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Ahousaht steals show at Canoe Journey in Elwha

By David Wiwchar
Ha-Shilth-Sa Reporter

Port Angeles, WA – Fifty American canoes had already been welcomed ashore, when nine Nuu-chah-nulth canoes rounded the pier and stole the show.

Canadian canoes gathered in Sooke and Beecher Bay the night before, but as daylight dawned, strong winds from the northwest whipped the Strait of Juan de Fuca into an impassable mess, forcing pullers to delay their 4 a.m. launch towards Elwha. By 10 a.m., the winds had dropped enough to allow the larger canoes to begin their 4-hour journey across the Strait.

Fifty American canoes had already been welcomed ashore, when six Nuu-chah-nulth canoes rounded the pier and stole the show.

Canoes from Washington State and small kayaks from Alaska started arriving at Hollywood Beach in downtown Port Angeles at 2 p.m. They circled the small bay in front of more than 3000 spectators before each skipper asked permission to come ashore, and each vessel was given permission to land and welcomed with traditional songs and dances. While some skippers used their traditional language to express the ancient protocol of landing in another Nation's territory, most speeches were in English.

And while many skippers spoke of solemn messages, one skipper brought some levity to the ceremony saying "we are tired, hungry, a little seasick, and we need to use the bathroom".

While many skippers spoke of solemn messages, one skipper brought some levity to the ceremony saying "we are tired, hungry, a little seasick, and we need to use the bathroom".

As the last American canoe was brought ashore, the first Canadian canoe rounded Ediz Spit. The Robinson family's Kakawinchitl tied up to its support vessel a few hundred metres from shore, waiting for other Nuu-chah-nulth canoes and preparing for landing.

After almost an hour, the Kakawinchitl was joined by the Kyuquot / Mowachaht canoe and slowly made it way towards shore. The prow of the Ahousaht canoe



Ahousaht pullers aboard the Robinson family canoe land in Port Angeles in dramatic style. Pictured are Wally Thomas, Marshall Thomas and Kyle Adams singing, Luke Robinson (kneeling), and Brion Robinson with Thunderbird mask.

was covered in cedar boughs and a Thunderbird mask sat atop the decorated bow. As Ahousaht drummers and singers started their song, the onshore crowd gasped and pointed as the mask slowly turned to the left, then slowly turned to the right. As the song tempo sped up, and voices began singing louder, the mask rose up and two hands emerged from the cedar boughs and the crowd erupted in cheers as it became clear the mask was being danced in the bow of the 46-foot canoe.

As the mask rose up and two hands emerged from beneath the cedar boughs, the crowd erupted in cheers as it became clear the mask was being danced in the bow of the 46-foot canoe.

Crew members were still buzzing with excitement an hour later as they hauled their gear from the support boat onto a waiting bus. Brian Tate, a puller on the Kakawinchitl said the 4-hour trip from Beecher Bay in 6-foot swells topped with curling white caps was not as difficult a trip as the journey from Nitinat Lake to Sooke. He beamed with pride as he recalled various parts of their trek from Ahousaht. "I came on this as a healing journey, and like many other paddlers in this canoe, I'm looking for a new direction," he said. "Thanks to the talking circles held every night, I think I've found myself again."

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Leaders meet prospective Presidents

By David Wiwchar
Ha-Shilth-Sa Reporter

Campbell River – Discussions about the new presidential system dominated the NTC meeting last week, as the eligible candidates for office were officially announced.

The first day of meetings started an hour late as quorum had to be attained since this was an NTC Membership Meeting. After Nelson Keitlah led the singing of the Nuu-chah-nulth song before Laverne Henderson of the Campbell River First Nation welcomed delegates to their territory and offered the opening prayer for the August 4 to 5 meeting at Thunderbird Hall.

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NTC Executive Director Florence Wylie presented her follow-up report on action item directives from the March 31 / April 1 Budget Meeting. As part of her report, Wylie invited Director of Finance Charlene Eng to give an overview of the items specific to the Withdrawn First Nations Interest Calculations Analysis. Fisheries Program Manager Dr. Don Hall spoke on the financial plan for the

fisheries litigation, and updated Ha'wiih and delegates on recent events. Within the past month Huu-ay-aht, Kyuquot / Cheklesah, and Ucluelet First Nations have joined the litigation.

Delegates spoke in support of the litigation, and its potential to improve the lives of all coastal people.

"The federal government is very concerned about this case," said Central Region Co-chair Shawn Atleo who chaired the meeting. "There has been a lot of work done on this litigation journey, and we're about half way there. It has been a challenge to bring everyone together, and this is an example of how well Nuu-chah-nulth work together for the betterment of all our people," he said.

Tawney Lem gave a presentation on a Summary of the Changeover to the President/Vice-President System and an Update on the Political and Administrative Changes to the NTC Structure. At the July 2004 NTC Meeting, a motion was passed to replace the Co-chair system to a President and Vice President system, and for the new system to be implemented at the September 2005 AGM. Lem outlined all meetings and discussions held over the past 17 months regarding the new structure, as part of the overall strategy that had recommended in the most recent

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DEADLINE:

Please note that the deadline for submissions for our next issue is **August 19, 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 hashilthsa@nuuchahnulth.org (Windows PC).

Submitted pictures must include a brief description of subject(s) and a return address. Pictures with no return address will remain on file. Allow 2 - 4 weeks for return. Photocopied or faxed photographs **cannot** be accepted.

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

LETTERS and KLECO'S

Ha-Shilth-Sa will include letters received from its readers. All letters MUST be signed by the writer and have the writer's name, address 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.



Canoe Journey

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The Paddle to Elwha also had large implications for the host Nation. Called "Honoring our Ancestors", the canoe journey helped draw attention to a long battle between the Elwha Klallam Tribe and the City of Port Angeles.

Two years ago, Port Angeles sold a waterfront lot in its industrial section to the State of Washington to serve as a drydock for crews building bridge anchors and supports for the numerous Puget Sound bridges requiring upgrades. As construction started, excavators dug into a traditional burial site from the 2700-year old Klallam village of Tsewhitzen. After months of controversy and negotiations, the State halted construction last December after spending \$60 million on construction, and unearthing 335 Klallam ancestors. Some city officials still want the project to go ahead, which led many Elwha Klallam members to urge their leaders to boycott Port Angeles during the canoe journey, and welcome the canoes to their small beach located a few miles west. Clearly, a cultural gulf had opened up between the Native and non-Native people in the area.

But as thousands of Native and non-Native people stood in the hot sun on



Makah canoes circle in front of Hollywood Beach before landing

Monday, August 1st to welcome visiting canoes ashore, and purchase the creations of many artisans who had booths set up on the adjacent pier, this canoe journey was also about bridging that gulf.

At the seafood feast held that night at the Elwha Tribal Center, people of all creeds and colours worked, ate, and celebrated together. For the next few days, they would live amongst each other in the tent city that sprang up on the play fields and front lawns of Elwha. Large trailers were set up around the community center. One was a fully-powered commercial kitchen, another two had showers, and portapotties and water fountains could be found everywhere.

Of the 70 canoes that ended up arriving in Elwha, a few had to be trailered-in because of rough weather, but their crews were still happy to participate in the many activities happening in conjunction with the canoe journey celebrations. Basketball tournaments, cultural performances, and talks from people such as Mary Selecki (Secretary of Health for Washington State) and Elaine Miles (actor, Marilyn from Northern Exposure).

Since the Paddle to Seattle (1989), the annual tribal journey has become a major event in the summer schedule of all Pacific Northwest tribes and Nations. The Paddle to Elwha continues the tradition of setting increasingly positive

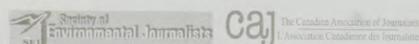


Ha-Shilth-Sa belongs to every Nuu-chah-nulth person including those who have passed on, and those who are not yet born.

A community newspaper cannot exist without community involvement; If you have any great pictures you've taken, stories or poems you've written, or artwork you have done, please let us know so we can include it in your newspaper.

This year is Ha-Shilth-Sa's 31st year of serving the Nuu-chah-nulth First Nations.

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



standards by hosting one of the most well organized and well-attended events to date. Next years' canoe journey will be hosted by Muckleshoot in Puget Sound.

(above) After a long journey, the toughest part is finding a parking spot, as the Robinson family canoe discovered at Hollywood Beach in Port Angeles

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(l-r) Tawney Lem, Florence Wylie, and Shawn Atleo applaud the introduction of new leaders at the NTC Meeting in Campbell River.

NTC Meeting

continued from page 1

Transition Committee Report presented by Doug Kelly in November 2003. The November 2003 report "developed numerous recommendations to improve the NTC governance and operations [and] one principle that emerged from this was the desire to separate business from politics in the NTC organization." "It's been a tough, tough road to get us to where we are," said Atleo. "As your outgoing co-chair, I would urge you, the directors of this organization, to encourage the new president, vice-president, and indeed all leaders to become fluent in our language, just as the federal government demands all leaders and bureaucrats to be fluent in French and English," he said.

"It's been a tough, tough road to get us to where we are," said Shawn Atleo. "As your outgoing co-chair, I would urge you, the directors of this organization, to encourage the new president, vice-president, and indeed all leaders to become fluent in our language, just as the federal government demands all leaders and bureaucrats to be fluent in French and English," he said.

Cliff Atleo Sr. said experience and fluency in the Nuu-chah-nulth language needed to be an important part of the selection criteria. Lem said there was considerable discussion at Directors meetings about qualifications, and it was decided the criteria would include a mix of formal education and related experience.

Hesquiaht Chief Councillor Joe Tom said the system may have some flaws, but it responds to direction from the Ha'wiih that Nuu-chah-nulth-aht be encouraged to pursue post-secondary education, and the criteria are a reflection of that. Tom also challenged all leaders to become fluent in their language, and a meeting be held next year where only qu'asa will be spoken. Dr. Hall spoke to the delegates about a multi-year agreement with DFO to fund Uu-a-thluk; a Nuu-chah-nulth Resource Management Organization whose foundation is the Council of Ha'wiih. DFO will provide more than \$2 million over the next 3 1/2 years to fund Uu-a-thluk through their new national Aboriginal Aquatic Resource and Ocean Management (AAROM) program, which is supplemental to the Aboriginal Fisheries Strategy and will not replace it.

"Over the past year, there has been more positive developments within

DFO to work with First Nations than I've ever seen before," said Hall. "This is partly due to court decisions such as Haida / Taku, but there is also significant political pressure on DFO to work more cooperatively with First Nations," he said.

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According to Hall, Uu-a-thluk is the first recognition by DFO that Nuu-chah-nulth Ha'wiih have authority to manage the aquatic resources in their hahoulthee. Uu-a-thluk will increase the voice of Nuu-chah-nulth Ha'wiih and leaders on coast wide policy issues.

Hall updated the table on groundfish, sardines, salmon and herring integrated harvest committees, and the 2005 salmon season.

"Neither the Columbia, Somass or Fraser River runs have met forecasts this year," said Hall. "The early Stuart run was later than it has ever been, and there's strong belief that this is connected to global climate change. There's a lot of concern that many First Nations won't be able to meet their food, social and ceremonial needs."

Uchucklesaht Chief Councillor Charlie Cootes Sr. reported that only 400 Henderson Lake sockeye have returned despite a forecast of 40,000 fish returning to their hatchery this year. "Global warming is having a serious effect here and up north," said Cootes. "It looks like we may not have an opportunity to get sockeye this year."

The second day of meetings began with an All Candidates Forum, facilitated by Maggie Paquet, NTC Electoral Officer. After a personal introduction, Maggie acknowledged Hugh Braker and Francis Frank, eligible candidates for the NTC President position. It was explained that the President will oversee issues external to the NTC such as lobbying and negotiating with federal and provincial governments. The Vice President will oversee issues internal to the NTC such as community liaison. She then acknowledged Gloria Jean Frank, the only candidate deemed eligible for the position of Vice-President. Maggie explained that in her report at the AGM, a recommendation will be made to acclaim Gloria Jean as the Vice President as she is the only candidate who met the eligibility criteria.

The candidates were then given opportunity to make a presentation to the meeting delegates, and share how they feel that they meet the necessary qualifications for the respective positions.

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NCN Treaty Planning Teams meet in Nanaimo

By Denise August,
Ha-Shilth-Sa Reporter

Nanaimo – NCN treaty teams took to the road July 26-27, meeting on a sunny, hot day in Nanaimo in preparation for upcoming Treaty Negotiations.

The Planning Table was moved to the Nanaimo venue to allow NCN living in that city to observe and participate in treaty discussions and there were a few new faces taking part in the planning.

The Planning Table was moved to the Nanaimo venue to allow Nuu-chah-nulth-aht living in that city to observe and participate in treaty discussions and there were a few new faces taking part in the planning.

The first major discussion of the day was focussed on government parks established in NCN territories, both before and during treaty negotiations. Cliff Atleo Sr., Mowachaht/Muchalaht Negotiator pointed out that continued NCN pressure on BC has resulted in a reversal or their position on parks in Hesquiaht traditional territory. "They now say they are willing to remove provincial parks status from some lands during the treaty negotiations," Atleo advised.

He said NCN need to ensure that no more parks be established in NCN traditional territory until a treaty is settled. "Our people can get thrown out of parks in their own traditional territories under current provincial and federal laws, denying them their Aboriginal Rights," added Richard Watts, Tseshaht Negotiator.

Nelson Keitlah described the establishment of parks in NCN traditional territory as "a land grab, pure and simple". "Government claims to have all kinds of authority in the parks they created and they made up the rules themselves without consultation with us and accommodation of our rights," he complained.

NTC Treaty Manager Michelle Corfield delivered a brief update on the NTC Fisheries Litigation. Because the matter is before the courts, details cannot be reported here. Corfield advised the table that Kyuquot voted to rejoin the NTC Fisheries Litigation; Ucluellet hadn't yet finished their voting procedures.

For the past decade NCN Nations have been struggling with a land selection

method that hasn't been working. First Nations must select lands they want protected in a treaty and identify lands for other purposes. Darrell Ross, Tseshaht prepared a Power Point Presentation on proposed land selection methodologies for the review of the table.

The NCN negotiators will be going to side table negotiations with federal and provincial governments on July 29 to discuss the methodology issue. The NTC treaty table further developed their own proposal for how First Nations will select their lands to be protected in a treaty. Their paper will be presented at Friday's TSC.

The table spent the second day working on the Parks Chapter of Treaty. They compared the provincial government's document containing their interests with respect to Parks and Treaty lands with the Nuu-chah-nulth version.

They amended the Nuu-chah-nulth version of the Parks Chapter by revising wording and adding new ideas. In a continued discussion about parks Atleo reminded the table that the word "park" is offensive to him; "they (government) couldn't make a louder statement that they can't protect the land and resources from their own activities," he claimed. Atleo suggested that if NCN are going to buy into the idea of parks they need to come up with their own version of what a park should be; one that suits NCN needs.

"Parks have their place and time," said Watts adding, "they are good for protecting lands and resources from industrial activity." The problem, he says, is now that treaty negotiations have started, parks are springing up everywhere around existing reserves. "That's where the land grab comes in," he said, "they want to lock it all up before they have to deal with us."

The NCN version of the Wildlife and Migratory Birds Chapter was reviewed and revised in the same manner as the Parks Chapter.

Corfield said mail-out treaty updates were sent out last week, in an effort to get as much information to NCN membership in a cost-effective manner. She reports the feedback she has been receiving has been positive. The NTC Treaty Department is looking to setup urban update meetings to coincide with other meetings in order to provide a cost effective way to get the information out to urban NCN members.

Upcoming Meetings

August 17 Urban update meeting in Seattle, 6 - 8 pm.
Pearl Warren Building, Seattle Indian Health Center.
The August 18 Urban Update meeting in Vancouver has been postponed.

If you have any questions please contact Michelle Corfield or Gail Gus at 724-5757 or toll free 1-877-677-1131 or email: mcorfield@nuuchahnulth.org or gailgus@nuuchahnulth.org.

Vancouver Island Region Wildlife Management Society meeting August 30, Nanaimo Legion, 1630 East Wellington Rd., 10 a.m.

Nuu-chah-nulth DAC Healthability Fair, Sept. 20-21, Maht Mahs

NTC Annual General Meeting (AGM), Sept. 22-23, Maht Mahs

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Each candidate made introductory statements and then responded to questions from meeting delegates (see adjacent story). Ahousaht, Ehattesaht, Uchucklesaht, Tseshaht, Hesquiaht, Hupacasath, Tla-o-qui-aht, Ditidaht, Kyuquot, and Mowachaht / Muchalaht leaders congratulated the candidates for their commitment to Nuu-chah-nulth and asked questions during the open forum. "You have to broaden your thinking to be Nuu-chah-nulth wide, not just about one First Nation," said Cootes. "This is often the hardest transition to make." "The quality of the candidates show we as Nuu-chah-nulth are in good hands," said Shawn Atleo.

"The quality of the candidates show we as Nuu-chah-nulth are in good hands," said NTC Co-chair Shawn Atleo.

Ballots will be sent out to First Nations, who will determine how they want to conduct the election within their Nation. Completed ballots will be sent back to the NTC Electoral Officer. The election results for both positions will be presented at the NTC Annual General Assembly on September 22nd at Maht Mahs. NTC Director of Community and Human Services (CHS) Simon Reed gave an overview on the NTC Education Strategy Discussion Paper, and a report of First Nations School Funding issues. As a result, there were several motions that were approved that will be implemented for September 2005 school year. It was also agreed that the impact of

the implementation of these new policies will be monitored and evaluated in Spring 2006 by the NTC Education Department, with a report to be forwarded to the NTC Directors. Ditidaht's Joe Gray-Thorne, gave information on the S.T.E.P. initiative that he is involved with as Co-ordinator. He described the need for more skilled workers in the trades' area, explaining that there is a shortage of workers in this area. He urged the leaders to support to Nuu-chah-nulth members to pursue training in trades areas such as carpentry, plumbing, etc., stating "funding should not be targeted towards university degrees only, but trades programs as well". "Our kids are really frustrated," said Thorne. "We need to find programs for our children to find jobs and careers. Simon Lucas announced that the Hesquiaht First Nation will be launching a fundraising campaign to finish and furnish their new school in Hot Springs Cove. "Because of all the work on the mainland for the 2010 Olympics, contracting companies are not willing to come to Hot Springs Cove unless they get a million dollars above their normal rate," he said. Richard Lucas spoke on behalf of the NTC Emergency Preparedness Committee, which was given a specific mandate by the NTC Chiefs in January relating to internal and external sources of funding, consolidation and update of existing FN emergency preparedness plans, capital infrastructure needs, policy and funding gaps, etc.. As a result of the committee's work, there were several recommendations tabled. A motion was passed to continue the work of the committee, expand the mandate to include fire and medical, and to invite FNESS to the NTC AGM for a presentation. The meeting adjourned after Nelson Keitlah offered a closing prayer.

Potential Presidents discuss qualifications at NTC Meeting

Hugh Braker - Presidential candidate

I've had a long career as a lawyer working for the Nuu-chah-nulth Tribal Council. Fighting for the rights of Nuu-chah-nulth in court has been incredibly rewarding, but sometimes it's frustrating because it's only one part of a puzzle. Decisions made in the courts don't necessarily carry over to the negotiating table. It's



Hugh Braker and Francis Frank

that other part of a puzzle that I want to work with you on now.

The real foundation of self-government comes from a healthy community. We have to do long-term work to bring back healthy families and address social problems. There is no quick fix. We have to bring back the Nuu-chah-nulth culture and values and develop a long-term plan for healthy families.

The future of Nuu-chah-nulth people rests on our ability to redefine our relationship with the other levels of government. Governments must come to the table to talk about how they're going to redress past abuses.

The biggest challenge I have is that I don't speak the language, but if selected as president I won't just talk about how important language is, I'll learn it and promote it.

Our struggles continue. We have to take control of our fisheries. The strength of Nuu-chah-nulth does not come from how much money is handed out at budget meetings; it comes from our experienced political leaders, from our ha'wiith, our people, our culture, and our unity. We've come a long way over the past few decades, but there's still a long road to walk ahead of us.

Francis Frank - Presidential candidate

With 18 years of social work experience, I have been helping people and guiding them through everyday problems. I was the Tla-o-qui-aht Chief Councillor and negotiator for 5 terms, and for the past 5 years I have been band manager. I know what our First Nations go through on a day-to-day basis. We make very important decisions here that greatly impact the people we represent. We have to bring the NTC to the communities. We need to hear directly from our community members to find out what they want and how they want us to pursue those goals.

I want us to be a healthy, strong, and united group again. I want our schools to have the resources to teach our language, and be able to encourage its use throughout our communities. I'm very fortunate that I grew up learning the language, and now I'm passing that on to my children. We need to preserve, promote, and protect who we are.

We have to make education a priority. We need to encourage our young people to pursue post-secondary education, and we also have to have jobs in their fields for them to return to.



Gloria Jean Frank - Vice President candidate

Education is important and I want to be a role model for our youth. I worked at Maaqutsiis school and received my history degree from UVIC. I became a teacher at North Island College before

returning to Ahousaht to teach Grade 7. I worked for the Ahousaht Holistic Centre studying suicide statistics.

Our culture is strong and will help our youth through any problems. I really want to work with you to address our problems with the various levels of government.

Fisheries - ca'ca'ruk Tsuxiit Stewards receive funds

By David Wiwchar
Ha-Shilth-Sa Reporter

After months of negotiations, Fisheries and Oceans Canada has come forward with interim funding for the Tsu'xiit Stewardship Program, but the Mowachaht / Muchalaht First Nation is demanding action as well. Fisheries and Oceans Canada (DFO) has agreed to provide \$48,000 in partial stewardship project funding. Mowachaht / Muchalaht had presented a detailed budget requesting \$175,000 to fund the program from April through October 2005. Mowachaht / Muchalaht Tyece Ha'with Mike Maquinna said DFO needs to educate its own personnel about interactions if the project is to succeed.

Fisheries and Oceans Canada (DFO) has agreed to provide \$48,000 in partial stewardship project funding. Mowachaht / Muchalaht Tyece Ha'with Mike Maquinna said DFO needs to educate its own personnel about interactions if the project is to succeed.

Last month, Tsu'xiit was following the Coast Guard vessel Atlin Post. Instead of staying in open water away from other boaters, the vessel motored toward Critter Cove Marina where Tsu'xiit promptly broke off from the larger ship and started playing with the smaller boats tied up to the docks. "DFO and the Coast Guard need to be more aware of the Mowachaht / Muchalaht Stewardship and stop undermining what we're trying to do," said Maquinna. "Tsu'xiit has a tendency to follow certain boats, and the Coast Guard vessel is one of them. They should have stayed in open water," he said. "What we had hoped to establish is a way to prevent interactions and keep Tsu'xiit away from boaters. That's what our stewardship program is all about."

Last week, two uniformed provincial parks officers in a BC Ministry boat were videotaped interacting with Tsu'xiit by Mowachaht / Muchalaht stewardship workers. The tape will be shown to DFO officials as further proof government employees are not abiding by stewardship rules and marine mammal protection laws. Visiting anglers caught interacting with Tsu'xiit have been quick to flee once they see the Mowachaht / Muchalaht Fisheries boat Wi-hut-si-nup approach, or other local vessels carrying camera-wielding stewardship volunteers.

As owners of the main boat launch in Nootka Sound, Mowachaht / Muchalaht are able to distribute information to most visiting boaters, and work is underway to educate local fishing lodge guides and others in the area. "The average person is aware of Tsu'xiit, and abides by our stewardship guidelines, but some people figure since they're spending lots of money to come here, and they think interacting with the whale is their right, and we're out there to tell them it's not," said Maquinna. "Continuous education programs are needed, and that's one of the reasons we set up a land-based observation post at Tuta Marina, where people can watch Tsu'xiit from shore and there's no

physical interaction or endangerment there," he said.

Mowachaht / Muchalaht had applied for a scientific permit so their boats could maintain a close proximity to Tsu'xiit when there is a potential for interaction with other boats. Maquinna said their proposal had nothing to do with training Tsu'xiit to follow Mowachaht / Muchalaht vessels. "He's already comfortable with the canoes and the songs that go with it," said Maquinna.

While negotiations between the two governments went fairly well, Maquinna is now focussed on a long-term stewardship agreement. "Given all the things that have happened in the past, I'm very cautious when negotiating with DFO," he said.

The money will be used to pay boat and some staffing costs, but more money is needed.

"We'll try and stretch the money out as far as we can, but we will continue to look for as much support as we can," said Mowachaht / Muchalaht Tyece Ha'with Mike Maquinna.

Mowachaht / Muchalaht started the stewardship project last June after preventing DFO from capturing Tsu'xiit and shipping him via transport truck to Victoria. Members of the Mowachaht / Muchalaht First Nation have been volunteering their time and use of their boats to keep Tsu'xiit safe while he continues to reside in Nootka Sound. Volunteers and staff members will be out in force as commercial trollers, gillnetters, and recreational anglers will be actively fishing during salmon openings in Nootka Sound this week.

According to Maquinna, DFO indicated they are not considering any future capture attempts due to budget constraints. "We still have to figure out how we're going to work together," he said. "I hope that people are getting educated and more aware of First Nations culture, and the sacredness of the Kakawin (Killer Whale) to our people."

Last week, two uniformed provincial parks officers in a BC Ministry boat were videotaped interacting with Tsu'xiit by stewardship workers.

The Mowachaht / Muchalaht believe there is a strong spiritual connection between Tsu'xiit and their late Tyece Ha'with Ambrose Maquinna. Ambrose had told ha'with Jerry Jack that he intended to return as a kakawin after his death, as is traditionally believed amongst Nuu-chah-nulth-aht.

The morning before Ambrose died in the Campbell River hospital, a pod of killer whales was seen swimming in slow circles in front of the waterfront hotel where his family was staying. Some family members remarked that it looked like the killer whales were having a meeting. Three days after Ambrose died, Tsu'xiit (Luna, L-98) appeared in Nootka Sound near the late Tyece Ha'with's ancestral village site at Mooya Bay.

Mike Maquinna has maintained nature must be allowed to take its course, and nothing will be done to actively encourage Tsu'xiit to leave Nootka Sound before a memorial potlatch is held for his late father on November 12th.



Tsu-xiit rubs his cheek against a Mowachaht / Muchalaht canoe puller's paddle last June. File photo

Warrior Society disbands

By David Wiwchar
Ha-Shilth-Sa Reporter

Members of the West Coast Warrior Society (WCWS) announced they have disbanded because of police actions against them.

In a press release sent out last week, WCWS representatives wrote: "As a result of the unlawful and unethical activities of Canadian police agencies in targeting our members and our organization, and the unfair branding of Indigenous activists as terrorists, we have concluded that it is no longer possible for us to be effective in carrying out our responsibility to defend Indigenous lands, communities, and rights as we have been doing".

A subsequent e-mail sent out by WCWS member Seitcha, said "It is with a heavy heart that I send this message to you because of all the hard work, time and effort, jail time, etc. that we put to into as an organization to better the current status of all indigenous people. The Integrated National Security Enforcement Team (INSET) has deemed the WCWS as a terrorist criminal organization and was attempting to dismantle us by any means necessary including that of harassment of our families and political support. Our family members had felt at this time it would be better that we dissolved as a society in order to continue our responsibilities to our families and respected communities."

"We will continue to strive for indigenous self determination but no longer as the West Coast Warrior Society as a whole. In a Post 9-11 world, many of our own people and indigenous nations have been misinformed in taking that important step towards direct action in order to have their community needs met.

"It is with a heavy heart that I send this message to you because of all the hard work, time and effort, jail time, etc. that we put to into as an organization to better the current status of all indigenous people."

(Text of an e-mail from "Seitcha")
"Unfortunately, the WCWS in its last remaining years had been used in many incidents as a "political pawn" or the "tough guy card" in order for certain band councils to get a better deal from Canadian governments. We feel that we need to take this time to better inform our people of our historical relationship with the Canadian government as well as our cultural/social responsibilities to our indigenous nations. We thank you all who have supported the WCWS and all of our campaigns and look forward to working with you in the future to improve the well-being of our people and our respected communities."

Aboriginal Art & Film Festival!!!

Ahousat BC, August 24th - 27th, for Anyone interested 13 years and older!
Exciting workshops to choose from:

- Cedar Weaving - Ahousat artist Ramona Mark
- Music song writing - Sandy Scofield
- Creative Writing - Jordan Wheeler (North of 60)
- Filmmaking Workshop with Richard Story

All workshops are free! Come on out and learn, as well as share your art and talents! Some of the workshops include grant writing, networking, what you need to get yourself 'out there'. This is an amazing opportunity for everyone! Whether you are presently a talented artist wanting to know your next steps to take, or even if you are just beginning and wanting to learn! There will also be a juried art show, if you would like to display or enter your art in the show... Register today! There will be prizes of \$200 for first prize, \$100 for second and \$50 for third prize!

If you are interested or would like to register, call Melody Charlie any of the following numbers 670-2380 or 726-2507 or 670-9558. Please leave a message and I will get back to you asap! Email: melodycharlie1124@hotmail.com. Looking forward to hearing from you soon. The registration is based on first come first served so the sooner you sign up the better!

Corrections:

In a story titled "New Canoe unveiled by Robinson Family" there were two errors. The late Sam Mack helped in the original construction of the canoe named Kakawinchiit. In the article titled "Smokehouse transformed", Sam Haiyupis was named incorrectly. In the July 14th issue, in a story on the Tiickin (Thunderbird) Project, Jane Jones' job title was incorrect. Her actual job title is Assistant Manager and Assistant Program Coordinator. We apologize for the errors.

Attention First Nations of the Maa-nulth Treaty Society

An important Treaty Related Measure (TRM) is currently underway that requires representatives from each of the First Nations of the Maa-nulth Treaty Society to contact, meet and have members of each respective First Nation fill out and sign an application for enrolment in the Maa-nulth Treaty. Completing this process will allow members to vote for acceptance or rejection of the treaty when the time for ratification comes around. Should the vote succeed, the list of enrolled people will form the treaty version of the Band List; should the vote fail, nothing will happen and no changes to the current Indian Affairs system of status and reserves.

It is politely but urgently requested that all members of First Nations involved in the Maa-nulth Treaty who have not yet filled out applications for enrolment to contact their Treaty Eligibility and Enrolment Coordinator, each listed below with contact information:

- Ka'yu:'k't'h'/Che:k'tles7et'h': Daisy Hanson, phone (250) 332-5259
- Huu-ay-aht: John Jack, phone (250) 951-0003
- Toquaht: Naomi Ann, phone (250) 726-4230
- Uchucklesaht: Tina Robinson, phone (250) 724-1832
- Ucluelet: Christina Klotz, phone (250) 726-2414

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Fax: (250) 724-1774
Toll Free: (866) 724-0185

Education - ha-ho-pa

Marine Station hosts conference

By Randy Fred
for Ha-Shilth-Sa

The Bamfield Marine Science Centre hosted the Northwest Aquatic & Marine Educators (NAME) Conference July 20 - 23.

There are several essential elements to a successful conference: facilities, accommodations, food, informative program, recreation, and interesting participants. This year's NAME Conference proved outstanding in all these essentials.

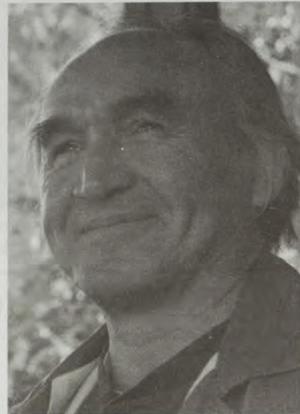
Participants were from Oregon, Washington, BC, Alaska, Yukon, and Hawaii. Most registrants traveled from Port Alberni on the chartered Lady Rose and were treated to dinner on the cruise down the Alberni Inlet.

Chief Robert Dennis and Dr. Gary Rogers presented the first plenary session on tsunamis and earthquakes. Dr. Rogers described the fault lines and gave a historical account of earthquake and tsunami activity in the Pacific Ocean and the western shores of BC and the United States. He made it clear the question is not 'if' a major earthquake takes place in our region but 'when' it takes place.

Chief Robert Dennis complemented Dr. Roger's presentation with traditional Huu ay aht oral history and knowledge of earthquakes and tsunamis. He quoted from a transcribe recording of Chief Louie Nukemus, who stated the tsunami of 1700 took place at night. This fact was confirmed by accurate Japanese recording of the earthquake in Japan which caused the devastating tsunami in 1700. That tsunami wiped out several Huu ay aht settlements. Chief Dennis explained the political challenges he is faced with in the location of the main Huu ay aht community of Anacla, by Pacheena Bay.

The Huu ay aht knowledge about tsunamis is one example of what is today termed traditional ecological knowledge (TEK). TEK was the theme of Dr. Gloria Snively's presentation based on her work with Dr. Lorna Williams, at the University of Victoria. They have researched TEK with First Nations people in Alert Bay and on the Saanich Peninsula.

Gloria Snively stated TEK has been adopted as mandatory for inclusion in curriculum developed for BC schools. So, you will hear about TEK much more. The scientific community recognizes that the knowledge of First Nations people is important and must be shared within the regular school system. We already are aware of the vast contributions made to society by First Nations knowledge by way of medicinal plants, foods, transportation, tools for



Randy Fred

fishing and other means of food gathering, and sustainability. Even though much of this knowledge may seem basic, it is very important for general knowledge. TEK is critical for the sciences as well as most other school subjects.

What was I doing amongst this learned group of educators? Along with my associates - Linda Myres, Dr. Kathleen Forsythe, Dr. Pille Bunnell, and Dr. Scott Carley - we presented a multimedia production of the Bamfield Huu ay aht Archive & Story Adventure. This innovative website along with learning materials was very well received. Phase I of the project is nearly complete and you will hear all about it when it is officially launched this Fall. Gordon Green, from the Royal BC Museum, gave a demonstration of the importance of wetlands. Using a model he demonstrated the role wetlands play in purifying water, even sewage. He talked about the roles of tiny creatures, called ostracods, as well as other minute creatures. His workshop was titled, *Marsh Monsters & Swamp Things*.

Another fascinating session was given by Bill Hastie. He highlighted the destructive nature of plastics in the marine environment. He listed the startling amount of plastic found in the stomach of a dissected whale, which was discovered dead on a beach. In its stomach was several different kinds of plastic bags and it had swallowed a large bleach bottle and other plastic bottles. Most stunning in this list was a large piece of raw rubber. He showed photos of ducks and other birds with plastic stuck around their beaks and necks. Then he showed photos of birds and sea mammals killed in gillnets. These were horrifying images as each net had killed many lifeforms.

These were hard lessons for all of us living or frequenting our many

Girls Outdoor Adventure Learning Camp

Submitted by *Natasha Marshall*

From July 17th and July 21st, 2005, 10 remarkable youth from Vancouver Island participated in the first Girls Outdoor Adventure Learning Camp at the Tribune Bay Outdoor Education Centre on Hornby Island. This camp was offered on behalf of the Alberni Valley Drug and Alcohol Prevention Service (ADAPS) and P.A. Parks and Recreation Department.

Ten girls that applied and were selected got to participate in a five day camp. Tribune Bay Outdoor Education Centre's philosophy emphasizes personal growth in many dimensions through personal challenge, goal setting, team building, and trust activities. Examples of the outdoor activities are High Ropes, Climbing Tower, Kayaking, Hiking and many other team building activities. Each activity was monitored by highly qualified staff with backgrounds in youth work.

One of many encouraging phrases that came from this camp was A.C.E., which means 'A' Acceptance of all levels of ability, 'C' Challenge by choice, and 'E'

waterways. This kind of destruction can happen in interior lakes and rivers, too. Many of those waterways end up in the ocean. We must prove we respect Mother Earth by avoiding putting any kind of garbage in our waterways and ensuring gillnets are not let loose and are disposed of properly when no longer needed or wanted.

Two field trips I went on were awesome. Friday morning we got up very early to ride on the Alta, one of the research vessels operated by the Bamfield Marine Science Centre. A contraption was used to scoop up the bottom of the ocean floor at two different depths. After the mud, sand and rocks were removed the remaining living creatures were placed in a tub of water on board. The field trippers were able to closely examine the wide array of invertebrates while listening to an ongoing dialogue by the scientists who provided names and facts about the organisms.

Then we arose early again the following day to ride on the Barclay Star for a visit with the charismatic mega-fauna, which just happen to be large grey whales. There were plenty of them outside of Pacheena Bay willing to be scrutinized. It was exciting to learn they live on the tiny invertebrates we had examined the day before. Most interesting was the fact grey whales eat by laying on their side and

Encouragement. Each girl strongly showed each quality while attending this camp. I was shown that communication is crucial while building trust from one another.

This unique opportunity was brought to my attention, and I asked the two camp staff, Johanne Saraceno and Michaelene Shannon, to be a part of it. My name is Natasha Marshall, Qua Quaa Wilth, from Port Alberni. I am a Post Secondary Student working at the Nuu-chah-nulth Tribal Council, Community and Human Services, Mental Health Program as a Youth Facilitator/Peer Support Worker and Researcher. I am very appreciative to have had to chance to partake in such a camp. Empowering our young women in our community, role modeling that positive connection with peers, and building self-esteem within themselves, is very important, was what I got from this camp as a camp supervisor.

I am looking forward to see how these remarkable young, strong, intelligent girls are doing in the near future. Keep up the momentum. Remember, A.C.E.

sucking up the material from the bottom of the ocean. The location of the workshops and main gatherings was in the newly constructed Rix Centre. It is an architectural masterpiece, shaped like a giant clam. Half of the main lounge area is 180-degrees surrounded by 10-foot glass, making for spectacular views of the Bamfield harbour. People were able to observe pilot whales from this room. An auction and a dance with John Hughes' band, Broken Group, were enhanced with the location. Besides being informative, the conference was loads of fun.

It was so good to see so many women involved in marine education. And it was good to learn about the many opportunities for First Nations people in marine research and education. So, all you young people pondering a future career - give serious consideration to marine research or education as they make for very exciting jobs.



The location of the workshops and main gatherings was in the newly constructed Rix Centre. It is an architectural masterpiece, shaped like a giant clam.

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You can contact Jack at the following Phone Numbers;
(Home) @ (250)-723-9541 or toll free 1-877-723-9541.
his Cell @ (250) 720-3897

Or Bob & Greg @ Office - (250) 740-1005. Fax # (250) 740-1006.

The office location is 1585 Bowen Road, Nanaimo BC



Sea Lions rest on a rocky bluff in Barkley Sound

Campfire Ban now in effect

CAMPFIRE BAN IMPLEMENTED ON SOUTH COAST

Effective midnight August 4, 2005 and until further notice, Category 1 open fires (including campfires) are banned in select areas of the Coastal Fire Centre.

Affected areas include Vancouver Island south of Campbell River, all Georgia Strait islands south of Hernando Island including the southern Gulf Islands and the Howe Sound islands, and the Chilliwack and Squamish Forest Districts.

The area 2km inland from the outer south west coast of Vancouver Island is not affected by this campfire ban. (see attached map for details).

This open fire restriction is in effect to protect public safety and to limit the risk of person-caused wildfires.

Category 1 open fire restrictions prohibit the use of open fires that burn piled material less than one metre high and one metre wide and include campfires.

This ban does not restrict the use of liquid, gas or briquette-fuelled stoves that are manufactured for heating or cooking.

Open fire restrictions apply to lands outside of municipal boundaries and Regional Districts that have open fire bylaws.

Please check with local authorities before lighting fires within organized areas.

Coastal Fire Centre
August 4, 2005 Category 1 Open Fire Restriction (Campfire Ban)
This open fire restriction in effect until further notice.

Areas affected indicated in grey.



This restriction also applies within BC Parks unless otherwise specified. For a complete list of BC Parks affected by this Category 1 open fire restriction, please visit www.bcparks.ca.

The Coastal Fire Centre covers all the area west of the height of land on the Coast Mountain range from the U.S./Canada border at Manning Park to Tweedsmuir Park in the north, the Sunshine Coast, the lower mainland, all of Vancouver Island and the Gulf Islands.

The fire danger rating is currently high throughout much of the Coastal Fire Centre. There have been 83 coastal wildfires to date this season; all 83 were person-caused and preventable. A restriction on Category 2 open fire (backyard burning) remains in effect throughout the Coastal Fire Centre.

To report a wildfire or unattended campfire call 1-800-663-5555 or *5555 on most cellular networks. For more information on open fire restrictions or for updates on current wildfire activity, visit www.for.gov.bc.ca/protect.

Tournaments

CHOO-KWA CHALLENGE

This advertisement is to cordially invite teams to participate in the 2nd Annual Choo-Kwa Challenge, which is scheduled to take place on Saturday August 27th, 2005. This event will involve teams of at least 6 or more people canoeing a set distance along the Somass River in Port Alberni.

Registration = \$200 per team (Prizes will be announced shortly)

For further information please do not hesitate to call. Aaron Hamilton, Manager, Choo-Kwa Ventures, (250) 724-4006, aarohami@telus.net



T.F.N. Youth Hockey Tournament Vince Mysters September 24 & 25 @ Maht Mahs Gym, Port Alberni

19 & under entry fee \$200.00, 16 & under entry fee \$150.00
10 & under entry fee \$75.00

Contact Janice Thomas 725-2175 or 726-8666
Or Francis Frank 725-2175 or 725-3233

Maaqtusiis Lady Storm Hawaii Bound for 13th Annual Palama Settlement Classic

Maaqtusiis Lady Storm Senior Girls School Team are planning for a tournament in Hawaii in December. We will be fundraising to take 12 players and 4 chaperones on this trip of a lifetime. If there is any way you can help us we would appreciate it. You can contact Rebecca Atleo at the school 670-9589 or at home 670-2390.

INSURANCE REQUIREMENT OUT OF PROVINCE AND COUNTRY

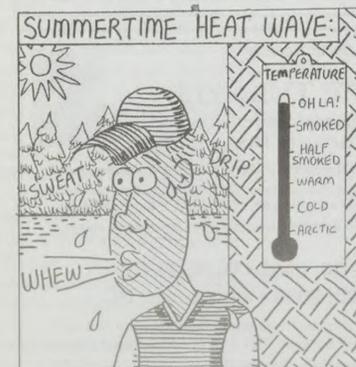
Recent situations have been embarrassing to some people who Depart Canada without acquiring any type of medical coverage insurance. Non-Insured Health Benefits Program through Health Canada does not cover anyone who departs Canada, nor does your BC Medical Plan unless you have written authority from them stating that they will cover you, and what they will cover. (Remember the price is much higher in US than here - I suggest you check it out to protect yourself and your family). Ensure you get coverage by contacting your local travel agency - they can and will help you! It is also understood that once you have departed Canada and you change your mind and decide you wish to have coverage - it is too late...Travel policy insurance will not cover you outside the country if you try to obtain insurance after you have left. Protect yourself and your family! Questions on this matter are encouraged and welcomed through the Non-Insured Health Benefits Program Coordinator (Robert Cluett) 1-888-407-4888 or 250-724-5757.

TSOW-TUN LE LUM SOCIETY

ANNUAL GENERAL MEETING

The Tsow-Tun Le Lum Society will hold its Annual General Meeting on Saturday, September 24, 2005 at 12:00 Noon at the Tsow-Tun Le Lum Treatment Centre beginning with lunch; at 699 Capilano Road, Lantzville. All are invited to attend. For more information, please call (250) 390-3123.

GAS JOCKEY BLOES



Life On The River: A Choo-Kwa Ventures Story

By Nicholas Watts
Ha-Shilth-Sa Reporter

The Alberni Valley is one of the most beautiful places to live and visit on the west coast.

With its scenic landscape, and wonderful outdoor life, over recent years the Valley has become a hotspot of tourist activities.

There are many things to do, from swimming and camping, to golfing and even historical sights to see, but one of the more popular attractions is to hop in a canoe and paddle up the Somass River. That's where Choo-Kwa Ventures comes in.

There are many things to do in the Alberni Valley, from swimming and camping, to golfing and even historical sights to see, but one of the more popular attractions is to hop in a canoe and paddle up the Somass River. That's where Choo-Kwa Ventures comes in.

Choo-Kwa (Nuu-chah-nulth for "come here"), has been in operation for four years and offers a trip of a lifetime, literally.

As you and your group of up to 15, paddle down the river, a knowledgeable guide (George Hamilton in this case), gives you insight to what life was like for the Hupacasath of times past.

Not only was the trip relatively easy for the inexperienced traveler, the narration by George was a nice touch, giving both resident and tourist alike information on the history and contemporary life of the two Nuu-chah-nulth tribes that inhabit the Valley.

As the group of wayward travelers headed back to the wharf, a sense of calm overtook the water and in the background landscape was Mt. Arrowsmith, and a solitary eagle, as if to send the participants on a safe journey through the Nuu-chah-nulth territory.

The group of travelers that occupied the canoe were both ecstatic, and overwhelmed with the beauty that is the Somass River.

Tom, who traveled from England to the west coast with his family, said, "the canoe ride was both a great learning experience, and a memory that he can take home to his family. The valley is beautiful and he would recommend that anyone journeying through the valley stop at Choo-Kwa and book a tour, this was definitely a highlight on his trip!"

On the 27th of August 2005, they will be having their annual Choo-Kwa challenge. An event that pits local and non-local canoe racers one-on-one up the Somass River.

Choo-Kwa invites everyone to the event where there will be lots of food and entertainment.

If you would like to book a tour with Choo-Kwa, you can phone the office at 250-724-4006.



(above) Choo-Kwa tour guide George Hamilton offers a history lesson to visiting paddlers (below).



The Nuu-chah-nulth Research Ethics Committee was formed in December 2002 to deal with the return of the blood samples obtained from the Dr. Ward Arthritis study.

As part of their terms of reference, they are responsible for the ethical review of requests to conduct research in more than one Nuu-chah-nulth community. Upon request, the Research Ethics Committee can also review requests to conduct research in an individual community.

The members of the Research Ethics Committee are: Larry Baird, Darleen Watts, Matthew Lucas, Karla Point and Helen Dick.

If you are interested in conducting research, please note the following deadlines for submitting an application:

Application Deadline	Application Review
August 15, 2005	September 12, 2005
November 15, 2005	December 12, 2005

Applications can be obtained by submitting a request to Lynnette Barbosa (REC resource person) at (250) 724-5757 or through e-mail at lbarbosa@nuuchahnulth.org.

Non-Insured Health Benefits Program - NIHB

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

hearts@work

Hiisteak Shilth-iis Teech-Maa (Coming from the Heart)

Are you at risk for Heart Disease?

Risk Factors

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

Would you like to know if you are at risk? Want to get tested? Call your local Nuu-chah-nulth Community Health Nurse.



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Andrew Turnell is a family therapist and child protection consultant from Perth, Western Australia. Andrew has spent the last 17 years exploring the application of brief therapy ideas and thinking to child protection practice and is the author and co-creator of the Signs of Safety approach. Andrew focuses on eliciting, amplifying and describing child protection practice that makes a difference and creates safety for children.

September 19 & 20, 2005 • Duncan, BC
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For conference registration information see www.orcas.bc.ca or call Daphne at (250) 743-5454 on M/T/W between 9-11 a.m. or T/F between 5-9 p.m.

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NUU-CHAH-NULTH NURSING PROGRAM

Vision Statement:
The Nuu-chah-nulth Nursing Program partners with Nuu-chah-nulth-ah to deliver professional, ethical, culturally sensitive, and responsible care. Nurses shall maintain discipline in self and profession, as well as balance in approach.

Getting a grip on Arthritis

Submitted by *Moira Havelka*,
CHN Northern Region.

Excerpts of information I obtained at a recent, very informative workshop, on Arthritis.

Additional information may be obtained from your local CHN, or the Arthritis Society at 1-866-414-7766 or www.arthritis.ca/bc

What is arthritis?

Arthritis literally means inflammation of a joint. It refers to more than 100 different diseases that cause pain, swelling and redness in joints and connective tissue throughout the body. It is usually chronic, meaning that it lasts a lifetime.

How many people have arthritis?

More than four million Canadians have arthritis (more than the population of BC). That includes over 600,000 in British Columbia, or 1 in 6 people. It's the number one chronic health problem in Canada.

Who can get arthritis?

Anyone can get arthritis. It affects people of all age groups, including thousands of children. The condition takes an especially heavy toll among women. About twice as many women as men have arthritis.

What are the major forms of arthritis?

Osteoarthritis, rheumatoid arthritis and fibromyalgia are the most prevalent forms. Rheumatoid Arthritis is the most serious and potentially disabling type of arthritis.

Osteoarthritis

What is Osteoarthritis?

Osteoarthritis (OA) is the most common form of arthritis. It is caused by the breakdown of cartilage, the tough elastic material that covers and protects the ends of bones. Bits of cartilage may break off and cause pain, swelling and problems with movement. Over time the cartilage may wear away entirely, and the bones will rub together. Much of the pain of OA is a result of bones rubbing together, muscles and the other tissues that help joints move being forced to work in ways for which they were not designed, as a result of damage to the cartilage.

What Joints are affected?

OA commonly affects weight-bearing joints such as hips, knees, feet and spine. However, non-weight bearing joints such as finger joints and the joint at the base of the thumb may be affected as well. It usually does not affect other joints, except when they have been injured or been put under unusual stress.

Can arthritis be prevented?

There are three major things a person can do to prevent problems with bones, muscles and joints:

- Keep fit: maintain a regular, varied exercise schedule.
- Maintain a healthy weight:

extra weight places excess stress on weight-bearing joints.

3. Protect your joints: listen to pain, perform activities in the proper way, avoid activities that put your joints at risk, wear appropriate footwear, maintain good posture, warm-up before activity, sleep in a good bed.

What are the symptoms of arthritis?

The seven warning signs of arthritis are:

- Swelling in one or more joints
- Early morning stiffness
- Recurring pain or tenderness in any joint
- Inability to move a joint normally
- Obvious redness and warmth in a joint
- Unexplained weight loss
- Fever or weakness combined with joint pain

Symptoms such as these that last for more than two weeks.

Can arthritis be cured?

The only form of arthritis which can be cured is that due to infection, which can be treated by antibiotics. Other forms of arthritis, such as gout, can be completely controlled with medications. There is no cure for the other types of arthritis—YET!! Medical advances can prevent or delay severe disability in many cases.

The key is early diagnosis and a treatment plan tailored to the needs of each individual. Most treatment programs include a combination of rest, medication and exercise.

BE ACTIVE!

Did you know that you can reduce bad cholesterol and increase good cholesterol by physical activity?

When you're active you reduce...

- The risk of heart disease
- The risk of developing diabetes
- High blood pressure
- Your weight
- Stress

What you can do ...

- Weigh the pros and cons of becoming more active
- Talk to your doc
- Choose activities you like
- Make a plan... Set realistic goals and reward yourself when you achieve them

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

Annie Watts, Ha-Shilth-Sa Administration Assistant
New Email Address, effective immediately
hashilthsa@nuuchahnulth.org

To get the quality you want in your photos, graphics or ads please submit them at a minimum of 175 d.p.i. (to 300 d.p.i.). Please call 724-5757 if you have any questions.

NUU-CHAH-NULTH NURSING PROGRAM CONTACT LIST

NURSE	PHONE	FAX	OFFICE ADDRESS	EMAIL ADDRESS
NORTHERN REGION				
Moira Havelka, CHN Mowachaht & Gold River	283-2462 mwf	283-7561	P.O. Box 428 Gold River,	moira@nuuchahnulth.org
Chris Kellet, CHN Ehattesaht, Nuchatlaht	250-761-4274	761-4027	P.O. Box 97 Zeballos, V0P 2A0	zeballos@telus.net
Donna Vernon, CHN Kyuquot Red Cross	250-332-5289	332-5215	Red Cross General Delivery, Kyuquot B.C.	kyuquot@satmessage.com
CENTRAL REGION				
Mary McKeogh, CHN Ucluelet, Toquaht, Hesquiaht	250-726-2993	726-2994	P.O. Box 279 Tofino, B.C.	mmckeogh@nuuchahnulth.org
Chris Curley, CHN Tla-o-qui-aht, Esowista,	250-725-1232	725-1232	P.O. Box 279 Tofino, B.C.	ccurley@nuuchahnulth.org
Jenna Muelsch, CHN-Casual	250-670-9608	670-2492	P.O. Box 91 Ahousaht, V0R 1A0	jenna@nuuchahnulth.org
Mary Rimmington Home Care	250-725-2952	725-2952	P.O. Box 190 Tofino, B.C.	mary.rimmington@cvihr.bc.ca
SOUTHERN REGION				
Liz Thomsen, CHN Ditidaht & Knee Waas	723-2385 c 720-5400	723-5396	PO Box 1383 Port Alberni, V9Y 7M2	ethomsen@nuuchahnulth.org
Jody Vos, CHN Tseshaht & Huu-ay-aht	723-2385	723-5396	same as above	jody@nuuchahnulth.org
Cheryl Mooney, CHN Bread of Life, Urban Port Alberni	723-2385 BOL:723-4049	723-5396	same as above	emooney@nuuchahnulth.org
Anett Muller, Casual Home Care Nurse Southern Region	723-2385	723-5396	same as above	amuller@nuuchahnulth.org
ALL REGIONS				
Lynne West Home Care Coordinator	250-283-2012	283-2122	PO Box 109 Gold River, V0P 1G0	lwest@nuuchahnulth.org
Ina Seitcher - First Nations Advocate Nurse @ WCGH	723-2135 ext. 1109	724-8805	West Coast General Hospital, P.A. V9Y 4S1	ina.seitcher@cvihr.bc.ca
Jeannette Watts, Nursing Supervisor	724-5757 c 720-5797	724-0463	PO Box 1383 Port Alberni, BC V9Y 7M2	jeannettewatts@nuuchahnulth.org
Sandra Ethier, Admin. Asst.	724-5757	723-0463	same as above	sandra@nuuchahnulth.org
Matilda Watts, Hearts@Work /	723-2385	723-5396	same as above	matilda@nuuchahnulth.org

It's that time of the year again to celebrate a beautiful young lady's birthday. Kayla-Anne Frank, over the past year you have blossomed into a gorgeous young woman. We are so proud of all your achievements this year, and everything you have on the horizon. We are always going to respect and cherish your goals, needs, and accomplishments. We want you to keep going after what you love, and keep that close to your heart, you can always count on us to help you along the way. Congratulations on your scholarship, you deserve it! Keep working at and anything is possible! Happy Birthday to you on August 14th! Lotsa love from all your peeps at the beach! Dad (fudd) aka: (Angela's Dad), Melanie (aka: Angela's Agent Dorthey) THE WEEZE (aka: Angela's brother Fischer) and Charlie (aka: Angela's pup Oreo)



August 13th - Happy 9th Birthday to our son Brenden Fred. We hope you have wonderful day. We love you lots. From mom & dad (Bella & Thomas), & your sister Ashley.

I would like send congratulations to my son Len for his recent Graduation from Ballenas High school in Parksville. To tell you how proud we are of you my son. We love you!



And your brothers Leroy and Ricky have graduation to look forward to in their lives, because you were their role model. Way to go and look forward to your future and the many more accomplishments you can achieve!

Aim high and you can get what you want in life. Love you always from Mom, George, Melissa, Leroy and Ricky



Happy Birthday Mike, Love Always: Your Baby Bee And Carla.

Happy 14th Birthday to Tina Halvorsen and Brandon Baader for August.



July 31st - Happy Belated Birthday to Mom/Grandma Cheryl Amos. Love from Thomas, Bella, Brenden & Ashley.

August 5th - Happy Belated 5th Birthday to Derian Tate. Love from Uncle Thomas, Auntie Bella, & cousins Brenden & Ashley.

August 5th - Happy Belated Birthday to Judy Ann Jimmy. Love from Bella, Thomas, Brenden & Ashley.

August 10th - Happy Belated Birthday to Mom/Grandma Judy Joe. Love from Bella, Thomas, Brenden & Ashley.



Happy 3rd birthday Andrew Thompson Love from all your family.

Birthdays and Congratulations



Shannon Gallie and Matt Auerbach were united in marriage July 23, 2005 on a beautiful sunny day at Sproat Lake in Port Alberni. Proud parents are Karl and Anne Auerbach of Kelowna, BC and Boyd and Valerie Gallie, Tseshaht. Congratulations to the happy couple, love mom and dad.



We'd like to welcome Baby August Jimmy Andrew Samuel Brown-Johnson III to the Johnson, Brown, Wilson and Paul families. He was born June 4, 2005, weighing 7 lbs and 8 oz. His proud parents are Jamie Wilson and August Brown-Johnson. Congratulations to you both, we see how he really makes your lives complete. He is a precious little bundle of joy to our family, we cherish and love you so much Baby.

Also to my dad John Tom Sr. I would like to say thank you for supporting my son.



Your love for my children shows every time you come to one of their events. You put aside your plans so you can be there to support my children. Your love for our family is something I treasure so much dad! I love you very much. For your support financial and just the loving ways you show our family. And also to my sister Colleen Tom and my mother Martha, Thank you for all the support you have shown my children. In coming to my son's Graduation and for helping with the dinner we had for Len. I love you both. Love always your sis Brenda and George, Melissa, Len, Leroy, and Ricky.

Happy Birthday 1st Birthday Gladys Love Mom and Dad



I would like to say happy 1st wedding anniversary to my loving husband Craig S. Mather. The first year was great and of course a few bumps here and there, but we did it! I love you! and many more to come...All I can say is you're very brave! LOL!!!! Love your wife Kimberly A. Mathers.



Danielle Ellen Francine Jules

A gift to me from God is what you are. Everyday is like opening up a different present. A blue print of your life has brought a bundle of life, light and joy into my role as your mom and I want to express how happy and proud I am of you and all your accomplishments. Daughter you have grown into a wonderful young woman with many talents and dreams. I recall when you were just six years old and you questioned as to why I was so pretty and you weren't. I said to you that it did not take overnight to get or look pretty. Now look who is pretty. Thanks for jaw surgery your teeth are all straight now. How impressive. Daughter you have worked double time throughout high school. I am proud of the fact that you got a job at Tim Horton's. Further more I am thankful to all the people who have influenced your life in positive ways.



The Tim Horton Children's Foundation invited you to go to a Youth Leadership Program at Onadaga Farms in St. George, Ontario, 2001 and 2003 and at Quyon, Quebec in 2002 with a big congratulations on graduation from that program in Calgary on October 20, 2004. Finally, a bigger congratulations goes out to you for graduation from grade twelve. It takes a great deal of dedication and hard work with all the up-coming events to showcase all of your achievements. Continue learning experiencing new challenges and share your talents with friends. Wherever life's path leads you, may every step be filled with peace and courage. And as always remember my love for you. I love you too much, very much and never enough. Always my daughter and now too, my friend. Xoxoxoxoxoxoxo Love your mom, Cheryl Jules.



prayers been witnessed and the sun wasn't even out yet. There was cleansing been done by the elders also. I am so proud of our tight knitted community of Ahousaht First Nation. I am more proud to be Nick's mother and I am proud that he would like to explore this journey. I love my son so much that I would do anything for him and my other children. I wouldn't miss this for the world. I met them in Victoria, B.C. when he arrived there too. He looks good and was glad to see us all. It was nice to see all the people around feeling good. Thanks to Patty Frank-Titian for sharing her thoughts of our son Nick, saying how proud I should be of him! Thanks Patty, you're the best and I hope you had fun too.

Nick is very respectful, kind, thoughtful, generous and helpful when he is around us. His saying is "how was your day mom?" He brightens up my day. When he is not home, I miss him dearly. I really respect Maxine George and Terry Seitcher for always been there for my son Nick also. Nick Seitcher (oh well). His really close knitted to that family. So thanks to you and your family for always looking out for number one, my gorgeous son. Thanks for reading about my son. Words alone can't express enough for a picture is worth more than a million dollars to me. Thanks to the people of Ahousaht for supporting and looking out for my son on the Canoe Quest especially to all the cooks. Happy 18th birthday we love you! Mom, Dad, Sam, Fred, Jess & baby Dawn.

poets nook

To Chief Mike Tom and the Mrs. Sheila Tom

I know now why I yearn to be home It's because I am learning the lessons. You have taught me a true understanding A true understanding of what it takes To be a man, a father and a partner. Who is your precious daughter and Who is a man without a companion. The days are long and hard While I await for my return home. While the days haunt me About who I was before I met Nadine Who was I before, and who am I now The days of trial and error. I know no that my day will come You and I will be fishing off of Hesquiaht Point

The Spirit of the Eagle

Some people do not understand My never ending respect for the both of you. Kleco, Chief Mike Tom and Mrs. Sheila Tom for all the help and for just being a good friend. I have learned a lot about what it takes. I hear the whisper of the wind In my ears as I fly and soar To places that have no longer have meaning. I see with eyes that look Into places that my forefathers Told if in stories of ancient Age where wisdom dwells. I sense the tomorrow in new Stance and Know of the clay And talon where the need To eat takes over all of my being I taste the joy of victory Where I have another chance To move on to other peaks And see into valley once obscure. I feel the air under my wings As I fly over the village of the Nootka people

The warriors are preparing for the homecoming Of our big chief. I have survived the poison and killing Of family members and remember That my ancestors forgive them For they are weak and lost I am Jacob Johnson and I am a proud member of the Hesquiaht First Nation. I was weak and lost until I was given Another chance at life. This is the story of my spirit within. To the Hesquiaht People: Thank you for everything, I hope my return will be a good one. To my friends especially Richard Lucas Thank you for the gift of friendship and for the understanding of humbleness.

To my family members my journey has just begun and the story of the old me is done. Thank you for all the support. I love you all. To my love Nadine and my beautiful boy Leroy, I love you both with all my heart and soul. Thank you for the gift of life and for all the strength that you both gave during my incarceration. I love you all. -Jacob Johnson

Dream Catchers

I walk the earth with comfy footsteps, which slows time down, and my own soul walks not too close from the oceans clashes of water from my feet also because I'm hurting in my personal heart. I catch the wind too much because I want to keep decent air in this town with pretty clouds. I got a ring of fire in my pocket it keeps me safe why I don't want to give it back to the evil owner it ruins my health and I don't want to trade. I let the ocean get me in my dream because my mind is aching and I want this pretty clean mind so clean you can't see me. Love is like a new year already on our feet. Yes, we're going to a place where nobody goes. Love is like a bug teasing a thirsty spider but she's a drink server and don't be scared if you catch her holding you a little on your first night together. Love is like sea otters playing games drowning games with children minds making each other cry. Love is a leaf hitting the ground hard and it is that same leaf walking your grounds. Love is birds love who couldn't make it home through the winter chill so he walks. Some people say love is a sixth sense I say it's about simply just a little who cares. A few new friends look like old friendliness but the new they are light people with a world in there. Oh yes, Aboriginal eyes. Every new female I make oh gosh getting prettier or am I just dreaming like a prince out for the season's days. Obviously I'm in the life of hello love that's what you are, my talented girlfriend is waiting for another tip and another night to hold her in front of people to let them know who's who silly huh. I told her our smooch smooches feel like forever but they're not, so she stands there eyes closed as if wind is blowing in her beauty face. Her beauty, hair is fresh as the autumn season and so on, so one day I'm going to be silly and say it's my birthday. Wolves in my hometown, lurking around finding that something maybe to chew it up or take it back to me for silly history. Monsters turned to machine and on hold, beasts out in the cold but they still sit out of my only angel's home waiting to go or leave. The sun's going down her eyes looking sad, yes my angel you can call it a new another year new year and yes I will give you another tip also yes the ocean will be theirs, yes you can turn those silly leaves for the lay down. Very yes I only want to be covered by your angel wings. -Jason M.

In Memoriam - ʔaʔak^w ap

In Loving Memory of My Father: Thomas Dick



May 6/1916 - August 8/1995
Dad on this day you went home to rest. I miss you dad you were the best. The memories of you dad will always be in my heart. To this day dad I wish we didn't have to part. Our lives have changed since you were called home. Sometimes I feel I'm all alone. I have my own family I must be strong. Teach them the best I can about right and wrong. Thank You dad for all your love. Years down the road we'll meet above.
Miss You Lots Dad, Love From Your Daughter Catherine T. Watts & Family

"Every lesson is different... Trickster is?"

Written By Norma-Ann Webster
Come with me while I pull you out Of this confined box.. says, "Trickster." This social world of fitting in This world that holds rules and regulations A world that some want to fit into Structure laws and power The power one desires over and over again I am Raven come fly with me into the darkness Like...you have never seen before You say " you have seen it many times?" but only have seen the outer layer As it sits and lingers like a grey Haze... Fly into to this darkness with me....

Look at the outside - look at what is happening that is you walking down there fitting into that world you so much desire Now what? Once you desired and now you have won your desires This is you in that box Why can't you see the outside and see beyond that confinement? As Raven flings you back and fourth Through all the loop holes Back and fourth faster —and faster—

your head spins—so—out of control Ahhhhhhhhhhh..... Hey what is going on? Bring me back — bring me back to that comfortable place This is too— out control it is too unfamiliar... Sparadic I say " It is so Sparadic" Not use to this can't imagine how it 'is suppose ..To be? Well I guess with raven — he's so funny He just dragged me across this universe

No rules, no regulations, no fear No care in the world Especially about this box.. What was that—the box that is? He says " The lesson was learned and it is different every time you leave that little contained Box....." your social world... your agenda your work... the very life that suppresses your dreams So what was the box anyway? Lets put it this way... You understand And just have never allowed this... Look beyond the grey Haze and darkness

Self expressions flow freely Mount with wings and fly free and just be— who you need to be no worries—no fears—no desire to be fitted by high in-cooperated world Fly high with direction and return with your spirit intact With courage and wisdom to Know the difference Expressions are not contained like—in that box that are so familiar Freedom of speech and voice are ultimate Now back to where we started from? Maybe—Maybe—Not Hold on Here we go again... Every lesson is different—Trickster is? Tricksssterrrrrr....Here we go again...

Baby Doll

By Gloria Ashacker

Baby doll I persuade you to do what's right Your out and alone Your on your own I'm at home pacing worrying through the night Baby doll come home This false world you pursue will take you down Dangers here dangers there Your so young at heart your only five feet off the ground Baby doll hear my words I truly care I pray that you are safe from harm Your out and alone Your on your own My tears pore like a wicked rain storm Your vulnerable your weak Your aren't even full grown Baby doll what drives you to badly rebel Your vulnerable your weak This path will leave you badly labelled Baby doll hear me I truthfully speak I disclose my words for you to realize Dangers are here dangers are there They lurk about you they are all around you all the time Why do you live in fully irresponsible dares Baby doll I persuade you to do what's right Your out and alone Your on your own I'm at home pacing worrying through the night Baby doll come home Your out and alone Your on your own Baby doll come home

Aretha P. Ashacker: I LOVE YOU PLEASE COME HOME; LOVE YOUR MOM

Congratulations daughter (Kim) for graduating from Dover Secondary and being on the honour roll all year. Your family are all very proud of you. Have fun in Scotland at the Highland Games Dance Competitions. (From Bunny R. Baines).



Nuu-chah-nulth Registry and Treaty Information ...

Registering events are very important!

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

First Nation phone numbers and addresses are listed below for your convenience.

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



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



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



Hesquiaht First Nation
New Toll Free 1-866-670-1181 - Fax: (250) 670-1102
PO Box 2000 Tofino, B.C. V0R 2Z0



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



Ka'yuu:k't'h'/Che:k'tes7et'h'
(250) 332-5259 - Fax: (250) 332-5210
General Delivery Kyuquot, B.C. V0P 1J0



Mowachaht / Muchalaht
(250) 283-2015 - Fax: (250) 283-2335
Toll free - (800) 238 - 2933
PO Box 459 Gold River, B.C. V0P 1G0



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



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



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



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



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



Attention Uchucklesaht Tribe Members and descendants



We are currently accepting applications for enrolment in the Maa-Nulth Treaty. This notice is posted in our effort to ensure that applications for enrolment forms are available for every known person who may be eligible to be enrolled as beneficiaries of the Maa-nulth final agreement. For further information, please contact Tina Robinson at the Uchucklesaht Tribe Office. Phone - 250.724.1832 or Toll Free 1.888.724.1832.

TLA-O-QUI-AHT TRIBE MEMBERS

If you are not receiving "Inside Tla-o-qui-aht" newsletter please call your address in ASAP. This mailing list is also used for important tribal mailouts you may not want to miss. Forward your address to: Carla Moss c/o Tla-o-qui-aht First Nations, Box 18, Tofino, B.C., V0R 2Z0. Phone: 250-725-2765, email: cmoss@island.net Fax: 250-725-4233 attn: Carla Moss

TSESHAHT FIRST NATION CULTURAL RESOURCE CENTRE
Open to anyone interested in learning more about Tseshaht history. 5000 Mission Rd. - Chi-chu-aht House/ Tseshaht Treaty office. We have a toll free number available for Tseshaht members (which also houses our membership and Natural Resources Office. If you want your addresses included for treaty updates and Tribal bulletins call us (email: cap@tseshaht.com) with your address. 1-866-724-4225. Hours of operation: Monday - Friday 8:15 a.m. - 4:30 p.m. (Except holidays). For more information contact us at (250) 724-4229. or toll free at 1-866-724-4229.

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 Opiatsht
Any questions please call me at work 725-3233 / fax 725-4233
Thank you. Hazel Curley (TFN IRA)*

To All Ucluelet First Nation Members

Hello everyone, I have recently been hired as the Eligibility & Enrollment Coordinator for a six month period. Part of my job is to enroll every known person who is eligible to be enrolled as beneficiaries of the forthcoming Maa-nulth Final Agreement. If you have not already enrolled and if you would like information on the Eligibility & Enrollment I can be reached toll free at 1-866-726-2488. I am also trying to keep our mailing list up to date, so if we do not already have your current address could you please phone and let us know. Thank you.

Christina Klotz, membership@ufn.ca

TO ALL TSESHAHT MEMBERSHIP:

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

Important Notice to all Nuuchah-nulth First Nations members, Band Managers, CHR's, Health Clerks and Band Membership Clerks:

MEDICAL COVERAGE NOT AUTOMATIC

Reference: Recently, many bills were received at the NTC (Non-Insured Health Benefits Section) (NIHB) from parents requesting payment under this plan. If a child is not registered with Indian Affairs and the province there is **no** medical coverage. Therefore, **FULL RESPONSIBILITY FOR PAYMENT OF MEDICAL VISITS, X-RAYS, ETC. WILL FALL ON THE PARENTS!** Indian Affairs cannot and **WILL NOT PAY** any bills without full coverage. Remember, unless a child is **REGISTERED** with both Indian Affairs (Status Card) and the provincial medical plan (MSP Card) two very important medical factors apply: **a. The child is covered under the parent medically, for only three months; and b. Once the child reaches 1 year of age then they are no longer covered under the NIHB program for: equipment; supplies; drugs; dental; and optical.** Normally, a child reaching 19 years of age requires (her or his) own medical care card. A child can maintain medical coverage up to age 25 when in **full-time attendance** at a post secondary institution, that is approved by the provincial medical commission. It takes **6 - 8 weeks to obtain these coverage cards!** Start the process immediately! Do not assume it is done! Follow up with this until you have both cards! Questions to be directed to the Band Membership Clerks, or the NTC Registry Office 724-5757. **Robert Cluett, CD** - NTC NIHB Program Supervisor

Tiič̓aq̓ (Mental Health) Contact Numbers

Louise Tatoosh
Teechukt (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

Kim Rai
Central Region Huupiiistulth (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

J'net August
Southern Region Huupiiistulth (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

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

Andrew Kerr
Northern Region Huupiiistulth (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

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

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

A partnership between the Nuuchah-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 waas House, 3435 4th Avenue, Port Alberni Friendship Centre
For more info, please contact: Delavina @ 723-8281

Swimming Pool Safety



OTTAWA - Health Canada reminds Canadians about the hazards associated with swimming pools. Each year, many children drown or are injured in both swimming and wading pool-related incidents. These incidents are often linked to a lapse in supervision that results in a child falling into the pool. Entrapment hazards which are also present in a pool, such as ladders and filtration systems, may also lead to injuries or death. Health Canada offers the following safety guidelines to pool users to help prevent pool drownings:

- General Safety Recommendations**
 - ALWAYS have an adult watching children in and around the pool. Do not leave a child unattended as drowning can occur silently in seconds.
 - Keep young children, and children who cannot swim, within arm's reach.
 - Children under the age of three, as well as children who cannot swim, should wear a life jacket or an approved personal flotation device whenever they are in or around the pool. Remember, these safety products do not substitute for adult

- supervision.
- Make sure lifesaving equipment and a first aid kit are nearby.
- Keep emergency phone numbers listed at the closest phone to the pool.
- Take a course on pool safety, first aid and lifesaving skills such as CPR.
- Always check the pool first if a child is missing.
- Drain all wading pools after use.
- Always swim with a buddy.
- Send children to swimming and water safety lessons, but ALWAYS continue to supervise when they are swimming.
- Fencing and Safety Barriers**
 - Contact your local municipality to ensure that you meet all relevant bylaws before installing and filling a pool.
 - Build a fence surrounding all pools, including inflatable pools, with a self-closing and self-latching gate.
 - Make sure other accesses to the pool, such as patio doors, are locked.
 - Use a solid safety pool cover or a pool alarm as added protection.
 - Do not use solar pool covers to prevent children from falling into

- pools. A child who falls onto a solar pool cover may become entangled in it and drown.
- Remove or lock steps or ladders leading to above-ground pools when the pool is no longer in use.
- Pool Accessories**
 - Review and follow all instructions for pool accessories, such as: ladders, filters and drains. These accessories pose entrapment and entanglement hazards, which may result in a person becoming trapped underwater. Do not allow children to play in or around these objects.
 - Do not leave toys and pool accessories in the pool when it is no longer in use, as they tend to attract young children.
 - Store pool chemicals out of the reach and sight of children.
- Important Tips for Inflatable Pools**
 - Read all instructions before installing, filling and using the pool.
 - Carry out regular pool maintenance to ensure that all components are working properly and safely.
 - Consider only pools that have filter intake pipes with drain covers. Never use the pool if the drain cover is broken or missing.

- Have a qualified pool professional inspect the drain cover on your pool to prevent body and hair entrapment. Contact your local municipality to ensure that you meet all relevant bylaws before installing and filling a pool. In many municipalities, inflatable pools are covered by the same bylaws as in-ground and above-ground pools.
- For more information about drowning prevention, consult the sites listed below:
 - Canadian Red Cross (<http://www.redcross.ca>)
 - Lifesaving Society (<http://www.lifesaving.ca>)
 - Canadian Institute for Health Information (<http://secure.cihi.ca/cihiweb/splash.html>)
 - Public Health Agency of Canada - Injury Prevention (<http://www.phac-aspc.gc.ca/inj-bles/index.html>)
 - Health Canada - Sports and Water Safety Page (http://www.hc-sc.gc.ca/english/feature/summer/sports_water/index.html)

Career Opportunities - q'w'i-cah-ta-mis
DIRECTOR OF SECRETARIAT
Ucluelet, Vancouver Island

The Clayoquot Sound Central Region Board was established jointly by the Nuuchah-nulth Central Region Tribes and the Province of British Columbia in 1994. The Board addresses resource management and land use planning in Clayoquot Sound, prior to the conclusion of a treaty, in a manner that:

- Provides opportunities for First Nations
- Conserves resources and promotes resource use that supports sustainability, economic diversification and ecological integrity
- Encourages dialogue within and between communities

The Board is also responsible for reviewing land and resource use plans, decisions and policies generated by provincial ministries. A significant amount of the Board's current efforts are focused on the implementation of the recommendations of the Scientific Panel for Sustainable Forest Practices in Clayoquot Sound, released in 1995, regarding new forest planning and management regimes in which traditional ecological knowledge and western science are fully integrated.

- Your credentials should include:
- A sound administrative background and considerable management expertise including budget administration
 - Knowledge of land and resource planning and management
 - An understanding of First Nations' perspectives and local issues in Clayoquot Sound
 - Experience working with or for First Nations, boards of directors and government
 - Good judgment and tact
 - Sound analytical and superior written/oral communication skills
 - Proficiency in computer skills
 - Experience conducting public meetings and workshops, as well as developing communications materials for a wide range of audiences

This is a contract position until March 31, 2006. Renewals based on the successful renegotiations of the Interim Measures Extension Agreement - A Bridge to Treaty. Please submit letters of application and resumes with professional references by noon, August 19, 2005 to: Jackie Godfrey, Clayoquot Sound Central Region Board, PO Box 790, 100 Itattsoo Rd, Ucluelet, BC V0R 3A0 or by email to For additional information, call 250-726-2446 or fax to 250-726-2488
CLAYOQUOT SOUND CENTRAL REGION BOARD SECRETARIAT

Nuuchah-nulth members interested in entering into the

Practical Nursing Program

starting in January 2006 at the North Island College Port Alberni campus, please contact Lynnette Barbosa at 724-5757 or through e-mail at lbarbosa@nuuchahnulth.org. **Pre-requisites for entry include: English 12, Math 10, and Biology 12.**

Klecko's - ʔekoo

We are so proud of all the pullers from the west coast. Many thanks to Ahousaht for making us proud to be Nu-u-chah-nulth. Congratulations to my son-in-law Ian Reid on the launch of his Bella Bella canoe. It was an awesome Tribal Journey. See you all in Muckleshoot next year! From Wichita and Melanie.

To whom it may concern: I Andrew David am writing this letter to thank the local businesses for their donations: Rod's Power & Marine, Creative Salmon, Jamie's Whaling Station, Surf Shop, Tofino Co-op. Thanks to Darlene for going to get all these donations. If I forgot anyone it is not intentional. Thanks to all the score keepers, umpires and clean up crew. Saturday and Sunday's games could not have happened without all your help. Once again, thank you and hope to see you all next year.

Chelsea

It is with great honor that we acknowledge my granddaughter Chelsea Marshall who has received a scholarship from her school in Nanaimo in efforts that included academics and volunteer during this past school year.

Chelsea continually gives us reason to be proud of her through report card, through her school performances, in her everyday life. With her positive energy she's so willing to have the knowledge and understanding of life—especially with our richest culture, the governing system and foundation of our society. She knows who she is and where she comes from and acts accordingly. She carries herself very well. As her family, we always support, empower & encourage her; she's a powerful, noble, strong, worthy, beautiful young lady of character with energy, outgoingness, respect, caring, understanding, smile, and a spirit you cannot challenge. She's an example of a true leader who truly makes a difference in her world and in our lives; we're truly blessed to have her as a daughter, sister, niece, friend, and my granddaughter.

You carry yourself very well Chelsea Marshall. Continue to challenge everything; move forward; impossible is nothing; we believe in you; we trust you will always find your way; you can handle anything that comes your way; who you are truly makes a difference; you will be one of our most powerful leaders of tomorrow; WE ARE BLESSED TO HAVE YOU IN OUR LIVES. WE LOVE YOU! From

Community Events

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.

Jack Family Potlatch

Ben Jack Sr. and Claretta Newman will be hosting a Family Potlatch on October 8, 2005 starting 10 a.m. sharp. The potlatch is in the name of Christopher Jack. We invite you to come and join us. We will be doing Cleansing Ceremonies for numerous members of the family. We will be giving Indian names to the newest members of the family. If you have any inquiries please call Claire Newman at (250) 957-2487 or Ben Jack Sr. (250) 283-7337 or email Claire Newman at clarettajoan@hotmail.com. Thank you. Ben Jack Sr and Claretta Newman

DAVID FAMILY MEMORIAL POTLATCH

THE David family will be hosting a memorial potlatch for the Late Dan David, Saturday October 15, 2005 at the Tofino Community Hall starting at noon. The family cordially invites you to join us to remember our late husband, father, brother, uncle and grandfather. If you have any questions please feel free to contact Debbie David at (250) 725-3335 office or (250) 725-2723 home after 4:30pm or Ernest David at (250) 725-2792.

The Council of Chiefs of the Mowachaht/Muchalalt First Nation cordially invite you to attend our summer celebration at Yuquot. This year, the 13th Annual Yuquot Spirit Summerfest will be held on Sunday, August 14th. We will celebrate the history of the site, a blend of the Mowachaht/Muchalalt cultural heritage and the European historical significance. Future plans will also be shared. There will be traditional songs, dances, a salmon barbecue feast and special presentations honouring Elders, Chiefs and guests.

The day's schedule is as follows:

- 10:00am- Depart Gold River via Uchuck III
- 12:00pm- Arrive Yuquot
- 1:00pm- Welcome & Lunch
- Program Following Lunch
- 4:00pm- Depart Yuquot via Uchuck III
- 6:00pm- Arrive Gold River

If you are able to attend, please contact Margarita James to confirm your attendance (email: mjames@yuquot.ca or telephone: (250) 283-2015, ext. 2111.

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To All Tribes - Please return any medical equipment that you may have borrowed from the Tseshaht First Nation Loan Cupboard, our medical equipment is running low and there are many people in need of this service or if you have any medical equipment you would like to donate to the loan cupboard this would be greatly appreciated. Thanks.
Tracy Robinson, Tseshaht Health & Social Services Department
P.O. Box 1218, Port Alberni, B.C. V9Y 7M1, 724-1225

We are looking for Ka:yu:k't'h'/Chek:tes7et'h' members current mailing addresses. In particular, the Olebars who live in the U.S, Delia Charlie of Manchester Washington, Elizabeth Barnes of Burien, Wa. Also looking for any of Short family members, and those who live at Vancouver. Please Contact the Kyuquot Bando office, Lenora or Daisy at, 1-888 817-8716, or fax to (250) 332-5210, or email to kchertg@island.net. We look forward to hearing from our members who live away from home and the sooner the better.
Chuu, Daisy Hanson

FAMILY TIES HEALTHY BABIES PROGRAM

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

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

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

Classifieds continued



For Sale: 28', 1983 Spirit. Command bridge, hardtop stern roof, all new canvas & canopy, twin 350 Chev engines (570 hrs), Volvo dual props, hydraulic steering, anchor winch, all electronics, kitchen, bathroom, security system, hot water. \$49,000 obo. Call (250) 723-1496



Missing/misplaced: Precious shawl. Please return call 250-724-5290. No questions asked. Klecko.

LOST: Gold necklace with a 1in X 1in Indian design butterfly pendant. Last seen on my niece at the Ucluelet Secondary School during Steve Spergers last basketball tournament in March. This necklace is very special to me and I would appreciate any information leading to its whereabouts. Please call Jeannine Adams @ 670-1150 or email ballgrl@hotmail.com. Thanks.

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FOR SALE: 318, 84 Dodge, 17 ft 10", electric hookup, rebuilt tranny, good running order, propane stove, double bed, microwave, fridge, closet/bathroom, dining table, storage. Moving must sell. \$2500. by Aug. 7th. Phone Gideon Smith 751-9413.

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MISSING:
One 18" x 18" clear, plexiglass display box with woven cedar basket (circa early 1900's) was discovered missing from the Administration Office foyer of the Mowachaht/Muchalalt First Nation sometime after Christmas. The basket was approximately 12" wide x 12" long x 14" height woven in a simple basket weave style with no handles. It was in fragile condition, collapsed and a darkened cedar color. If you have any information regarding the whereabouts of this Muchalalt artifact, please contact Margarita James, Director of Cultural & Heritage Resources in the Administration Office or the Gold River detachment of the RCMP.

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

Arts

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

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

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

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

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

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

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

WHOPULTHEEATUK - Sandra Howard, 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.

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wihayaq.cik, James Swan, AHUSAHT 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.ahousahntnativeart.com wihay'alberni.net

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

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

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

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

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

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

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

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

ELEGANT ADVANTAGE DECORATING AND CATERING SERVICES: Tracey Robinson @ home: 723-8571, Margaret Robinson @ home: 723-0789. We do all occasions: Weddings, Showers, Graduations, Banquets, Brunches, Dinners, * Super Host and Food Safe Certified*

AL & JO-ANNE'S CLEANING SERVICES: The most reasonable rates! Call Al or Jo-anne (250) 723-7291.

UNDER NEW MANAGEMENT: Nitinaht Lake Motel. Now open year round. For reservations and other information call 250-745-3844. Mailing address P.O. Box 455, Port Alberni, B.C. V9Y 7M9.

MR. MARTIN THE MAGICIAN: is now taking bookings for all entertainment purposes. 250-995-2942.

TOOHAHT BAY CONVENIENCE STORE: Open year round. Stat cigs available. 726-8306.

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

R. FRED & ASSOCIATES - media specialists. Professional quality publishing services, audio-video, website development, accessibility for disabilities, contract writing & business development. Call Randy Fred at (250)741-0153.

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

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

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.

Having a little trouble keeping up to your lawn growth and yard maintenance? Call Ozzie & Darryl or leave a message at my home. Reasonable rates for mowing and weed eating! I work until 2:00 p.m. every day and home by 2:30. Leave a message at Darryl Watts #730-2880.

Miscellaneous

4-SALE: 4Pc Qn. Sz bedroom set in good cond., headboard w/mirror, 4 drawer dresser w/mirror, night stand. Asking \$150.00. Call 720-0302

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

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 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.

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.

Note to advertisers: Please call Ha-Shilth-Sa @ 724-5757 when you want your ad pulled from the classifieds. Thank you.



N.E.D.C. BUSINESS NEWS



You and your money

NEDC has developed, "You and MONEY", a personal financial management workbook. Achieving financial success is a lot easier said than done. Financial success begins with your thoughts.

The workbook is useful in assessing your current financial position, planning for the future, and learning banking and credit basics.

NEDC has developed, "You and MONEY", a personal financial management workbook. Achieving financial success is a lot easier said than done. Financial success begins with your thoughts.

The first step in successfully managing your finances is to understand your current wants, beliefs, and goals.

Once you have an idea of your tendencies, the next step is to calculate your current financial position.

Your current financial position can be calculated by completing a net worth statement.

Net worth is what you own minus what you owe.

Once your current situation has been established, it may be necessary to revisit the difference between a want and need.

Most of us have too much stuff, and when you think a desire is a need, your financial future may be in jeopardy. Remember, you have the ability to choose your financial future. You are far more likely to be successful if your goals are specific, measurable, attainable, realistic, and time specific.

For example, "I plan on decreasing the amount I spend on coffee by 50% this month". The goal is: specific to coffee consumption, measurable on a monetary basis, attainable and realistic if you consume large amounts of specialty coffees, and has a deadline. As opposed to, "I plan on not drinking coffee anymore". It may not be feasible for you to quit drinking coffee and your likelihood of succeeding is lower since you did not give yourself a timeline.

Furthermore, it is important to have a balance between your wants and needs otherwise you could be in debt or not enjoy life.

Upon planning for the future, your next step is to figure out how to get there. The basic activities required are: a chequing account, a savings account, investments, and credit.

When making a financial decision you should research alternate products/services available, fees associated with transactions, and any potential risks associated with the account.

A chequing account is an account you keep money in and write cheques from, or use an Interac card with as opposed to cash.

A savings account is an account into which you deposit money for the purpose of saving money and earning interest.

Investments vary from virtually no risk (low interest) to high risk (potential to make or lose a lot of money).

When selecting an investment you should have a mix of investments that suit your appetite of risk.

In order to build good credit you should: pay your bills on time, always pay at least the minimum payment, watch your credit limits carefully, don't acquire too much credit, don't apply for credit too often, don't move around too much, and monitor your credit report regularly.

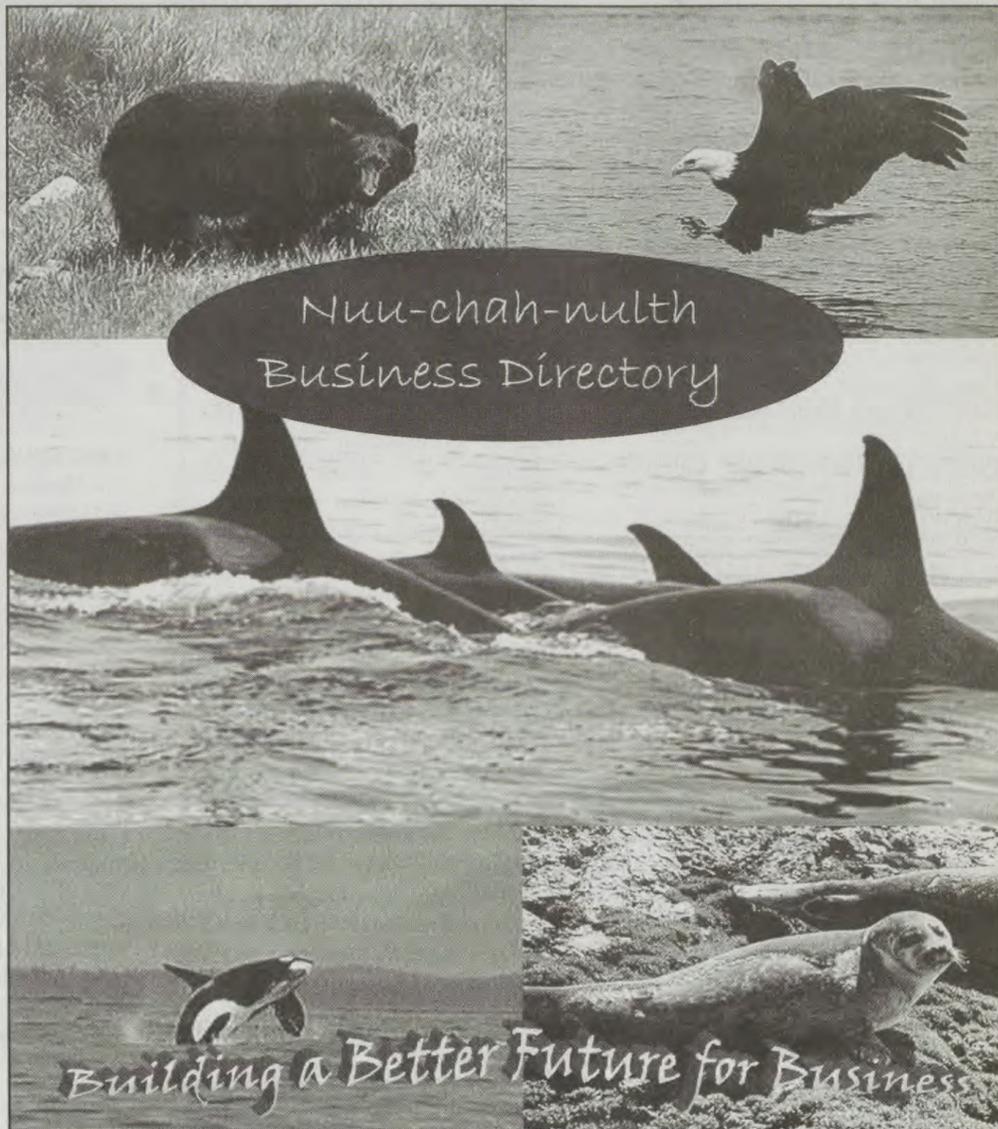
If you have poor credit your priority should be to repair your credit.

You must stop using the cards and continue making your payments.

If managed properly, credit can be a great asset in managing your lifestyle choices and finances.

On the other hand, bad credit history can be a major obstacle in obtaining good interest rates or more credit.

Financial success can be achieved if you spend less and save more by making a few minor changes to your spending habits. If you set your mind to it, anything is attainable.



First Nuu-chah-nulth Business Directory Published

For a long time, a directory of Nuu-chah-nulth businesses has been envisioned in many minds and now that vision has become a reality.

NEDC has been planning and coordinating over the last year and is pleased to announce that the first Nuu-chah-nulth Business Directory has been published and is ready for distribution.

It is important to support local entrepreneurs – they are the key to success in any rural economy. Entrepreneurs keep money flowing into our communities, create employment and fulfill community needs.

Without local businesses, all our money flows out of our community into others, sometimes into other countries. When there is a lack of business in a community, members leave to work and shop elsewhere, often making the other communities wealthier as a result. When money is spent in your locally-owned stores, portions of it go to other people who may live in the community, especially if the store supports other local entrepreneurs. In effect, you help your community grow and prosper. The benefits of shopping locally are that you help create jobs for others and assist in ensuring more products and services are available in your community.

The purpose of the directory is to bring awareness and support to our entrepreneurs and business people. Undoubtedly, Nuu-chah-nulth people have the entrepreneurial spirit; there are more entrepreneurs per capita in the Nuu-chah-nulth Nations than any First Nation in Canada. Let's support our local businesses!

Special thanks go out to the following for making this publication a success:

- Brenda Read, Jack Little Jr., and Caledonia Fred for their hard work and dedication,
- Wilfred Atleo & Clayoquot Sound Adventures for the use of the cover pictures, and
- The following directory sponsors for their funding contributions:

If you would like a complimentary copy of the business directory, contact the NEDC office.

PLEASE NOTE: if you are already on the Ha-Shilth-Sa mailing list a copy will be sent to you

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

