarettajoan@hotmail.com

MEMORIAL POTLATCH

The House of the Late Saiyatchapis (Chuck Sam),

we invite you to Maht-Mahs Gym,
 Saturday May 14th 2005 10:00 am

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

ADAM FRED MEMORIAL POTLATCH

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.

Rocky Kano-pit Titian

invites you to a feast on October 1st, 2005 at the T-bird Hall in Ahousaht. Following dinner Rocky will give names to the great grandchildren of his late parents, Ambrose and Margaret Titian.

Ucluelet First Nation General Band Meeting

Date: Monday, March 14, 2005

Location: Ucluelet First Nation Band Hall

Time: Dinner at 5:00pm, 6:00pm meeting

For those in full attendance a chance to win one of four door prizes.

Loonie Toonie Auction

March 12, 2005, 1 - 4 pm, Saturday, Hupacasath House of Gathering, (Beaver Creek Road to Ahahswinis Drive).

See you there!

Fund raiser for Natasha Charleson. All Native Junior B.C. Basketball tourney, Terrace, B.C. Spring Break 2005. Items: silver jewelry, native prints, dream catchers, ceramic eagles, native designed blanket, native designed photo albums, native designed clothing, cedar rose flower arrangements, picture frame, heat massager, dust blaster, ceramic planters, smoked fish, baby items, bike helmet, DVD movies, certificates, native designed box and much, much more!

Poets Nook

How Familiar Is This?

You come home pick a fight
 Before I know it your gone all night
 No hello, hug, or how was your day
 My world goes dark and so grey

Straight to the bar I know you head
 I get so hurt and I wish I was dead
 I sit in sadness wonder and worry
 To come home you're in no hurry

You drink till you pass out
 The other women all about
 You're so drunk it is scary
 This is the man I'm to marry

Come home when sober and broke
 Either to sleep or to the tub to soak
 I know I should go for a walk
 Instead we fight or don't even talk

You sit there like you're in your glory
 Or you cry and say I'm so so sorry
 Never ever talk about the drinkin
 What am I doing here am I thinkin

Because the love that I feel
 It is truly deep and so real
 We can all change yes we can
 I love and believe in this man

By AR, 2003

Career Opportunities - q^{wi}-cah-ta-mis



Clayoquot Biosphere Trust

Expressions-of-Interest for
 Director-at-Large (Alternate)

The Clayoquot Biosphere Trust (CBT), and its Directors from the Districts of both Tofino and Ucluelet, and from "Area C" of the Alberni-Clayoquot Regional District, are extending their invitation to members of all local communities and First Nations to submit expressions-of-interest for one (1) position of Director-at-Large (Alternate) on the Board of the CBT.

The Board of the CBT oversees an endowment fund used for local research, education and training that supports both conservation and sustainable development in the Biosphere Reserve region and which is compatible with the principles of a UNESCO World Biosphere Reserve.

Interested persons should:

- be willing to work within the context of the UNESCO Biosphere program and within the spirit and intent of the Clayoquot Biosphere Reserve nomination;
- have demonstrated experience and interest in research, education, or training initiatives, or bring other substantive experience that is directly related to the core activities of the Trust;
- be knowledgeable about research, education, and training organizations and initiatives in the region;
- be willing to work in a consensus and team oriented environment;
- be willing to implement the regional vision for research, education, and training to guide Trust activities;
- be willing to demonstrate leadership on behalf of the Trust and to advocate for the Trust and its operations;
- be willing to put the interests of the region before the interests of their community;
- be willing to abide by the CBT Constitution, Bylaws, approved policies, and guidelines relating to conflict-of-interest; and
- have experience working with non-profit boards.

Interested persons must submit a cover letter outlining their related experience and include a detailed resume.

Expressions-of-interest should be submitted to:

Clayoquot Biosphere Trust, Box 67, Tofino, BC V0R 2Z0
 Fax: 725-2219, E-mail: craig.paskin@clayoquotbiosphere.org

Further information can be obtained by calling Craig Paskin, CBT Community Coordinator at 266-0049 or craig.paskin@clayoquotbiosphere.org

Housing and Property Manager

The Ucluelet First Nation has an immediate opening for one contract position in Housing & Property Management, which will consist of 30 hours per week.

The successful candidate is a seasoned professional preferably with 5 years experience in staff supervision, proposal and reporting abilities, demonstrated ability to show strong organizational, computer, communication, interpersonal and excellent people skills with conflict resolution ability.

Qualifications: Certified Administration and Management Skills, organizational skills and excellent business acumen, proven experience with funding applications, particularly INAC & CMHC. Submit a resume in application with employment related experience, references, and salary expectations by **Thursday, March 3, 2005 @ 4:30 p.m.**; attention to the Ucluelet First Nation Personnel Committee, P.O. Box 699, Ucluelet BC, V0R 3A0; Email: adminmgr@ufn.ca ; by fax: (250) 726-7552.

Put the Glass Down

A lecturer was giving a lecture to his student on stress management. He raised a glass of water and asked the audience, "How heavy do you think this glass of water is?" The students' answers ranged from 20g to 500gm. "It does not matter on the absolute weight. It depends on how long you hold it. If I hold it for a minute, it is OK. If I hold it for an hour, I will have an ache in my right arm. If I hold it for a day, you will have to call an ambulance. It is the exact same weight, but the longer I hold it, the heavier it becomes." "If we carry our burdens all the time, sooner or later, we will not be able to carry

on, the burden becoming increasingly heavier." "What you have to do is to put the glass down, rest for a while before holding it up again." We have to put down the burden periodically, so that we can be refreshed and are able to carry on. So before you return home from work tonight, put the burden of work down. Don't carry it back home. You can pick it up tomorrow. Whatever burdens you are having now on your shoulders, let it down for a moment if you can. Pick it up again later when you have rested... Rest and relax. Life is short, enjoy it!!

Klecko's - ʔekoo

Hello! My name is Elizabeth Campbell, on behalf of my brothers and sisters, we would like to say big KLECO KLECO to all those who helped us out when our mother had her accident. There's so many people to thank, from the beginning, thank you to those who came up to the house and helped bring my mother out. Thank you to all the boat owners, Peter Frank Sr and Paul Frank Jr for bringing my brothers, sister, kids and myself to Tofino, to those who were all at the Tofino hospital, so many to name, but can still see your faces. To all those that donated as soon as we found out we'd be making the trip to Vancouver. To the people who were already in Vancouver Julia Eaton, Felix and Ilene Thomas, Corby and Linda George, Victor and Stella August thank you so much for being at the hospital with our father while we were still making the trip that way. Thank you to Carol Thomas and James Swan for driving us over to Vancouver and to those that drove over just to be with us. There were so many people that came over to sit with us, all my aunts and uncles on both sides of the family, all kinds of family and Friends, aunts and uncles, first cousin to distant cousin of my parents, right from Ahousaht to Seattle. We Thank you so much for coming to sit, hold, talk, cradle, comfort and pray with us. Thank you to those that brought lunch, snacks and drinks, Parker Mack for the Seattle water. To all those that helped fundraise, 50/50's, loonie toonies. We were actually ready to start selling things from our house but our family back home got together and said that they wouldn't let their auntie and uncle sell everything that they worked so hard for, big Thank you to you all. Also to the Ahousaht Admin and the workers for all the help that you've given us. A Huge KLECO KLECO to Margaret David and her hubby Toni...with no hesitation for allowing us to move into her home. It is so greatly appreciated, we cannot

express enough how grateful we are, once again Thank You. A special THANK YOU to the Doctors and nurses at VGH and G.F. Strong, the friends we made Doctors, nurses, receptionist and patients. To those that were patient with us when teaching us some of the things we needed to learn in taking care of our mother. I would like to say a big Thank You to those who helped me and my kiddies out a great deal. Marion Webster for her donation. Luke and Melinda Swan, I cannot Thank You enough for what you did for my baby and I. To Marie Donahue for your continued support, thank you very much. Collene Clarke, Columba Campbell Thank you both so much for helping me out with my baby boy so that I could go and sit with my mother. Len & Collene Marchant, what you've done for us we cannot thank you enough, we love you so much. To those that looked after my two oldest in Ahousaht while I was in Vancouver and until they were done school...sis' Jolene and bro Jay Keitlah, auntie Bern & uncle Slug, Tara and Kloos Frank, auntie Martha & Russel Taylor, Len and Collene Marchant. A great big KLECO to Len for bringing us back and forth from Tofino to Nanaimo. Julia Eaton for giving us the things that we needed the most for our apartment...like a roll of tissue, that was a good one. Grandma Rosie, THANK for all that you do for me...coming over to Vancouver and Nanaimo to help me out with the cleaning and cooking, looking after my brother, sister and my father. You've done so much for us, I can't thank you enough grams, I LUV YOU. WE are so grateful for all the help, it's so awesome to see our community come together when a family needs help. WE are very proud to be Ahousahts. Once again KLECO KLECO, we love you all. Francis, John, Elizabeth, Daisy, Preston, Luci, Wally, Sophie, Skylar, Adam, and Cha-asta Campbell.

To all friends and family of late Francis and Maggie (Andrew) Jack of the Mowachaht / Muchalaht First Nations.

I would like to ask anyone with information regarding to times, places and years I might have been placed in their care. I became a ward of the court around the years of 1970 - 71 and on into the 1980's. I am currently trying to deal with childhood issues, so that I may put the pieces of my life back together. Also for my five children to know who I am and so I may move on with my life. But in order to do that I need as much information as possible, whether it be good or bad, and who knows it just might be something to help you with

your healing too. Preferably in writing, if you are unable to write then please call me any time. I would greatly appreciate your utmost honesty the way they received me at one time or another. This information is only for my personal use, any pictures of myself or my siblings would greatly appreciated or if you might have information for me about my parents before they past away. So I can understand what kind of people they were. I was informed that it was because of my father why Kakawis exists, I'd like more info on that, and any information would greatly be appreciated and protected from the public. Sincerely, Phyllis Jack, P.O. Box 576, Tahsis, B.C., V0P 1X0 Phone: (250) 934-6409

Open to Everyone - Career Fair: The Chemainus First Nations Youth Work Experience Program is hosting a "Career Fair" on March 1, 2005 from 10am to 4pm at the Chemainus First Nations Community Centre Gym. The Community Centre is located at 3949 Shell Beach Road (Turn off Island Hwy to Brenton Page Road which turns into Shell Beach Road—travel for 8km). For more information, call 250-245-9372 or email: crayner@cfnation.com

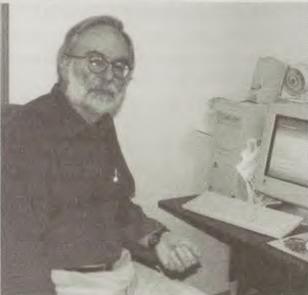
The Career Fair will give students and community members the opportunity to explore a variety of Career and Post Secondary choices. Some of the companies and organizations include: Royal Bank, Chatwin Engineering, RCMP, Terasen Gas, Cowichan Aboriginal Film, Shoppers Drug Mart, Safeway, Fisheries and Oceans, Forestry, and many more. Workshops: Gino Odjick and Peter Leech will be giving two motivational workshops at 11am-12pm and 1pm to 2pm, Gordon Prests' workshop is on Forestry and Melissa Daniels is on Environmental Health. If you plan on attending a workshop, please register as seating is limited. Come and meet the people who hire! Find out what qualifications you need to work for their organization. Chemainus First Nations Community Centre, Phone: 250-245-9372, Fax: 250-245-9394

ʔa'wi'iaʔ, ʔa kuum, mus ʔim

With my retirement from NTC, I want to thank nuu cah nuʔ for the opportunity of working with and for you for more than 20 years. I want to thank all those many families who welcomed me into their homes to share meals. I want to thank Chief Tuffy Watts who in the early years of my employment was very much a mentor. I want to thank the CHS Board for the gift and the kind words. Thank you Sharon for the blue bead; a gift small in size but great in significance. Thank you to the NTC staff for the cake; I am pleased to have provided the excuse for the mini-party and the ʔumiss. If only I looked as young



Blair Thompson, Wickannish Elementary School teacher, 1974



as the picture on the cake! Thank you to Bret, Kayla and Dannie for the plant. Lastly, George Watts, thank you for encouraging me to apply for the position and the direction and advice over the years. I wish you all well. ʔuu, ʔeko, ʔeko. Blair Thompson

Kaden's Life Story

Kaden Kyle Joseph Little born May 18, 2004. Born to mom Celina Cook, daughter of Debbie Touchie and Glen Cook and Kaden's dad Luke Little son of Millie Williams and Luke Little sr. Kaden was 5 weeks early by emergency C-section. It took almost 30 minutes to resuscitate him and within hours he was flown to Vancouver Children's Hospital for the first of his many operations. Kaden's first operation was to remove 3 feet of his bowels. There was so much swelling in his stomach they left his stomach open for 2 weeks. Kaden's second operation was to close his stomach and give him iliostomy which his intestines were poking outside his stomach so he could have bowel movements into a bag. He was almost three weeks old before we were able to hold him for the first time. Kaden was on morphine and oxygen for the first month, and over time we were able to help with the feeding, bathing and changing him. Kaden was almost 2 months old when his 3rd operation came up. This one was to join his intestines back together, put in a central I.V and give him a G-tube that would feed him directly to his stomach. Over time Kaden was finally strong enough to be moved out of Special Care Nursery and he was moved to 3F a postoperative unit. He remained here for 3 months and over this time he went to the operative room many times for minor things. Kaden had ups and downs and finally we were allowed to take Kaden out on day passes. He was on constant medications and I.V's 5 Months old Kaden was strong and healthy enough to be transferred to Victoria General Hospital. Upon this transfer Kaden tested positive for MRSA, a hospital supper bug. Kaden did good for about 2 months, and was about a month from coming home. Then he got really sick and had internal bleeding with scopes and tests they found it was his liver. His liver was



being attacked by I.V medication. A week before Christmas we got a phone call from Vic. General Hosp at 7am to be told to go to hospital right away. Upon arrival we found out Kaden was very sick and they had been fighting to save him. He had uncontrollable bleeding and was being sent back to Vancouver Children's Hospital. Once back in Vancouver Kaden was put in I.C.U and were able to pump him full of blood and fluids. He was back on oxygen to help him breathe. With tests Doctors found that his liver is getting badly damaged And have decided to watch over him for 2 weeks and will decide if he needs a liver transplant and also maybe a bowel transplant. If Kaden needs this he will be moved to London Ontario to have all this done. In Kaden's nine months in the hospital he has gone to the operating room at least ten times for major and minor things. He has had over 20 blood transfusions. Kaden has had a rough start on life but he is in good care with the best Pediatric Doctors, nurses and surgeons in B.C. Today Kaden is with a therapist to exercise. He has not been able to roll over or sit up on his own, because of so many operations. We are eagerly hoping Kaden will be home for his first birthday. We would like to thank our families for rushing to our sides in emergency situation. Thank you Celina Cook and Luke Little. Vancouver B.C.

Arts

Attention Nuu Chah Nulth Artists
Hítatsoo Forest Logo Contest
1st Prize \$500.00, Deadline Feb. 28th
Please Submit all entries to:
Maureen Touchie, Po Box 699, Ucluelue BC, V0R3A0

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

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

FOR SALE: Carvings for sale: coffee table tops, clocks, plaques, 6" totems, canoes, leave message for Charlie Mickey at 724-8609 or c/o Box 40, Zeballos, B.C. V0P 2A0

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

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

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

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

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

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.

House of Win-Chee
Aboriginal Fashion
P.O. Box 8013
Victoria, B.C. V8W 8R7
Ph: (250) 382-7379 Fax: (250) 382-7375
Email: winchee@pacificcoast.net

wihayq.cik, James Swan, AHOUHAHT NATIVE ARTIST, Original paintings, and carvings. (can customize orders)
P.O. # 84 - Ahousaht, BC. - V0R-1A0 home (250) 670-2438 cell (250) 731-5304. www.ahousahtnativeart.com wihay@alberni.net



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Box 458, Tofino, B.C. V0R 2Z0

George C. John Jr.
Traditional Artist: Masks, Paddles, Plaques, Glass Bashing, Original Paintings. Clothing Designs put on vests, hats, jackets etc.
Box 106, Ahousaht B.C. V0R 1A0
Telephone: 250-670-9546
Work: 250-670-9559/9589

LES SAM CONSTRUCTION
Residential, Commercial and Architectural Structures
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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.

Marine

2 Gillnets for sale: one new 4 1/2" mesh, 120 mesh deep for \$5000. One 4 5/8", 90 mesh deep net \$2000. Both Alaska twists. Call Ed Cliffe (250) 287-8552 or (250) 203-2850.

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

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

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

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

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

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

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

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

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

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

ALL OCCASSIONS
CALL: RENEE NEWMAN
(604) 723-2843
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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 Tseshaht Administrative Buildings, Port Alberni. For more information call the Tseshaht First Nations Office at (250) 724-1225 or toll free 1-888-724-1225.

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

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

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

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

WOOD FOR SALE: \$80 per cord. Leave a message for Ken @ 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

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.

FOUND: Black jacket at the Ahousaht NTC treaty planning meeting Nov. 8-9. Call Mike Watts to identify and claim 724-5757.

A NEW GIFT STORE IN TOFINO WILL BE OPENING SOON ... At this time, we are looking for local artists from the area to sell their artwork in this store. For further information, feel free to contact Roberta Tom @ 725-2235 or Cindy Dennis @ (250) 725-1279.

FOR SALE: Anyone interested in buying sweaters & sweatpants, blankets and baby blankets, denim handbags. Put your order in with Doreen and Anna Dick at 250 204-2480



N.E.D.C. BUSINESS NEWS



The Vancouver Island Business of the Year for Tourism & Hospitality HIMWITSA PROPERTIES

Four years ago the Business Examiner Newspaper started the Vancouver Island Business Awards to recognize and acknowledge business excellence in our communities.

The 2004 awards ceremony was held on January 27, 2005 at the Empress Hotel in Victoria and attended by approximately 300 members of the Vancouver Island business community.

The winners were determined by a panel of three judges who independently rate all entries against the criteria for their sector. Winners were chosen based on these results.

Himwitsa Properties was nominated in two categories: Entrepreneur of the Year and Business of the Year. Lewis and Cathy George, owner/operators of Himwitsa Properties were proud of their nominations and very happy when they received the runner-up award for Entrepreneur of the Year. However, 'to win the Business of the Year award in Hospitality and Tourism was truly an honour.'

Himwitsa Properties was also recognized in 2002 by the

Aboriginal Tourism Association of BC for Strength in Marketing and in 2005 Canada Select – the Canadian Accommodation rating program - awarded them 3 1/2 stars; the highest possible rating for an accommodation without a swimming pool or spa.

Lewis and Cathy are very proud of their accomplishments and work hard to maintain the high quality and standards that has become their trademark. However, it is also important to them to give something back. Therefore, they hire and train staff from the local communities, partner with the NETB and community work exchange programs to provide job experience, offer the Earl George Scholarship to students in a masters program and support three children through the World Vision Program.

Himwitsa Properties is open 364 days of the year, they ship anywhere in the world and provide a wide selection of Pacific Northwest Coast art. To contact the gallery or lodge call (250) 725-2017 or visit them on line at www.himwitsa.com



Lewis and Cathy George, owner/operators of Himwitsa Properties .

Call for Proposals

Nuu-chah-nulth Language & Culture Proposals

Application Deadline: March 15th, 2005

NEDC in partnership with the Primates World Relief Development Fund is pleased to be able to offer the **Nuu-chah-nulth Language & Culture Program**. This program is designed to assist in the transfer and preservation of the Nuu-chah-nulth language and culture as follows:

Objectives:

To support short-term projects aimed at revitalizing and maintaining the Nuu-chah-nulth language and culture.

Eligibility:

This fund is available to all Nuu-chah-nulth tribes, individuals and companies owned by Nuu-chah-nulth.

Criteria:

- ✦ The projects must demonstrate strategies that promote the intergenerational transfer of the NCN language and culture and/or build upon previous language and culture initiatives.
- ✦ Each project will be required to demonstrate that a minimum of 25% of the total project funding will be secured from sources other than the Nuu-chah-nulth Language and Culture Fund.
- ✦ Priority will be given to projects that:
 - develop tools to assist in the transfer of language and culture,
 - demonstrate community support, and
 - have the largest number of beneficiaries.

Results and/or Impacts:

Projects will result and/or assist in the transfer and preservation of Nuu-chah-nulth language and culture. Community impacts may include enhanced access to language and culture resources.

The deadline for faxed, mailed, couriered, e-mailed, and hand delivered proposals will be March 15th, 2005.

Timeline:

All projects approved for funding must be completed by **March 31, 2006**.

Submit proposals to:

Nuu-chah-nulth Economic Development Corporation
P.O. Box 1384, 7563 Pacific Rim Highway, Port Alberni, B.C. V9Y 7M3
E-mail: nedc@island.net Phone (250) 724-3131 Fax: (250) 724-9967

Planning

A New Beginning

NEDC's
6th Annual Aboriginal Youth Entrepreneurship Conference
March 5th – 6th, 2005
Coast Discover Inn, Campbell River, BC
Business Planning Credit Finance
Communication Marketing & more

Registration Form

First Name: _____ Last Name: _____
 Organization: _____ Age: _____
 Mailing Address: _____
 Phone: _____ Fax: _____
 E-mail: _____
 How did you hear about this conference? _____

For more info or to register contact Caledonia at 250.724.3131 or toll free at 1.866.444.6332 or Naomi at 250.724.6999

Nuu-chah-nulth Economic Development Corporation

(250) 724-3131

www.nedc.info

to promote and assist the development, establishment and expansion of the business enterprises of Nuu-chah-nulth Tribes and Tribal members

Celebrating 20 years - 1984-2004

