



Ha-Shilth-Sa



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

Vol. 34 - No. 2 - February 1, 2007

haašiša "Interesting News"

Canadian Publications Mail Product
Sales Agreement No. 40047776



Debra Steel

Shirley Bond, British Columbia's minister of Education, enjoyed a pleasant visit with middle school students at A.W. Neill in Port Alberni on Jan. 29. Here she admires the woodworking skills of Emma Ashbaugh, 12. (See story and more photos on page 4.)

Good news, bad news

By Denise August Titian
Ha-Shilth-Sa Reporter

Ottawa—The Indian Residential School Settlement Agreement came one step closer to implementation this month when all nine courts across Canada announced their approval of the complex compensation agreement negotiated by the Assembly of First Nations, Canada and a variety of legal entities.

That's the good news.

The bad news is the federal government has announced its intention to appeal one of those court decisions.

The appeal centers on a Saskatchewan court's approval of the legal fees to be paid to Merchant Law Group, a firm that represents the lion's share of former residential school students. Merchant's clients number in the thousands.

The law group is expecting to be paid immediately upwards of \$50 million in legal fees and disbursement, but the

federal government balks at the number and believes it should have a chance to review and substantiate the firm's billing before the money flows.

But in his decision to approve the settlement agreement, Court of Queen's Bench Justice Dennis Ball ruled that Merchant Law Group should receive no less than \$25 million in legal fees.

"Both parties ask the court to approve the settlement agreement as it relates to [Merchant Law Group], but they are almost \$50 million apart in their understanding of what it requires.

Obviously, the court cannot approve an agreement for the payment of fees unless it understands how much is to be paid or how that amount is to be determined," the judge reasoned.

In the appeal, the Attorney General claims the court did not have jurisdiction to rule on legal fees, and may be signalling that Canada does not believe that Merchant Law Group earned even \$25 million while representing its clients.

(Continued on page 2.)

Ahousaht signs on to protocol

By Denise August Titian
Ha-Shilth-Sa Reporter

Vancouver—Ahousaht First Nation joined ranks with 44 other B.C. First Nations when it signed the BC First Nations Unity Protocol Agreement on Jan. 18.

Formed in October 2006, the Unity Protocol Agreement was borne out of the frustration BC First Nations were experiencing as a result of the lack of progress at several treaty negotiating tables. The agreement unites 45 First Nations, representing more than 25,000 First Nations people from across British Columbia, who are working to develop a solution that will remove the barriers that have slowed negotiations.

First Nations treaty negotiators have, for years, argued that negotiators for British Columbia and Canada are not negotiating in good faith with their rigid stance on key issues like fisheries, taxation, certainty and treaty lands.

The Unity Protocol is intended to strengthen the positions of the individual First Nation negotiating table by collectively pressuring the governments to negotiate in good faith.

"The reality at many negotiating

tables is that Canada and British Columbia have imposed rigid positions with pre-defined outcomes that are contrary to the sincere, good-faith negotiations that are a requirement for this process to be a success," said Robert Morales, chair of the First Nations Summit Chief Negotiators in a press release. "As the Auditor General recently reported, since 1992, it is estimated that over \$1 billion has been spent on negotiations. If we are to truly have resolution and certainty in our province, we simply cannot continue this way."

The release goes on to say that the parties to the protocol agreement will seek to "jointly engage Canada and British Columbia in the negotiation of principles or options that all parties can rely upon when negotiating individual treaties. Specifically, this involves negotiations on six key issues, including certainty, constitutional status of treaty lands, governance, co-management throughout traditional territories, fiscal relations and taxation, and fisheries."

Morales said there are common issues and concerns that many First Nations continue to face in their negotiations as a result of the federal and provincial governments' "failure to engage" in real negotiations.

(Continued on page 3.)



Merc Dawson, Khrystina Lambert, Brook Pighin, Melissa Smith, Tianna Tate, Michelle Charleson, Kathleen Ambrose, Nia Samuel, Natasha Charleson, Tamara Edgars, and Leisa Fred. Coach Joe Charleson Jr., Assistant Coach Edd Samuel and Manager Doreen Charleson.

Team top seed for All Native

On Jan. 21 in Nanaimo, the Port Alberni Jets junior girls basketball team achieved second place out of eight teams at the Vancouver Island zone playoffs. This qualified the Jets for a top seeding in the All Native Provincial Championships to be held in Prince Rupert during spring break. This was the Jets best showing ever.

Much time and energy will be put into fundraising to cover expenses for the upcoming trip of a lifetime, including hosting tournaments, loonie toonie auctions, flea markets, 50/50 draws, raffles, and more. Any donations of any kind would be greatly appreciated. Contact Joe Charleson at 720-1497 or Edd Samuel at 735-1005.

Neill Middle School impresses minister.....	Page 4
The great outdoors a great employer too.....	Page 5
Growing Nuu-chah-nulth root vegetables.....	Page 10
How much sleep do children need?.....	Page 11
Dreams can come true.....	Page 13
News from NEDC.....	Page 20

If undeliverable, please return to: *Ha-Shilth-Sa*
P.O. Box 1383, Port Alberni, B.C. V9Y 7M2

NATIONAL LIBRARY OF CANADA NEWSPAPER COLLECTION (17)
395 WELLINGTON ST.
OTTAWA, ONTARIO K1A 0N4

ISSN 0715

Ha-Shilth-Sa newspaper is published by the **Nuu-chah-nulth Tribal Council** for distribution to the members of the twelve **NTC-member First Nations**, as well as other interested groups and individuals.

Information and original work contained in this newspaper is copyright and may not be reproduced without written permission from:

Nuu-chah-nulth Tribal Council
P.O. Box 1383,
Port Alberni, B.C.
V9Y 7M2.
Telephone: (250) 724-5757
Fax: (250) 723-0463

Web page: www.nuuchahnulth.org

2007 Subscription rates:
\$35.00 per year in Canada and \$40./year U.S.A. and \$45./year foreign countries. Payable to the Nuuchahnulth Tribal Council.

Manager/Editor/
Southern Region Reporter
Debora Steel
(250) 724-5757 - Fax: (250) 723-0463
deborasteel@nuuchahnulth.org

Administration Assistant
Annie Watts
(250) 724-5757 - Fax: (250) 723-0463
hashilthsa@nuuchahnulth.org

Central Region Reporter
Denise August-Titian
(250) 725-2120 - Fax: (250) 725-2110
denise@nuuchahnulth.org

Audio / Video Technician
Mike Watts
(250) 724-5757 - Fax: (250) 723-0463
mwatts@nuuchahnulth.org

DEADLINE:
Please note that the deadline for submissions for our next issue is **Feb. 9, 2007**. After that date, material submitted and judged appropriate **cannot be guaranteed placement** but, if material is 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 two - four 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 availability at the time of the event.
- Editorial space available in the paper.
- Editorial deadlines being adhered to by contributors.

LETTERS and KLECOS

Ha-Shilth-Sa will include letters received from its readers. Letters **MUST** be signed by the writer and have the writer's full name, address and phone number on them. 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 Nuuchahnulth 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 Nuuchahnulth Tribal Council or its member First Nations. *Ha-Shilth-Sa* includes paid advertising, but this does not imply *Ha-Shilth-Sa* or Nuuchahnulth Tribal Council recommends or endorses the content of the ads.



Compensation agreement stalled

(Continued from page 1.)
While the appeal does not involve settlement payments to residential school survivors, it will slow the process of those payments until the legal matter is resolved.

Former students had expected to begin receiving settlement cheques by late summer after former students give their approval to the agreement and an opt-in/opt-out phase has been completed. Community forums to get approval from the former students cannot begin until the court approval process is complete, and that is expected to take several more weeks now that an appeal has been filed.

Assembly of First Nations (AFN) National Chief Phil Fontaine issued a statement Jan. 17 urging the government to sever the legal fees portion of the Saskatchewan judgment, so that the approval process may continue.

"We are very disappointed to learn that the Attorney General of Canada has appealed part of a Regina Court decision to approve the Indian residential school class action lawsuit. We strongly encourage the government of Canada and the Saskatchewan court to sever this legal issue so that the \$1.9 billion settlement process can proceed without further delay in settlement payments for survivors."

He went on remind the government that the courts all agreed the settlement is fair and just and that there is some urgency to begin payments to aging former students.

"We want to emphasize to the courts and the government the importance of getting this historic settlement completed in a timely manner. Many of the survivors, who are elderly and sick, are dying at a rate of four a day. We all agree we want to see an end to this sad chapter of Canadian history."

In the meantime, Nuuchahnulth Tribal Council (NTC) staff are working on both the political and health fronts to meet the needs of former students of residential schools.

Community and Human Services (CHS) Director Simon Read said the NTC has no staff with jobs specific to residential school, since the end of the Aboriginal Healing Foundation Healing

"We are very disappointed to learn that the Attorney General of Canada has appealed part of a Regina Court decision to approve the Indian residential school class action lawsuit. We strongly encourage the government of Canada and the Saskatchewan court to sever this legal issue so that the \$1.9 billion settlement process can proceed without further delay in settlement payments for survivors."



File Photo

Assembly of First Nations National Chief Phil Fontaine

Project funding in 2004.

"CHS and NTC leaders have pushed for the same issues posed to the AFN Residential Schools unit last March," he said, which includes a request for resources to deal with the negative impacts that are expected to come with lump sum settlements. Read would like to see financial management resources for former students and provisions for ongoing healing programs and culture and language resources.

CHS staff are also working on proposals to provide assistance for people with the application process and other workshops related to settlement payments.

The NTC no longer has funding for residential school healing, but there are Qu'asa counsellors available at the NTC who will take referrals.

For residential school assistance and information at the NTC, call Vicky Watts, CHS executive assistant, and she will redirect calls to the appropriate person or agency.

Correction



When releasing information about the recipients of the upcoming National Aboriginal Achievement Awards, the National Aboriginal Achievement Foundation reported that recipient Hugh Braker was the first Nuuchahnulth lawyer in the country. After publishing this information in the Dec. 18 issue of *Ha-Shilth-Sa*, we have since learned that it is incorrect. Braker became a lawyer after being called to the bar in 1984. Hupacasath Chief Councillor Judith Sayers was called to the bar in 1983. It is unclear if any other Nuuchahnulth member became a lawyer before this time. We apologize for any confusion or embarrassment this incorrect information could have caused.




Ha-Shilth-Sa

Ha-Shilth-Sa belongs to every Nuuchahnulth 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. E-mail hashilthsa@nuuchahnulth.org. This year is *Ha-Shilth-Sa's 33rd year* of serving the Nuuchahnulth First Nations. We look forward to your continued input and support.

Kleco! Kleco!

Legal Information

The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for space actually occupied by the portion of the advertisement in which the error is due to the negligence of the servants or otherwise, and there shall be no liability for non-insertion of any advertisement beyond the amount paid for such advertisements.

Treaty Planning Session

Feb. 1 and 2, 2007

Location: Somass Hall, Tsahaheh
Start Time: 9 a.m.

Everyone is on their own for lunch.

Agenda will be circulated at a later date. If you have any questions, please contact Celeste Haldane or Gail Gus at 724-5757 or toll free at 1-877-677-1131 or email celeste@nuuchahnulth.org



Nuu-chah-nulth Tribal Council
Toll Free Number:
1-877-677-1131

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

S
T
U
D
E
N
T

Students who are interested in going into trades training should ensure that their program is accredited. There are several private institutions that are offering programs such as the forming and framing and interior finishing programs that do not provide you with the proper credits to move onto an apprenticeship program. You can check the Industry Training Authority web-site (<http://www.itabc.ca/>) for more information on which programs and institutions offer red seal certification or contact the NTC Post Secondary office and we would be more than willing to help you determine which program best meets your needs. The NTC Post Secondary Staff are: Maria Gomez (Post Secondary Counsellor), Holly Massop (Post Secondary Advisor), Lynnette Barbosa (Post Secondary Supervisor).

Lynnette Barbosa BA, M.Ed
Post Secondary Supervisor
Nuu-chah-nulth Tribal Council
(250) 724-5757

N
O
T
I
C
E

There are limits to what you can give.

As of January 1, 2007, only individuals can make federal political donations.

- As a Canadian citizen or permanent resident of Canada, you can give up to \$1,100 in total per year to each registered party.
- You can give up to \$1,100 in total to the contestants in each registered party leadership contest.
- You can also give up to \$1,100 per election to each independent candidate.
- You can no longer make a cash donation of more than \$20.
- In addition, you can give up to \$1,100 in total per year to the registered associations, nomination contestants and candidates of each registered party.
- Corporations, trade unions, associations and groups can no longer make political contributions.

For more details on these and many other important changes to the *Canada Elections Act*, click on the *Federal Accountability Act* box at www.elections.ca or call **1-800-463-6868**.

TTY 1-800-361-8935 for persons who are deaf or hard of hearing



Protocol participants grow as negotiators work to move treaty talks along

(Continued from page 1.)
Four other First Nations signed the Unity Protocol with Ahousaht—Gitanyow First Nation, Kitselas First Nation, Sechelt Indian Band and Tsleil-Waututh Nation.

Protocol members urge the two levels of government to honor the recommendation of the 1991 tri-partite Claims Task Force Report, which is the foundation for treaty negotiations in BC, and to revitalize the process so all First Nations can have certainty and resolution.



File Photo
Chief Councillor Keith Atleo

When asked why Ahousaht did not sign the Unity Protocol back in October when all other Nuuchahnulth First Nations, with the exception of the First Nations of Maa-nulth, Ahousaht Chief Councillor Keith Atleo replied they needed more information.

"Basically, at that time we didn't have all the information we needed to make sure our Ha'wiih were fully informed," Atleo explained. The Ha'wiih, Atleo said, see the Unity Protocol as a tool; a resource to be used when they need additional support.

While Atleo was not at the signing ceremony, he said he supports his Ha'wiih's decision "to move forward with all resources we can get; there has been a lack of progress and we will be using this agreement as a tool to change that."

Members of the First Nations Unity Protocol are Ditidaht, Hupacasath, Ahousaht, Ehattesaht, Hesquiaht, Mowachaht, Muchalaht, Nuchatlaht, Tla-o-qui-aht, Tseshah, Pacheedaht, Hamatla Treaty Society (Campbell River, Cape Mudge, K'ómoks, Kwakwaka'wakw), Gitanyow First Nation, Gitga'at, Hul'qumi'num Treaty Group (Chemainus, Cowichan, Halalt, Lake Cowichan, Lyackson, Penelakut), Kitselas First Nation, Northern Shuswap Treaty Society (Canim Lake, Canoe Creek, Soda Creek, Williams Lake) Quatsino First Nation, Sechelt Indian Band, Snuneymuxw First Nation, Sto:lo Nation, Aitchelitz, Chawathil, Cheam, Kwaw-kwaw-a-pilt, Leq'a: mel, Matsqui, Popkum, Scowlit, Seabird Island, Shxw'á:y, Shxw'ow'hamel, Skawahlook, Skowkale, Soowahlie, Squiala, Sumas, Tzeachten, Yakwekwioose, Tsleil-Waututh First Nation and Westbank First Nation.



Education Minister Shirley Bond was on the Island on Jan. 29 visiting schools in Ucluelet and Port Alberni. At A.W. Neill Middle School she stopped in on a Home Ec class where students were learning to sew. She took time to encourage Thomas Jensen, 12, who said he was struggling with the task. She said she had faith in his ability to get the job done.

Neill Middle School impresses minister during West Coast visit

By Debora Steel
Ha-Shilth-Sa Reporter

Port Alberni—The Minister of Education's visit to A.W. Neill Middle School was short but very sweet on Jan. 29, from the greeting at the front door by members of the school's leadership team, including Kari-Lea Charlesworth and Caitlyn Royendyk, to a wander through the tech ed class where she met with students toiling over woodworking projects.

Shirley Bond seemed genuinely impressed with the students' activities and spoke casually with a number of members of the student body about their activities and how they were enjoying their classes.

A visit to Ms. Iacuzzo's room demonstrated the global thinking of the students who offered suggestions on how British Columbia could improve the world through education.

Bond told the students the province was actively engaged in bringing the B.C. curriculum to China and Egypt, but the students were more interested in what the province could do for poor countries like Haiti and African countries.

Young people are good at thinking beyond themselves, said Bond, who was interested in their thoughts on how B.C. could do things better in schools. The opinions offered included incentives for learning, and making learning fun.

Bond's tour guides happily talked about leadership activities, including peer coaching and dispute mediation programs. A visit to the behavior program included a quick taste of some bannock, prepared for the visit by Nuuchah-nulth education worker Sherri Cook. Bond was impressed by the bannock, and the healthy choices of food and beverages offered in the school's vending machines.

At the end of the minister's 45-minute visit, she presented to her guides a book about the Aboriginal peoples of Canada to put in the school's library.



Shane Fraser, 13, was getting help in the learning lab when the minister dropped into the classroom.



The minister presents a gift of a book to her student tour guides, Caitlyn Royendyk and Kari-Lea Charlesworth.



Sherri Cook, a Nuuchah-nulth education worker, speaks with Bond while the minister enjoys a piece of the bannock Cook made for the visit.

News In Brief

Wawatay News of Sioux Lookout, Ont. reports that Children's Aid workers in Timmins apprehended an eight-month-old baby from his mother's arms as she stood in line at a shopping mall to get the child's picture with Santa.

Chief and councillors of Wahgoshig First Nation are appalled by the public humiliation of one of their members on Dec. 8, 2006. Chief Dave Babin said hundreds of people watched in disbelief as Timmins police and two workers from the Timmins and District Children's Aid Society removed the child because of a suspected breach of a supervision order. He said the employee, who was shopping at the time, phoned her supervisor who authorized the apprehension. Council has since restricted the agency from doing business on its land. Nishnawbe Aski Grand Chief Stan Beardy said the situation was reminiscent of the sixties scoops where thousands of First Nations children were taken from their parents.

Indian Country Today reports that the Seminole Indian Tribe of Florida has purchased the famed Hard Rock Café business for \$965 million. The deal includes a chain of restaurants, hotels and casinos and what is believed to be the world's largest collection of rock memorabilia. Seminole was the first tribe in the United States to get into the gaming business, and had already partnered with Hard Rock in hotel and entertainment complexes in Florida. This is the first purchase by an American Indian tribe of a major international corporation and will make the Seminoles important players in the gambling and hospitality industries.

The Province and First Nations educators are teaming up to develop a new English 12 course and exam that will feature Aboriginal perspectives and literature to inspire students around B.C., Education Minister Shirley Bond announced Dec. 9.

"Currently, only about one-third of Aboriginal students take English 12," Bond said. "First Nations English 12 will help encourage greater participation by bringing Aboriginal culture into the classroom, benefiting all students and helping to spark the interest of Aboriginal students." Starting September 2008, students will be able to take First Nations English 12 in place of English 12 and qualify for graduation and provincial scholarships. First Nations English 12 will be as rigorous as English 12 and include a similar provincial exam. Post-secondary institutions will be requested to accept the new course as meeting their English 12 admission requirement. The University of British Columbia recently accepted First Nations English 12 as an examinable course for the purpose of admission requirements.

Nominations for the Order of British Columbia, the province's highest recognition of excellence and achievement, are now being accepted by the Honours and Awards Secretariat.

The Order of B.C. will be presented this year by the Lt. Gov. Iona Campagnolo to outstanding British Columbians who have excelled in any field of endeavour, such as community leadership, the arts, labour, business, volunteer service, research and education, which benefits the people of the province or elsewhere. Recipients are chosen by an independent advisory council headed by British Columbia Chief Justice Lance Finch. The deadline for receiving nominations is 5 p.m. on March 10. Recipient names will be made public in May, with an official dinner and ceremony of recognition at Government House in June. Nomination forms and information are available by contacting the Honours and Awards Secretariat in Victoria at (250) 387-1616 or on the Internet at www.protocol.gov.bc.ca. Forms are also available at government agents' offices.

**RESIDENTIAL SCHOOL
COMPENSATION
AND HEALING PLANS**

FIND OUT WHAT YOU ARE ENTITLED TO

SCOTT HALL

LAWYER VICTORIA



1-800-435-6625 FREE

The great outdoors offers fun & employment

Submitted by Karen Charleson

Hooksum Outdoor School is located at Ayyi'saqh in Hesquiat Harbour. Owned and operated by Steve and Karen Charleson of the Hesquiat First Nation, the school has been in operation since 2000.

Over the past six years, Hooksum Outdoor School has hosted many youth and school groups, teacher education courses, workshops, and recreational groups. Twice a year – in the spring and in the fall – Hooksum Outdoor School offers sessions of its West Coast Outdoor Leadership Training program.

West Coast Outdoor Leadership Training is a 28-day program that provides the skills and knowledge participants need to be capable and knowledgeable outdoor guides and leaders. Participants earn certifications in accordance with standards set by well-recognized organizations, like the Red Cross, Paddle Canada, and the Lifesaving Society. Learning is through hands-on activities and practice. Instructors are world-class professionals with years of experience.

The program includes the following certification courses:

- Wilderness First Aid (50 hours - Red Cross certified);
- Bronze Medallion and Bronze Cross and Boat Operator Accredited Training (Lifesaving Society certified);
- Flatwater, Level I and Level II Sea Kayaking (Paddle Canada certified).

In addition to these courses, the West Coast Outdoor Leadership Training program also includes:

- learning about Hesquiat traditional territories and ways of living;
- leadership and guiding training;
- surfing in various locations in the Hesquiat area;
- hiking the coastline of Hesquiat Harbour;
- technical tree-climbing;
- the opportunity to go on a 24-hour solo;

Participants completing this program have come from across Canada and B.C. and from both native and non-native communities.

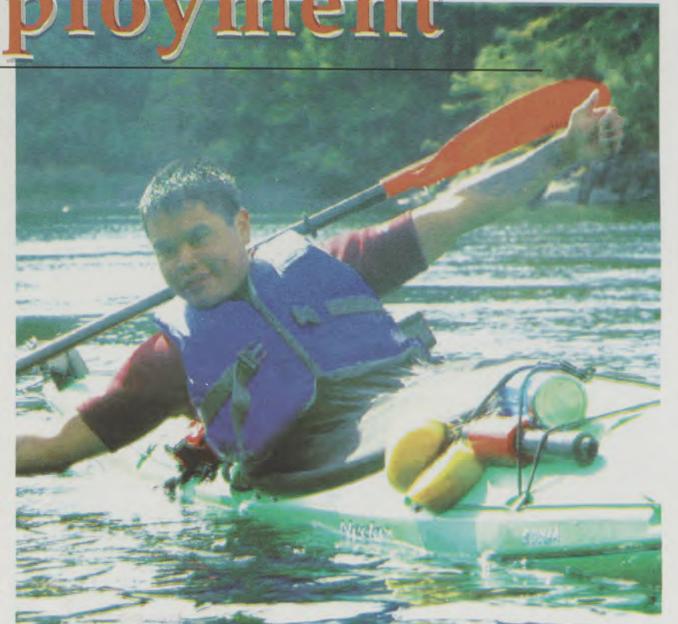
Nuu-chah-nulth graduates include: Ian Charleson, Serina Charleson, Loreen Charleson and Ben Andrews, all from Hesquiat in 2001; Christine Melissa Jules and Alex Jules of Kyuquot in 2002 and 2005, Layla Charleson, Estella Charleson and Joey Amos from Hesquiat in 2002, Eugene Tom from Tla-o-qui-aht in 2004, David Ignace and Jeff Ignace from Hesquiat in 2004; Devon Hansen from Kyuquot in 2005, Mariah Charleson from Hesquiat and Anthony Oscar from Kyuquot in 2006.

Successful participants have gone on to find jobs as kayak guides on the East Coast of Vancouver Island, Haida Gwaii, the Lower Mainland, Tofino, and even Mexico. Other participants have gone on to work at, and run, youth camps and community programs. Still others have gone on to successfully complete tourism training and education programs at universities and colleges.

The ecotourism, adventure tourism and cultural tourism industries are growing. More and more people are realizing the importance of outdoor and environmental education. Many tourists today want to learn about the Nuuchah-nulth people and their traditional territories. These trends continue to offer huge opportunities for employment/entrepreneurship for Nuuchah-nulth-aht.

Hooksum Outdoor School is a registered institution under the Private Career Training Institutions Agency (PCTIA) Act of B.C. The West Coast Outdoor Leadership Training program is a full-time, career-related training program as listed by Human Resources and Skills Development (HRDC). For interested participants, this means that they can potentially make use of HRDC training funds from their local career, training or employment agencies to attend the program.

The full cost of the West Coast



Anthony Oscar of Kyuquot attended the school in 2006.

Outdoor Leadership Training program is \$3,900. This includes a registration fee, all instruction and instructional materials, use of all major equipment (such as kayaks and surfboards), transportation to Hooksum Outdoor School in Hesquiat Harbour from Tofino at the beginning of the program and transportation back to Tofino at the end of the program, and all food and meals.

The next session of West Coast Outdoor Leadership Training runs from May 1 to 28, 2007. Check out Hooksum's Web site for more information www.hooksumschool.com



"There hasn't been a day since I've left Hooksum that I don't think of how grateful I am to have enjoyed such a priceless experience. Hooksum without a doubt, has changed my life forever."

Hooksum Outdoor School participant

News from A.D.S.S. Totem '52

By Doug Sam and David Hooper

Port Alberni—The oldest high school basketball tournament in British Columbia continued to run on the first weekend after the Christmas break. Hoops were Number One at the gym on Burde Street, as well as the Athletic Hall.

There was a big Nuu-chah-nulth presence at this, the biggest event of the Alberni District Secondary School year. Five members of the school team are First Nations: Zack Barney, Jonathan Joe, David Charleson, Alex Masso and Justin Frechette.

In the "Totem Spirit" competition, which has been part of the tournament since Denny Grisdale started up the original "Totem Princess" event, Letitia Rampanen (Nuu-chah-nulth) ably represented the "Respectful Relationship" club.

Doug Thomas and Jack Little officiated several games each and staff members Tooie Casavant, Angie Miller and Doug Sam helped run the doors.

And then, of course, there were plenty of fans and family from the local community!

Way to go teams!

Alex Masso takes time with coaches Greg Freethy and Al Seredick to discuss game strategy.



Zack Barney and fans (family) after victory.



Teesh (Letitia Rampanen) gets support from sister Kayshella in the Totem Spirit competition.



Top: A.D.S.S. Principal Jim Ansell (left) and Vice-principal Nora Moncur (far right) serve Rebecca Williams. Above: Kayla Lucas (left) and Angie Miller watch over the draw table.

The gym on Burde Street in Port Alberni was full on Jan. 18 when A.D.S.S. (Alberni District Secondary School) hosted their Christmas Community Dinner. The dinner had been postponed due to the storms in December.

There was turkey, ham and salmon and lots of bannock and chumus. The First Nations leadership class, made up of students from grades 10 to 12, helped organize the event.



C H R I S T M A S A N S U A R Y

TAYLORS FLOWER SHOP

3020 3rd Avenue
Port Alberni, B.C.
V9Y 2A5

Now Online!

American Express
Visa
Mastercard

Say it with flowers from
Taylors Flower Shop Ltd.
www.portalberniflowers.ca - email: taylorsflowers@shaw.ca

We deliver world wide!

Phone: 723-6201
1-800-287-9961

McIntosh, Norton, Williams, CGA's

Certified General Accountants

"Specializing in First Nations taxation, auditing & strategic management planning."

- Jay R. Norton, FCGA, CAFM
- Cory McIntosh, CGA, CAFM, CFP
- Mike K. Williams, CGA, DipIT

Bus.: (250) 724-0185
Fac: (250) 724-1774
Toll Free: (866) 724-0185

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

TSESHAHT MARKET

Tempo

FULL SERVICE
GROCERIES, GAS BAR, HOT FOODS, SNACKS
AND SO MUCH MORE!

Hours of operation - 7:00 am - 10:30 pm
Phone: 724-3944
E-mail: tseshahtmarket@shaw.ca
Web address: www.tseshahtmarket.ca

BRAKER and CO.

Barristers and Solicitors

5233 Hector Road
P.O. Box 1160, Port Alberni
B.C. V9Y 7M1

Phone: 723-1993 - - Toll free 1-877-723-1993
Fax: 723-1994

Personal injury litigation, including motor vehicle accident injury claims

More, more, more is the mantra

By Debora Steel
Ha-Shilth-Sa Reporter

Hupacasath—There's an old saying in business—Go big or go home. And from the talk around the table at the Uu-a-thluk Council of Ha'wiih meeting on Jan. 25 and 26, that saying is particularly true when dealing with the seafood industry.

The meeting was organized at the House of Gathering to put together a work plan with the goal of increasing Nuu-chah-nulth economic access to aquatic resources and to turn Nuu-chah-nulth into big players in the seafood business.

There was a simple theme for the meeting articulated by the Nuu-chah-nulth Tribal Council's fisheries manager Don Hall: More Fish, More Jobs, More Money.

He told the gathering that in the 14 years he's been on the scene in the territory, he's witnessed the steady decline of Nuu-chah-nulth access to the sea resources, and the economic benefits that come with that access. Yet Hall is optimistic that there is a turn-around on the horizon, through treaty negotiation and fisheries litigation, and he wants Nuu-chah-nulth-aht to be prepared to reap the rewards of success in those areas.

Simon Lucas told the Ha'wiih there is a ready market for seafood, and recounted a meeting with Korean buyers who wanted to purchase crab, and a lot of it. In fact, they wanted one million crab, and the Nuu-chah-nulth had to say



Stanley Sam

no "because we were not organized."

A similar story was told by meeting Chair Tommy Happynook, who spoke about the newly formed Nuu-chah-nulth Seafood Development Corporation, which grew out of the Nuu-chah-nulth Shellfish Development Corporation. The seafood business has eight Nuu-chah-nulth tribes as shareholders, has developed a brand (Nootka), and has met with trade partners for distribution and marketing expertise. Corporation representatives have also met with buyers from Brussels who are looking to purchase thousands of tons of product per month.

"We have about six buckets," Happynook laughed.

But what it proves is the market is large and lucrative and the players in the market have to be large and ready to provide. (Continued on page 12.)



Charlie Cootes Sr.



Tommy Happynook

Language lessons are now on DVD

It's been a year-and-a-half in the making, but the project is now ready for launch, and that is just what Nitanis Desjarlais, the executive producer of a Nuu-chah-nulth Interactive Language and Cultural DVD Series is going to do on Feb. 5 at the Haahuupay'ak School.

Doors will open at 6:30 p.m. and the first 20 people that arrive will receive a free DVD/CD language package. Refreshments will be served and the DVD screening will begin at 7 p.m.

The series focuses on the Barkley dialect with lessons to help people learn the alphabet, colors, numbers, the names of animals and more. The interactive elements of the lessons help test retention of the Nuu-chah-nulth words learned. There are five themed lessons and a haahuupa (teaching) from Edward (Tat) Tatoosh of the Hupacasath Nation on each of the DVDs. Other Nuu-chah-nulth-aht involved in the project include Linda Watts and Lena Ross, as well as Desjarlais' partner John Rampanen of Ahousaht.

Desjarlais said the series is intended for all audiences who wish to learn more about the Nuu-chah-nulth language, and some folks already using the DVD are using it to help the whole family improve their language skills during family fun time at home.

There are two DVDs so far in the series, with more expected once funding is secured. If you are interested in getting a copy of the DVDs, contact Butterfly FX Video Productions at (250) 724-5542.

Il y a des limites à ce qu'on peut donner.

À compter du 1^{er} janvier 2007, seuls les particuliers peuvent faire des contributions politiques fédérales.

- En tant que citoyen canadien ou résident permanent du Canada, vous pouvez verser des contributions maximales de 1 100 \$ par année à chaque parti enregistré.
- De plus, vous pouvez verser une contribution d'au plus 1 100 \$ par année à l'ensemble des associations enregistrées, des candidats à l'investiture et des candidats de chaque parti enregistré.
- Vous pouvez verser une contribution maximale de 1 100 \$ à l'ensemble des candidats à la direction de chaque parti enregistré.
- Vous pouvez aussi verser une contribution maximale de 1 100 \$ par élection à chaque candidat indépendant.
- Les contributions en espèces de plus de 20 \$ sont maintenant interdites.
- Les personnes morales, les syndicats, les associations et les groupes ne peuvent plus désormais verser de contributions politiques.

Pour obtenir plus de renseignements sur ces changements importants et de nombreux autres à la Loi électorale du Canada, rendez-vous au www.elections.ca et cliquez sur le lien *Loi fédérale sur la responsabilité*, ou composez le 1-800-463-6868.

ATS 1-800-361-8935 pour les personnes sourdes ou malentendantes



Mental Health Tiic'aaqk

Anger is a normal emotion

Submitted by Andrew Kerr
Northern Region Prevention Worker

We all know what anger is, and we've all felt it. Anger is completely normal and usually a healthy human emotion. Anger can vary from mild frustration to full blown rage. When anger gets out of control it can create serious problems in your relationships, at work and in the overall quality of your life. It can make you feel as though you are at the mercy of a very powerful and unpredictable emotion.

When you get angry your blood pressure and heart rate go up. Also, you are flooded with adrenaline and noradrenalin, both very strong hormones. Anger can be caused by internal or external events. You might be angry with a specific person (work-related or personal) or an event (stuck in traffic) or your anger might be caused by worrying about personal problems. Memories of traumatic or anger-filled events can also trigger angry feelings.

The instinctive natural way to express anger is aggressively. Anger is an adapted and natural response usually brought on by fear or pain. These aggressive feelings and behaviors allow us to either run or defend ourselves when attacked. A certain amount of anger is therefore necessary for our survival.

On the other hand, we can't physically lash out at every person or thing that irritates or annoys us. There are laws, balanced with common sense, that place limits on how far our anger can take us. People use a variety of both conscious

and unconscious processes to deal with their angry feelings.

The approaches are expressing, suppressing and calming. The healthiest way to express your feelings is in an assertive and responsible manner. To do this, you have to learn how to make clear what your needs are and how to get them met without hurting others. Being assertive doesn't mean being pushy or demanding and is always done in a respectful manner.

Anger can be suppressed and then converted or redirected. This happens when you hold your anger in and try focusing on something positive. The idea behind this process is to convert your anger into constructive behavior. The danger in this type of response is that it does not allow for an outward expression and often is turned back on ourselves. Anger turned inward can cause high blood pressure, hypertension and depression.

Finally you can calm down inside. This means, not just controlling your outward behavior, but also controlling internal responses, taking steps to reduce your heart rate, calming yourself down and allowing time for the feelings to subside.

When none of these techniques works is when someone or something gets hurt.

If we have an anger problem it is our responsibility to seek out help in order to change our behavior. Just as we may have learned inappropriate ways of dealing with life's problems and setbacks, we can also learn new more appropriate behaviors that will allow us to get our needs met in a healthy, and most importantly, a caring and respectful manner.

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

**J
O
B
P
O
S
T
I
N
G**

**AHOUSAHT:
FAMILY CARE WORKER**

MAIN FUNCTION:
To network with USMA, MCFS, and organizations related to children and family services.
Work with families that are in need.
Be part of a team within the Ahousaht Holistic Center

OBJECTIVES:
Work with Ahousaht Family Care Worker
Network with USMA, MCFS, and other related services
Involved in family mediation
Act as support for families going to court.

QUALIFICATIONS:
Must be familiar with MCFS and USMA
Familiar with child protection act.
Be able to do assessments and work with related agencies.
Computer literate to provide written reports
Must have experience in facilitating, case conference meetings, presentations, community and family gatherings.
Basic knowledge of cultural beliefs and traditional law
Some counseling skills
Must have drivers licence
Must be team player

Only those short listed will be contacted
Send resume, cover letter, and reference letters by:
February 8, 2007 5pm
To Dave Frank Box 91 Ahousaht BC V0R 1A0
FAX 250 670 9554
Email: ahousat1@telus.net

Creative Salmon Company Ltd.
is a leading producer of 'Naturally Raised' Chinook salmon. Our salmon are grown in a UNESCO Biosphere Reserve, in the clear cool waters of Clayoquot Sound, near Tofino, BC. We are a founding member of the Pacific Organic Seafood Association, and are actively pursuing organic certification. www.creativesalmon.com

An opportunity exists for a motivated team leader in the role of: Senior Skipper
The primary responsibilities for this position are:
1. Operation of the companies' main service vessels including a 74 ft LCM8 Landing craft and a 54 ft workboat. Operating either vessel the Skipper provides support to the Farm Managers and is involved in all farm activities including, smolt deliveries, harvesting, feed hauling, net handling and so forth.

2. Daily care and maintenance of the companies' main service vessels under the direction of the Maintenance Manager
Reporting directly to the Operations Manager, the successful candidate's must have:
Valid Limited Masters ticket (under 60 ton)
Marine and mechanical experience
Superior people management skills
Ability to work effectively in a team environment
Excellent team building and leadership skills

Our preferred candidate will possess the following:
Strong interpersonal skills;
excellent communication skills – both written and verbal
Computer proficiency, particularly with MS Word and MS Excel
Willingness to relocate to the Tofino/Ucluelet area

An attractive employment package will be offered to the successful candidate following a probationary period. Education related to finfish aquaculture and salmon farming experience would be an asset.

This is a full time position. Salary offered will be commensurate with experience.

If this sounds like you, and you are self-motivated, with an above average work ethic and a professional attitude, please send your resume to Tim Rundle, Operations Manager tim.rundle@creativesalmon.com, via fax to 250-725-2885 or mail to:

Creative Salmon Company Ltd.
PO Box 265
Tofino, BC V0R 2Z0

Deadline for applications: 4:00 pm Monday, February 5, 2007. All applications will be treated confidentially. Only those applicants selected for interviews will be contacted. We sincerely thank all other applicants for their interest in the position.

No Phone calls please.

To advertise in Ha-Shilth-Sa,
call 724-4747, or email
hashilthsa@nuuchahnulth.org

Service Directory

WESTCOAST TRANSITION HOUSE EMERGENCY SHELTER:
For Abused Women and their Children. On call 24 hours toll free. 1-877-726-2080.

PORT ALBERNI TRANSITION HOUSE:
Call 724-2223 or call the nearest local shelter or crisis centre.

HELP LINE FOR CHILDREN: 310-1234.

DITIDAHT FIRST NATION

Notice of Nomination Meeting

Band Council Election 2007

**Wednesday, 7 February 2007, 7:00 pm
at Ditidaht Community Hall**

The Nomination Meeting will be open for a minimum of one hour duration.

The positions available are 1 (one) Chief Councillor and 4 (four) Councillors.

A list of eligible electors (voters list) is posted for inspection at the Band Administration Office at Ditidaht Reserve #11 (Malachan).

Any voter wishing to vote by mail, must so notify the Electoral Officer no less than 30 days before election day using an approved form (to be supplied upon request), and an absentee ballot package will be made available to that person. The EO will mail an absentee ballot package to the voter no less than 28 days before election day, or provision will be made for the voter to pick up the package from the EO.

Unless otherwise advised, the Electoral Officer will provide the addresses of voters to any candidate who requests them. If a voter does not want to be contacted by a candidate, a form will be provided to that voter that advises the EO in writing to withhold their address from the list that will be provided to candidates.

Election Day is Wednesday, 21 March 2007. The primary polling place will be at Ditidaht Reserve #11, and satellite polling places will be open in Port Alberni and Nanaimo at locations to be determined. Please look for notices of these at the Band Office, in your community newsletter, or you may also contact the EO for this information.

Anyone wishing further information can contact the Electoral Officer at the contact information provided below.

(signed)
Maggie M. Paquet, Electoral Officer

5232A Margaret Street
Port Alberni, BC V9Y 6J2
250-723-8802
email: maggie_paquet@telus.net

Doing business taxes doesn't have to be a balancing act

Take advantage of our online tools to make the job quicker and easier—like filing T4 returns. It's just one of the secure, timesaving e-services for business at cra.gc.ca/eservices
Point. Click. It's that quick!

Birthdays & congratulations

We would like to wish our cousin John Ginger a belated happy birthday for Jan. 16. From your cuz Sid, Sharleen and family.

We would like to wish our sister Catherine Watts a belated birthday for Jan. 16. Love from Sid, Sharleen and family.

We would like to wish our cousin Pam Watts a happy birthday for Feb. 2. Love from Sid, Sharleen and family.

We would like to wish Auntie Colleen Watts a very special happy birthday for Feb. 7. Love from Sid, Sharleen and family.

We would like to wish Auntie Rose Touchie a very special and happy birthday for Feb. 7. Love always Sid, Sharleen and family.

We would like to wish my Auntie Arlene Touchie and cousin Amanda a speedy recovery and get well soon. Glad you're home now. Take care of yourselves. Love from Sid, Sharleen and family.

We would like to wish our mother Sharleen a very happy 43rd birthday for Feb. 7. Love always Sid Jr, Sylvia, Rick Sr, Sabrina, Brad Sr, Sheldon, Steven, Shawntaye, Mackenzie, and Rickie Jr.

I would like to wish my wife Sharleen a very happy 43rd birthday for Feb. 7.

Love you forever and always. Xoxo Sidney D.

Happy anniversary to Mom and Dad on Feb.26. With all our love JR, Sharon, Julie and Sonny.

Happy 13th birthday to Jasmine Leanna on Feb. 14 and happy Valentines' Day. Love always Mom, Felicia, Alex, Michelle and Jaimie.

Happy belated birthday to our dad Eugene Sr on Jan. 1. Love your wonderful and beautiful children JR, Sharon, Julie and Sonny.

Happy Valentines Day to my beautiful girls, Charlene and Janeen Frank, and to my sons Edward and Allen Frank. I love you. Miss you lots. Love Mom Sharon.

Happy birthday to Paul Smith on Feb. 1. Skylar Campbell on Feb. 2. Rakaylyn Charleson on Feb. 5. Brandon Webster, Ruth Sam on Feb. 7. Mena Webster, Jeannine Adams, Shawn Frank on Feb. 9. Gina Mack on Feb.10. Eugene Swanon Feb. 11. Stacey Titian on Feb. 12. Larry Swan on Feb. 20. Daphne Frank on Feb. 24. Ange Frank, Hudson Webster, Neve Watts on Feb. 26. Kitarah Webster, Jordan Mack on Feb 27. Happy 19th anniversary to Mr. and Mrs. Daniel John Sr. on Feb. 27, many more happy years to come. From Janey, Kenny and Shauntay.

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

Usma Nuu-chah-nulth Family and Child Services

Youth Outreach Worker

NTC Usma Child and Family Services is seeking a term outreach worker to service the Port Alberni community (may include Tofino and Ucluelet). Under the supervision of the Supervisor, the outreach worker provides crisis intervention outreach services to high risk youth between the ages of 12-19. Position would require flexible working hours.

Responsibilities will also include:

- Provide immediate crisis support and assessment;
- Locate AWOL youth;
- Assist in developing a risk reduction plan;
- Assist youth in connecting with community resources;
- Assist youth in connecting with their community and culture;
- Establish with youth and other community agencies, ongoing safety plans;
- To design, organize and facilitate workshops and events;
- To work with Social Workers from Usma Nuu-chah-nulth F&CS
- Group and individual support and/or recreational work on issues as identified by Social Workers.

Qualifications:

- A B.S.W. or related field or combination of education and experience.
- Knowledge in the area of child welfare, mental health and youth justice.
- Demonstrated working knowledge of community based programs and support systems.
- Must have a car and valid drivers licence.
- Provide acceptable references and criminal record check.

For further information contact: Leah Clutesi or Terry McDonald at (250) 724-3232.

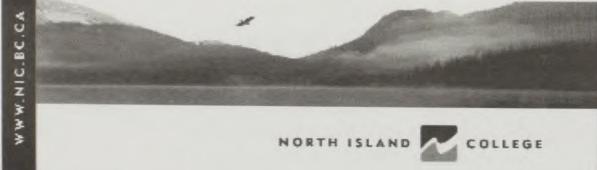


Send applications by February 5, 2007 to:
Nuu-chah-nulth Tribal Council
PO Box 1383
Port Alberni, BC V9Y 7M2
Fax: (250) 723-0463
Email: hr@nuuchahnulth.org
(Word attachments and PDF accepted)
Attn: Human Resource Manager

Sharing knowledge. Building futures.

Proudly serving Nuu-chah-nulth communities since 1975

Each year, on average of 100 Nuu-chah-nulth students discover their path through NIC. We deliver a wide range of flexible programs and degree options for successful employment today and further education tomorrow.



page 16 See our community event listings for information on area activities.

ƛ'aaya-as Project:



(Above from left to right) kuuxwapiihmaptand (riceroot), ƛ'a ii'ucmapt (springbank clover) with rice root behind, and tlicy'upmapt (Pacific silverweed).

Growing Nuu-chah-nulth root vegetables

Many generations of Nuu-chah-nulth people have relied on local resources to provide a healthy and sustaining diet. Root vegetables growing in tidal flats and at river estuaries were an important part of that traditional diet. These included kuuxwapiihmaptand (riceroot), ƛ'a ii'ucmapt (springbank clover) and tlicy'upmapt (Pacific silverweed).

Tasty and nutritious, these roots were carefully tended and nurtured to make them as productive as possible. More recently, the Nuu-chah-nulth diet has changed, and these roots are not as well known today. Yet they are still growing, and could still provide nutritious food.

My name is Jen Pukonen and I have been working with the Raincoast Interpretive Centre (RIC) in Tofino for the past five years. My experiences with the RIC inspired me to continue my education in a way that I hope will be meaningful to local communities. I am now working together with the community of Ahousaht on the ƛ'aaya-as (Tl'eye-yuh-us) project, as part of my graduate program in the School of Environmental Studies at the University of Victoria.

The ƛ'aaya-as Project was suggested to me by Ha'wilt Umeek, Richard Atleo, to help revitalize these Nuu-chah-nulth food traditions as a way of promoting and maintaining important traditional knowledge about health and the environment. ƛ'aaya-as is a Nuu-chah-nulth word, suggested by Trudy Frank and Lena Jumbo of Ahousaht, that means "growing in, on, and out of the earth," and refers to a garden.

Root gardens like the ones we are restoring were historically important to First Nations all up and down the coast. For the Nuu-chah-nulth, the gardens were part of the hahuulhi system of ownership and chief's responsibilities. The roots were highly valued as an important food source, and were often eaten in large quantities at feasts.

To produce enough of these roots to feed the communities, the Nuu-chah-nulth would carefully tend their gardens, weeding out other plants, churning the soil with special digging sticks, and selectively harvesting and replanting rootlets for the next year's harvest. Like most Nuu-chah-nulth food practices, this type of gardening was sustainable in the long-term, producing an abundance of food without making a negative or lasting impact on the land. River estuaries and tidal marshes are one of the most productive types of habitat and were ideal for the gardens.



Jen Pukonen

Through the ƛ'aaya-as Project we have involved interested students and community members in Ahousaht in the research and re-creation of a Nuu-chah-nulth root garden of kuuxwapiihmaptand, tlicy'upmapt and ƛ'a ii'ucmapt. In developing the root garden, Ahousaht community members have been involved at all stages of the project to ensure that it is appropriately designed and developed.

From demonstrating steam pit cooking as a traditional method for cooking the roots to the outdoor education class painting a mural on the wall beside the garden, there have been so many great ideas and suggestions that have made the project really special. This past summer, five high school students, Kayla Little, Janelle Louie, Kara-Anna Adams and Dion and Austin Keitlah, worked on the ƛ'aaya-as Project. The fieldwork included getting to know local plants, planting, tending and monitoring a root



Kayla Little, Janelle Louie, Kara-Anna Adams and Dion and Austin Keitlah, worked on the ƛ'aaya-as Project. The community has been involved at every stage along the way in developing the garden.

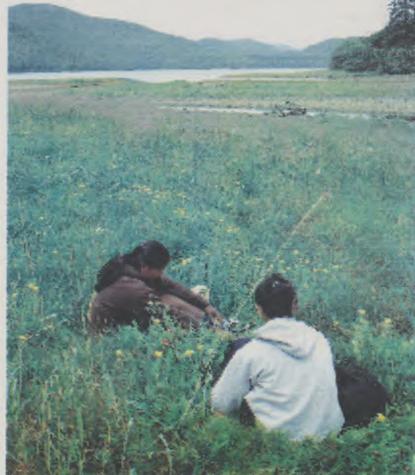


Student paint a mural on a wall beside the garden.

garden and preparing a poster about root gardens for the school. It was lots of fun. We also spent time talking to people in the community to learn about traditional plant foods and management techniques and to gather ideas, suggestions and feedback about the ƛ'aaya-as Project. We are hoping especially that the students at the Ahousaht School will learn about ƛ'aaya-as and the Nuu-chah-nulth root vegetables.

This spring we will be giving a slide show in Ahousaht and Tofino to share stories and pictures from the past year and will keep you posted for the details.

It is a real honor for me to be working in Ahousaht and on Nuu-chah-nulth territory. Kleco, kleco to the community of Ahousaht for your time, enthusiasm, patience, humor and



Kayla Little and Janelle Louie enjoy the Atleo River.

friendships. If you have any questions, comments or suggestion please feel free to contact Jen at or (250)725-2567.

NUU-CHAH-NULTH NURSING PROGRAM

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

How much sleep do children need?

Submitted by Lynne West
Health Nurse (Gold River)

Children need to get good sleep to develop and grow. If children don't get enough sleep it can have a bad affect on their physical, emotional and intellectual growth. Lack of sleep has also been linked to children not being able to concentrate, having a hard time at school and having personality problems. At each stage of childhood there are recommended hours of sleep.

Infants: Infants' sleep patterns are directly linked to feeding, and stay irregular until they can tell the difference between night and day.

How can you encourage your baby to sleep regularly? When babies are born they don't know the difference between

night and day, so it's a parent's job to help them learn this.

Babies sleep patterns will vary as they grow. Babies will sleep less as they develop and by the end of the first month they will be alert for two to three hour stretches, sleeping an average of 15 hours in a 24-hour day.

In comparison to adult sleep habits, most babies are not the greatest sleepers. Here are a few strategies to encourage regular sleeping habits:

- Small babies like small beds. Give your baby a sense of closeness by using a cradle, or by making her feel cozy in a crib by using a rolled up towel laid at her side.
- Wrap your baby securely to give her that feeling of warmth and security. Remember that newborns are accustomed to a very close and warm environment.

- Provide your baby with more stimulation during the day and less at night.
- Establish an evening routine giving a clear signal to your baby that sleep time is coming. Bath time is often a cue used by parents. Many babies will feel relaxed and sleepy after a warm bath.
- Make sure the room your

baby sleeps in is comfortable. Check the temperature and the lighting.

- When your baby cries in the night, go and soothe him but make sure not to turn on any bright lights or initiate any play. Try singing gently or humming, stroking your baby's body or turning on a mobile that plays a quiet tune. Then give him a chance to fall back to sleep on his own.

• Moms of restless sleepers should be



Tana and Mary

reminded to sleep when their babies sleep to keep up their energy.

- Wake and feed your baby before you go to bed. This may give you a stretch of sleep at night and will not harm her at all.

(Continued on page 14.)

Nuu-chah-nulth Nursing Program		
Nurse	Phone (250)	Fax
NORTHERN REGION		
Christine Kellett Ehattesah, Nuchatlaht	761-4274	761-4027
Denise Galbraith Home Care	283-2012	283-2122
Donna Vernon Kyuquot	332-5289	332-5215
Lynne West Mowachah & Gold River	283-2462 mwf VIHA 283-2012 4th BAND	283-7561 283-2122
Tammy Martin Home Care	283-2012	283-2122
CENTRAL REGION		
Christine Curley Tla-o-qui aht, Esowista, Opitsaht	725-1232	725-1232
Dan Law Home Care	726-2993 © 266-0423	726-2994
Glenda Frank Home Care	670-9655	670-2492
Jeannette Pattison Maternal Child Clinical Nurse 1 st week Tseshaht 2 nd Ahousaht	724-5759	723-5396
Jenna Mueksch Ahousaht	670-9608	670-2492
Shannon Beavis Ucluelet, Toquaht, Hesquiaht	726-2993	726-2994
SOUTHERN REGION		
Catherine Sturgeon Home Care	724-5757 wed/thurs/Fri	723-5396
Cheryl Mooney Knee-waas, Urban Port Alberni,	724-5757 ©735-0985	723-5396
Debbie Loft Mothers' Support Worker	724-5759	723-5396
Geneva Doucet Tseshaht Mon & Wed	724-5757 Mon/wed	723-5396
Heidi Nikiforuk Bread of Life, Ditidaht, Huu-ay-aht, Hupacasath, Uchucklesaht	724-5757 BOL: 723-4049	723-5396
Jackelyn Williams Home Care	724-5705	724-5705
Joanne Crosbie TB Nurse Mary Heatherington TB Nurse Chandra Willms TB Nurse	724-5757 © 720-1423	723-5396
ALL REGIONS		
Ina Seitcher Home Care Supervisor	724-5705 © 735-0067	724-5705
Jeannette Watts Nurse Manager	724-5757 © 720-5797	723-0463
Lisa Sam Administrative Assistant	724-5757	723-0463
Liz McKay Community Health Nursing Supervisor	724-5757 © 720-5400	723-5396
Matilda Watts Healthy Living Program Worker	724-5757	723-5396
Pearl Dorward First Nation Advocate @ West Coast General Hospital	723-2135 ext 1 1109	724-8805
Sandra Ethier Inventory Assistant	724-5757	723-0463



What is healthy living?

By Denise Galbraith
RN Northern Region

What is healthy living and does it mean the same to everyone? If you have a chance to look at the Health Canada Web site, it helps define healthy living and offers a lot of information on many health topics.

Health Canada defines healthy living as making positive choices that enhance your personal physical, mental and spiritual health.

These choices include eating nutritiously, choosing a variety of foods from all of the food groups. Some suggestions for healthy eating include choosing whole grain and enriched products and dark green and orange vegetables and orange fruit more often.

Current recommendations are five servings of fruit and vegetables daily. Choose lower-fat milk products more

often. Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

Water is an excellent way to satisfy your thirst. Choose water often and be sure to drink more in hot weather or when you are very active. Consider plain water as a calorie-free way to quench thirst.

Build a circle of social contacts to create a supportive environment of people who care for and respect you.

Stay physically active to keep your body strong, reduce stress and improve your energy. Starting slowly is very safe for most people. You should consult your health professional before beginning an exercise program. Some of the benefits of regular physical activity and healthy eating include better health, stronger muscles and bones, weight control, better self-esteem, feeling more energetic and continued independent living in later life.

(Continued on page 14.)

Fisheries - ca'ca'tuk

Roundtable format continues to build on success

Submitted by Kelly Poirier
Uu-a-thluk Outreach Coordinator
and Jim Lane
Uu-a-thluk Southern Region Biologist

Port Alberni—The Barkley Sound roundtable met on Dec. 6 at the Clutesi Haven Marina for a post-season review of the Somass sockeye, chinook and coho fisheries. Identifying some key issues for planning the 2007 fishing season was also on the agenda.

"This is a stepping stone to prepare for next year" said Greg Thomas of Fisheries and Oceans Canada (DFO).

DFO's power point presentation from this meeting, including weekly fisheries summaries, escapements and the pre-season forecast numbers can be downloaded under the articles list at www.uuathluk.ca/communication.htm.

The roundtable gathers First Nations, recreational and commercial fishing representatives and department of Fisheries and Oceans' staff together to discuss the issues and challenges for managing fisheries in the Barkley Sound area.

In the past, each group would meet with DFO separately to explain their issues and priorities regarding a particular fishery and then DFO would issue management decisions based in part on what was discussed at the separate meetings. Besides requiring DFO staff to set up three separate meetings each week, this process often resulted in conflict between First Nations, recreational and commercial fishers, and DFO managers.

The roundtable process not only creates a forum for First Nations, recreational and commercial organizations to state their concerns and issues, but also allows them to take an active role in the management process. All representatives openly discuss the issues that affect them and then work with DFO staff to make management decisions that best accommodate their fishing interests within the constraints of run sizes, escapement goals, environmental conditions, allocation agreements and First Nations' domestic fishing priorities. The level of engagement and participation around the



Paul Preston of Fisheries and Oceans Canada, and Peter Tatoosh, Hupacasath councillor, have a chat during the roundtable meeting Dec. 6.

table indicates a strong respect and regard for the fishery within the Alberni Valley. This makes the Barkley Sound roundtable a good process and venue to discuss the future of fisheries in the region.

Managing fisheries is always challenging and the 2006 Barkley Sound salmon fisheries were no exception. Somass sockeye returned only about 50 per cent of the pre-season forecast and coho returns were lower than expected. Somass chinook returned in good abundance, but the later than expected return of chinook to the upper Alberni Inlet area created management challenges.

From June to September the round table participants met weekly throughout the sockeye and chinook seasons to discuss the latest stock assessment information and its implications to fisheries planning for the week ahead.

"The roundtable process is unique and so far," said Sport Fishery Advisory Board representative Bob Cole.

"Understanding each other's expectations and needs is important. Sitting in the same room and getting expectations and needs is valuable."

The majority of discussion at the Dec. 6 meeting concerned the chronic low returns of Henderson sockeye and how Somass sockeye fisheries are managed. In 2006, the return of Somass sockeye was less than 50 per cent of the pre-season forecast. The pre-season forecast is used to plan fisheries, and weekly stock assessment information is used to adaptively manage the fisheries in-season.

Unfortunately, the in-season

management actions did not accommodate the reduced run size quickly enough and too many fish were harvested based on the number of sockeye that returned.

"Sockeye is not easy to manage and it seems like every five years we fish ourselves into a big hole," said Tseshaht Fisheries Biologist David Lightly. "We didn't do a good job of managing and we need to figure out why."

One of the problems this year was the divergence of the four models used to forecast the predicted return of Somass sockeye. The model forecasts ranged from a low of 330,000 to a high of 815,000, a wider range than the models usually predict. When they are divergent it makes it more difficult to choose a single forecast to use. In 2005, a similar situation occurred and DFO decided to use the average of all the predictions. The average turned out to be close to the final return in 2005.

In 2006, faced again with divergent model predictions, DFO decided to use the average (570,000) as the pre-season forecast for fisheries planning. Unfortunately, the average of the forecasts turned out to be about 50 per cent higher than the final 2006 run size (285,000). In order to make better decisions for future seasons, the roundtable will be looking at how to best plan and manage fisheries using pre-season forecasts, especially if the models are divergent. In addition, they will look at what can be done to improve the pre-season forecasts and in-season assessments.

The current status of Henderson Lake sockeye was a topic of much discussion as the stocks continue to decline, despite

a lot of effort and work on enhancement by both the Uchucklesaht First Nation and DFO.

"If the Henderson stocks get SARA listing, all of the fisheries in the Barclay Sound will be cut in half," stated Uchucklesaht Chief Councillor Charlie Cootes Sr. "We need to do something to rebuild that run ... Henderson is a real issue now and in the future."

DFO Fisheries biologist David O'Brien made an update to the group about Henderson Lake Sockeye, showing a time series from 1906 to 2006.

The past four years of very low returns of only 1,500 to 3,500 fish is a real concern. Henderson Lake used to be the largest sockeye producer in Barkley Sound. A proposal to initiate a planning process for Henderson sockeye at the roundtable and source funding to assist in rebuilding the run was introduced.

There was a lot of discussion around habitat and ecosystem impacts to fisheries.

"The sockeye was lousy this year and the chinook was good, but I am concerned that the user groups are here more for the numbers and not for habitat," said Hupacasath Councillor Peter Tatoosh.

"We've got to push more for habitat and streams. Spawning beds give the numbers. Until we make that a priority we won't get the numbers we want."

DFO gave a brief outline on enhancement priorities for the area and how Henderson Lake sockeye and Nahmint River chinook are now a priority. Production of chinook at the Robertson Creek hatchery will remain similar to past years, and coho production may increase depending on funding agreements with local First Nations.

For the 2007 Somass salmon season, the Barkley Sound roundtable management format looks like it will continue to build on its success. There will be continued work on decision rules and guidelines and work on the next forecast and in-season indicators for chinook. Henderson sockeye and general enhancement strategies, including the work being done at area hatcheries, will continue to be foremost

Dreams can come true!

Submitted by Eileen Haggard
N.T.C. Education Supervisor K-12



I've made it this far because I am a dedicated student and I enjoy basketball. I would like to thank my parents and my girlfriend. I am most proud of making the basketball team. I plan to graduate from a post-secondary school and play basketball. Alex Masso

training. Overall it is intended to increase the number of First Nations graduates with skills of value in the development of their community.

Each year we celebrate our success in education with our graduation ceremony and the scholarship celebration. Over the last 10 years we have seen an increase in the number of graduates. If we can get our students to Grade 12, most will graduate. Some may take an extra year, but they do grad.

Many students who have had children at a young age are going back to school and are graduating. There are, as well, adults who are returning to finish Grade 12 and go on to post-secondary. In 1996 there were 47 Nuu-chah-nulth grads and in 2006 we reached a record high of 82. As for scholarships, each year we give out 120 scholarships to students who have achieved a B-average or higher. We always receive at least 200 applicants most of which achieve C+ or more.

The number of students in post-secondary is climbing year to year, with many attaining masters and doctoral degrees. We have also seen an increase in the number of students entering vocational training, due to the increase in demand for these positions.

With the strong advocacy at the advisory level and the support of the district there are specific First Nations goals laid out in the School District accountability contract that are closely monitored by the Ministry of Education. We have also signed an Enhancement Agreement that covers four specific goals; academic achievement (literacy, numeracy and special education), school completion, heritage and a sense of belonging, language and culture. Data will be collected year to year so that we can monitor the progress and implement changes where necessary.



Cynthia Dick was the student of the Month in November 2006 at Alberni District Secondary School for her high academic achievement.

The intent of the agreement is to develop an inclusive relationship that will enhance and improve all aspects of education for First Nations students and will also increase the knowledge and understanding of the First Nations culture and history for non-First Nations staff, students and others working in association with the schools.

Further it is intended to develop and reinforce in First Nations students a strong First Nations identity and pride in their heritage and a feeling of self-worth as First Nations students. It is also focused on improving the learning environment at all levels of the school system so that First Nations students will gain maximum benefit from their formal education.

As well it reinforces the commitment to co-operate with First Nation schools in the planning, preparation and transfer of students between First Nation schools and School District schools. In the long term it is targeted on increasing the number of First Nation graduates able to gain immediate employment or gain entrance into post-secondary institutions, including vocational

units will be available to teachers by March 2007.

At the secondary level we are also offering an English skills development program to assist students with literacy. In the fall we held an Aboriginal Success Forum where staff, family and friends gathered to celebrate the Aboriginal students who have reached

This year in School District #70, the advisory board committed additional funding to support targeted administrative, teaching and support staffing at the secondary level for 2006/2007 to bring the success levels up. After initial review it would appear that this initiative is creating positive changes for the entire school community. Many students achieved honor roll status last term.



I've made it this far because of the encouragement from my parents and boyfriend. I am also very ambitious and achieve my goals and dreams. I would like to thank Mrs. Tremblay, Angie Miller, my mother and my boyfriend. I am most proud of being open to new things. I plan to become a journalist, model or fashion designer. I want to be a role model so I can inspire girls like me! Letitia Rampanen

Parents, students, staff and community have all indicated over the last few years the need for more cultural programming. The district has formed an Aboriginal Curriculum Development team with educators from elementary, middle and secondary levels. The group is developing curriculum that incorporates Nuu-chah-nulth themes and activities across multiple subject areas. The initial

Grade 12 this year. This event was held in three communities—Port Alberni, Ucluelet and Tofino—and was extremely well received. Many of the photos that we have used for this article were a part of the power point presentation that evening.

In order to track how we are doing, the district will collect data to identify areas of strength and concern giving the Advisory Board and School District the information necessary to target resources.

This year's data shows that in the elementary grades we are seeing growth in most areas. We are however seeing a drop in writing skills and will be working with staff to address this. We are aware that we must monitor students closely at the secondary level in order to see a significant rise in graduation rates. Although we are seeing more students graduate we are working on bringing the level of achievement up. We are moving forward together creating positive changes that will have a profound effect on the lives of our people. It has been proven that parents and peers have a huge influence on student success. We must continue to be actively involved and to make education a priority. When our children succeed, we succeed!

The following are statements made by students at Alberni District Secondary School:

If I were 90 years old and was told I was going to die tomorrow, the teachings I would leave behind to my family and grandchildren would be to go on and always make the most of life. Finish school, go on to college and university and make something of their life. Be successful. To always, no matter what, stay strong and be proud of who they are. To never let anyone tell them who they "should be" or who they are other than what they want to be. Carry on the teachings of First Nations people, be proud to speak the language and sing the songs loud and proud. Life has so much to offer; live it to the fullest and don't make anyone think otherwise. I would also tell them that whenever your feelings are at their lowest and you feel like you can't do it anymore, God and the Creator is always there to listen, so pray and he'll guide you through.

So if I was 90 years old and I was to leave teachings behind for the next generation, that's what I would tell them because that's what I was taught my whole life and it got me to this age today.

Natasha Billy, Grade 10, Tseshaht First Nation

In the future I see myself having a good job with good pay, a nice house with all accessories needed and going on trips to nice places.

Heather Johnson Huu-ay-aht

In the future I see myself having a good job with good pay, a nice house with all accessories needed and going on trips to nice places.

Heather Johnson Huu-ay-aht

(Continued on page 17.)

Location, location, location the competitive edge

(Continued from page 7.)

He invited chiefs to come out to the corporation's annual general meeting scheduled for Feb. 26 at the House of Gathering where they would be discussing business prospects and inviting other Nuu-chah-nulth tribes to hop on board to increase the size of the entity.

Charlie Cootes Sr. said there was also opportunity in the auxiliary areas of the marine environment. He said the community had to build capacity to prepare the young Nuu-chah-nulth-ah for the future. He said there was a real shortage of seafarers and a massive hiring boom coming. There is opportunity for the young, if they are prepared and trained.

He also said it was important to make connections with powerful people in industry, and told of billionaire Jimmy Pattison's speech at a recent Aboriginal economic development conference.

Cootes told the Ha'wiih that Pattison was looking to partner with First Nations on good business ideas. Cootes said Pattison shared a secret of his success—competitive edge.

The Nuu-chah-nulth's competitive edge is that they live where they do business and knew intimately their environment.

Stanley Sam agreed that traditional knowledge and experience should not be underestimated.

Cliff Atleo reminded the Ha'wiih that Nuu-chah-nulth had always lived and provided for their families from the sea, and it was the government and their policies that pushed them farther and farther away from that endeavor. And the government has admitted their part in the decline in Nuu-chah-nulth access to the resource and should be made to make amends, he said. He advised that chiefs remember the history.

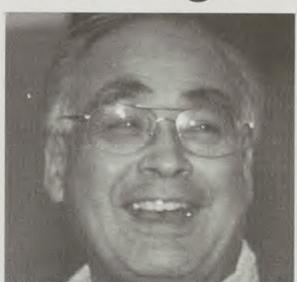
Cootes said remembering the history



Simon Lucas

was important, but it was also important not to get stuck in the past. It was a time to prepare for the future and take advantage of the opportunities that are ahead.

The council also looked at how other Aboriginal groups had benefited from court decisions that provided them with more access to the fisheries, from the



Cliff Atleo

Boldt decision in Washington State where the Lummi got 50 per cent of the fishery, to the Marshall decision on the East Coast of Canada, where increased access caused violent confrontations over the lobster fishery. Representatives from the Lummi Nation are expected to attend the next Council of Ha'wiih on April 12 and 13.

Health and Safety In Brief

Despite criticism from a recent U.S. consumer report the BCAA Traffic Safety Foundation encourages parents to use the Transport Canada approved infant seats and child booster seats to protect their children's lives when in a vehicle. The report suggests that infant and child safety seats do not provide adequate protection because they come off of their bases or twist in place. Contrary to these findings, research and real world evidence indicates that children are up to 75 per cent safer in a vehicle when properly restrained in age and weight appropriate safety and booster seats, insists the foundation.

Now that the lights are back on and most of the debris is cleared, it's time to learn from the recent storms and prepare your home to withstand future wind damage. Inspect roofing, gutters and fences to ensure they are sturdy. Trim trees and remove dead branches around your home and equip your home with flashlights (and extra batteries), candles and matches.

Tony Clement, federal minister of Health, announced that Health Canada is developing a pilot project in partnership with Saint Elizabeth Health Care and the Assembly of Manitoba Chiefs to establish a wait time guarantee for First Nations people living on reserve in Manitoba who face debilitating infections and possible amputations arising from diabetes. Diabetes rates are high among Canada's First Nations and they also have a higher rate of complications, such as vision loss, kidney damage and foot ulcers leading to amputations. "This wait time guarantee pilot project for First Nations diabetes care will benefit Manitoba First Nations and all Canadians," said Clement.

Aboriginal peoples from across Canada are being invited to submit their entries to the 2007 National Aboriginal Health Organization (NAHO) Photography Contest. The contest aims to promote healthy images of First Nations, Inuit and Metis communities in Canada and will run until May 1. The categories of the contest are: Community Life (Aboriginal families, community members and group), Aboriginal Spirit (traditional dancing, powwows, cultural celebrations and festivals), and Aboriginal healers (traditional healers, doctors, nurses, etc.). Cash prizes will be awarded. All photographs must depict Aboriginal people. For more information, visit www.naho.ca.

Help is available to quit

(Continued from page 11.)

Choose not to smoke, and put an end to other negative lifestyle practices. The provincial government is providing nicotine patches and nicotine gum to British Columbians on income assistance who wish to quit smoking through a pilot program called Quit Smoking Now! British Columbia has the lowest smoking rate in Canada, yet smoking still kills almost 5,600 people in British Columbia each year.

Through the program, about 30,000 clients will be eligible to receive either nicotine patches or gum. There is a two-step registration process to follow. First, the client will contact Quit Now and speak with a professional healthcare worker who will provide advice on the

various nicotine replacement therapies available. Second, the client will sign-up for the project through their employment assistance office or third party administrator.

Quit Now Services include an Internet-based cessation program at QuitNow.ca and Quit Now by phone, a toll-free line in B.C. at 1-877-455-2233 or TTY 1-888-445-5788. This number is operating 24-hours-a-day, seven days a week.

Healthy living choices are affected by where you live, work, learn and play. By keeping yourself informed about positive health practices within your environment is an important way to improve your overall health and sense of well-being.

Regular exercise will help children to sleep

(Continued from page 11.)

If there are other adult family members in the house, have them share some of the baby's waking periods.

The six-month milestone: At about six months of age, your child will most likely take morning and afternoon naps, but will do his or her sleeping at night. "Sleeping through the night" means five straight hours of sleep. While most six-month-old babies are capable of this, about half of them still wake up during the night.

What happens from six to 12 months?

As they head toward the one-year, mark most parents can expect their children to be sleeping through the night. At about 10 months of age children will start waking and sleeping at roughly the same time every day.

Happy Birthday! A one-year-old child will likely be settling into a daytime and nighttime routine. The typical one-year-old will sleep for 12 to 14 hours each day, including two naps. But every child is different; don't panic if your child sleeps more or less. Between their first

and second birthdays your child will likely stop needing or taking two daytime naps and will switch to one nap about one to two hours long. Scheduling this nap after lunchtime will help keep your child from sleeping too late into the afternoon, which could affect bedtime.

What time should a toddler go to bed?

Most toddlers of 18 to 36 months go to bed for the night between 7 and 9 o'clock at night and wake between about 6 and 8 o'clock in the morning. If your toddler refuses to sleep at night, limit his or her naps to only every second day or adjust the bedtime routine. It's suggested that children in this age group should sleep between 12 to 14 hours at night and have one nap no longer than three hours during the day.

When will my child stop taking naps? There isn't any age when children stop napping. Some five-year-old children still nap while others stop taking daytime naps at age three or four. If your child is having trouble settling down at bedtime, you may want to cut out the afternoon nap. If the nap is dropped, it's important

Remembering Ken Jones

By Denise August Titian
Ha-Shilth-Sa Reporter

Port Alberni – Friends and family gathered at Tsawaayus (Rainbow Gardens Community Care Facility) Jan. 18 to pay tribute to Ken Jones who passed away there on Jan. 3.

Direct Care Aide Bunt Cramner led off the memorial by thanking Jones' family for allowing Rainbow Gardens staff the opportunity to care for their father and to get to know and love him.

The memorial, she said, was their way of saying goodbye to one of their friends and to have closure for fellow residents and staff.

Arriving at Tsawaayus in April 2000, Cramner said she fondly remembers Ken's habit of calling all the ladies there 'honey.'

When he first came to Tsawaayus and he was a smoker, she remembered, and would go to outside to share a cigarette with his friend and co-resident Marianne.

There came a time when he could no longer get out of bed, she recalled, but even then he was always smiling and grateful for everything that was done for him. He was also an emotional man, Cramner explained, not afraid to shed tears at memorials.

Ken loved wearing Hawaiian shirts and talked about how it made him feel as though he was in Hawaii. He passed away in one of his beloved Hawaiian shirts.

Ken was born April 10, 1928. He had eight children, including Marge Touchie in Ucluelet, Linda Watts in Port Alberni, Nona Thompson and Audrey Amos in Ditidaht. His other children live in Seattle, Duncan and Vancouver.

Ken was laid to rest in his home territory, Nanaimo.

Caregiver Darlene Amos thanked the family for allowing Tsawaayus to care for their father. She admired Ken for keeping himself involved with the various programs and outings for as long as he could.

Tsawaayus employees, she

explained, get attached to the residents as they get to know them. Losing her own parents, Amos said, makes the Tsawaayus elders more dear to her and that much harder to bear the loss.

She described Ken Jones as the perfect gentleman who always had kind words for everyone and was even in the habit of kissing the hands of the ladies.

Tla-o-qui-aht elder Grace David stood to sing "When I come to the end of the road" in honor of Ken.

Nona Thompson, standing with her sister Audrey and two of her nieces, thanked the staff of Rainbow Gardens for caring for her father.

She said the cultural practices of her father's people are different from Nuu-chah-nulth culture. The day Ken was buried, the family held a ceremony where they send their loved one his clothing and other belongings by burning it. They also burn a plate of food so that their loved one doesn't leave hungry.

When her father passed away, Thompson explained, he could no longer walk. When they did the burning the elders told the family that their father was seated at the table and when the other elders from the spirit world came to get him he stood and danced with them.

Thompson again thanked Rainbow Gardens for being family for her father when his own family couldn't be there.

Audrey Amos shared fond memories of visits she would have with her father where she joked he should organize wheelchair races with the other residents when they had nothing to do.

Cramner closed the memorial with a reading from the late Chief Dan George's book *My Heart Soars*.



Ken Jones
April 10, 1928 –
January 3, 2007

Hupacasath First Nation

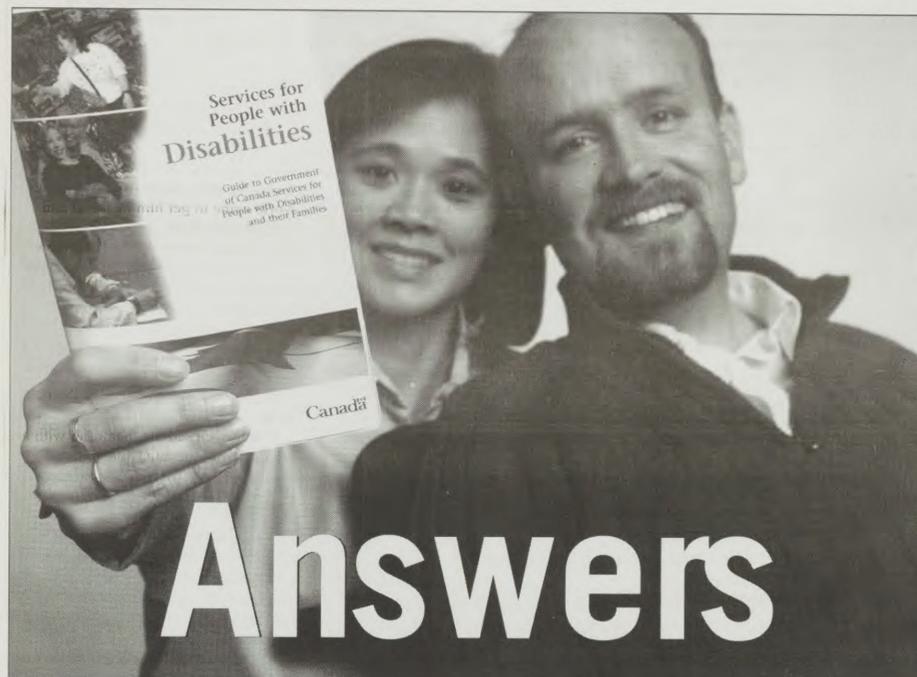
NOTICE OF NOMINATION MEETING Port Alberni, BC

Notice is hereby given that a meeting of the electors of the Hupacasath First Nation will be held at the House of Gathering on Ahahswinis Reserve (5500 Ahahswinis Road) in Port Alberni, on Wednesday, the 21st day of February, 2007, beginning at 5:00 p.m. and lasting until 8:00 p.m., for the purpose of nominating candidates for the positions of chief and councillors of the Council of the Hupacasath First Nation, for the next ensuing term. There are two (2) councillor positions and one (1) position for chief available.

The election will be held at the House of Gathering on Ahahswinis Reserve on Wednesday, the 4th day of April, 2007 from 9:00 a.m. continuously until 8:00 p.m., after which the votes will be counted and posted.

Please note that any voter may nominate candidates by using a mail-in nomination form. Voters residing off-reserve may only nominate (and second nominations for) candidates for the position of chief. Voters residing on-reserve may nominate candidates for both chief and councillor positions. You can either deliver or mail-in a written nomination and a completed, signed, and witnessed voter declaration form to the electoral officer before the time set for the nomination meeting, OR you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the electoral officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot.

If you have any questions about the nomination and election processes, or want to inquire about mail-in nominations or voting, please contact Electoral Officer Maggie Paquet at 250-723-8802. Dated 12 January, 2007.



Answers

Introducing a new guide for people with disabilities

A new guide called *Services for People with Disabilities* lists more than 60 resources for people with disabilities and those who care for them. You'll find information on everything from employment, accessibility and education to health, income support and tax benefits.



Order your free copy today:

- 1 800 0-Canada (1 800 622-6232)
- TTY: 1 800 926-9105
- www.servicecanada.gc.ca
- Service Canada Centres

Also available on the Web and in alternative formats.

Government of Canada Gouvernement du Canada

Klecko's - ꜥekoo

Help is there when crisis strikes

My name is Carol Mattersdorfer and I am a proud daughter of Chester and Shirley John of Ahousah, B.C. I am their third oldest daughter out of seven children. I really feel that in my heart that I have to share this with all you readers out there.

The meaning of family and where you come from: My parents are very important lives to me, because they are the ones that brought me into this world. At this time, I would like to give great thanks to my counsellor at the holistic centre. I made a step to recovery, and my tools were rusted. So I am sure that this road to recovery I may find it difficult. However, I don't want to make it difficult. With the help of my friends and family, they are my medicine.

This is the purpose I am giving this message out is to let all you readers know that there is help out there and resources. I know that from my experience that I had my faults and the worse was yet to come. Not to mention that through prayers and a lot of prayers.

It helped me open my eyes and open

another door to an opportunity to life skills.

I guess the message I want to share is that no matter what my lowest was. I was so contemplating suicide before the New Year. So I struggled with the deck. But you know through prayers.

I guided and directed myself to know that Carol Mattersdorfer is important and that I had to value her. So that's what I done. I went to Expranza for a crisis and it turned my eyes into a whole different world. That speck in my eye was soon cleared like 98 per cent, but still working on myself.

I would like to thank the Ezpranza staff and all the clients that were beside me for the two weeks. I was there to think and to relax. That was the best place that God wanted me to be.

I had to look after Carol's needs first and be able to look around me, and my beliefs and values.

I know that before I could look after my children. I am their only mother. I believe that mothers are strong and powerful to fulfill their children's needs. To be a single parent today is a real challenge. I give my hands up to the single parents out there male or female.

I am human and I know that I am strong and capable of opening all doors. I am now here today and tomorrow may never be mine.

Just to say on the personal note: Don't give up on yourself. I know I have hope and happiness today on my side.

Thanks again for your time and happy New Year to all my friends and family. Good to have you all another year. I have great confidence that this year will be a better year.

God bless you all,

Carol Mattersdorfer

Boys' team well cared for at tournament

On the weekend of Jan. 19, the Ucluelet First Nation entered their boys' junior team in the Island Zones basketball tournament hosted by the Nanaimo team. The coaches are Evan Touchie and Andrew Callicum, the youth worker.

We would like to thank the both of them for their hard work and positive energy they give these boys. We are amazed at how well they played, considering the short time they have been a team. We feel so proud of them all. They represent our tribe well.

We also would like to thank the Ucluelet First Nation band for their financial support, along with the family child care worker, Gloria Valentine, for the accommodations being taken care of.

A big thank you to Ray Touchie for the delicious homemade bread we took on our trip. Shall I not forget, my best friend, Jeannine Lindsay, for helping cook for the team...Klecko!

Last but not least, congratulations to our son, Matt-Sabbas-Jack for the allstar trophy you so deserve.

Son, you make us proud! You are a role model for the youth. May you always live life in a positive way, and always be humble and thankful for your good spirit.

Jackie and Wilson

Community & Beyond

Aboriginal Title and Rights Law Conference Kamloops

Feb. 1 and 2

Kent McNeil of Osgoode Hall Law School in Toronto will be the keynote speaker. McNeil has extensive experience in the area of land claims, hunting, fishing and water rights. Other presenters will include lawyers who will discuss the rights-based approach to resource development and the role litigation can take in negotiating settlements. Info: (250) 828-9789.

Ucluelet Sacinn Fundraising Tournament Port Alberni

Feb. 2

Eight Men's Teams (\$350 entry fee). Four junior co-ed teams (\$150 entry fee) Contact Cindy Dennis at 725-8329 or by email at cindydawn13@hotmail.com.

FLARE Volunteer Awards: Deadline Toronto

Feb. 2

FLARE Magazine and the GAP clothing store are calling for nominations for the eleventh annual FLARE Volunteer Awards, which honor Canadian Women age 18 and up who have made significant contributions to the lives of people in their communities. Deadline to receive nominations is Feb. 2. For forms call 1-877-229-2737 or visit online at www.flare.com.

Math Games: A workshop for parents Port Alberni

Feb. 8

Help your children practice their math. Join math teachers for games from 7 p.m. to 8 p.m. at Maquinna School. Pre-register at 723-5603.

Feast Ditidaht Community Hall

Feb. 10

Friends and relatives of Barbara Tate are invited to a feast at the Ditidaht Community Hall beginning at noon. For more information, contact Brian at (250) 745-8139.

Loonie Toonie Fundraiser Port Alberni

Feb. 10

ADSS First Nations Steering Committee will host beginning at 9 a.m. at the ADSS cafeteria building. (Pre-bids will be Friday, Feb. 9 from 11:00 - 5:00 in the cafeteria). Auction will start at 1 p.m. on Feb. 10. The prizes will have a Valentines theme, but there will be lots of other prizes, such as a foosball table, gift certificates and lots more. They will also be having a flea market and selling soup and bannock for \$2. Tables are \$5 each. You can contact Angie Miller or Doug Sam at 723-6251 or email amiller@sd70.bc.ca.

Loonie Toonie/Flea Market Port Alberni

Feb. 11

Port Alberni Jets Jr. girls basketball team will host a fundraiser at the House of Gathering, off Beaver Creek, from 10 a.m. to 2 p.m. Tables are \$10. There will be a concession, 50/50, raffle and more. Contact Doreen at 723-0453. Funds raised will help the team get to the All-Native Provincial Championship.

Co-Ed Ball Hockey Tournament Port Alberni

Feb. 16 to 18

Tseshah Jr. Eagles are hosting the 17 and under tournament at the Maht Mahs Gym. There is a \$250 entrance fee. Contact Wes Price at 723-2978 (leave a message) or 731-3357 (cell) or Leisa Fred at 724-0150.

Youth Fundraiser/Loonie Toonie Hupacasath

Feb. 17

At the House of Gathering 9 a.m. to 4 p.m.. Pancake breakfast/the best chili ever. If interested in a table call Carolina at 723-4949/7234041 ext 8 or email Tatoosh@Hupacasath.ca or ctatoosh1969@hotmail.com. If you would like to set up the day before, don't hesitate to call. Tables are \$5.

First Nations Shiny Hockey Port Alberni

Feb. 24

All ages are welcome. Players must: wear full equipment, bring one black jersey and one white jersey (players are not permitted to wear any Alberni Valley Minor Hockey jersey), be able to skate. We hope to see you there.

Coming of Age Party Gold River

Feb. 24

Steven and Allison Hoard of the house of Tukwitikumklath would like to invite everyone to a coming of age party for their daughter Anastasia John. Begins at 11 a.m. at the Wahmeesh Centre in Gold River (Tsaxana). This is an important cultural event. Anastasia and family would be honored if you attended. Contact Allison Howard at 283-2015 (work) or at 283-2673 (home).

Nuu-shah-nulth Seafood Dev. Corp. AGM Hupacasath

Feb. 26

Shareholders will meet to discuss a variety of interests at the House of Gathering. Those nations not currently signed on with the enterprise are encouraged to send representative to hear about plans to create an entity that will give Nuuchah-nulth-aht greater access to the fishery and economic opportunities.

Abalone CoastWatch Forum Bamfield

Feb. 27 to March 1

Attend the CoastWatch Forum at the Bamfield Marine Sciences Centre. To register contact the BMSC Public Education Program at (250) 728-3301 ext. 226 or go to events@bms.bc.ca.

GIFTS: film school Aboriginal program Galiano Island

March 18 to 15

Tell your own stories. Guided by Aboriginal media professionals, this is a one-week media intensive program dedicated to First Nations, Metis, Inuit and other Aboriginal peoples. Students create a short film or animation from start to finish in teams of up to four, learning small-budget film-making skills. Contact: (250) 539-5729 or gifts@gulfislands.com.

International Aboriginal FASD Conference Vancouver

March 29 and 30

The conference will provide intervention strategies for parents, teachers and caregivers of children and adults with Fetal Alcohol Spectrum Disorder. Workshops will include Ahtakakoop First Nation program initiatives, JUMP—Using mathematics and FASD, Case Management and Criminal Law, Dream Catcher Project: Aboriginal Rural to Urban Transition and FASD and Memory and Brain Functions: Understanding FASD. For information contact wzarchikoff@msn.com or call toll-free at 1-888-683-7711.

Council of Ha'wiih Location to be announced

April 12 and 13

The Council of Ha'wiih will meet to discuss ongoing efforts to gain greater access to the fishery for Nuuchah-nulth-aht and increase revenue opportunities from the sea resource economy. Expected to attend are representative from the Lummi of Washington State, who will discuss the trials and triumphs that came after they gained 50 per cent of the sea resource as a result of the Boldt decision 30+ years ago.

Nuu-chah-nulth Basketball Championships Port Alberni

April 20 to 22

All-Nuu-chah-nulth Men's and Women's Divisions. Contact: Edd Samuel at (250) 731-8330 email: redskinhoops@hotmail.com.

Effective Strategies for Parenting Boys Port Alberni

April 25

Boy Smarts is an interactive and in-depth presentation to help parents and caregivers guide boys to become exceptional men. Tickets are \$5. For info, call Melody at 723-2181.

The Dundas Collection on display Victoria

April 27 to July 4

A collection of significant First Nations artifacts purchased at a New York auction will be on display at the Royal BC Museum. The 36 artifacts are the most significant of the Dundas collection, including two wooden masks and two rare clubs made of antler.

Also

Gift of Nature: photographs by Lynn Bailey Port Alberni: Rollin Art Centre Gallery Until Feb. 9

The photographs encompass scenic views from the Alberni Valley, Kennedy Lake and the West Coast. Admission is free. The gallery is wheelchair accessible.

Women's Talking Circle Port Alberni

Tuesday nights

Held at the United Native Nations Society at 5140 Argyle St. from 6:30 p.m. to 8:30 p.m. Facilitator - Brenda Dennis. Agenda: Opening prayer, smudging, talking circle topic, and closing prayer. Snacks and refreshment will be provided. Supported by: The Native Parenting Program, United Native Nations Society/Port Alberni Metis Nation/Queen Anne Foundation/Victoria Foundation. All women welcome. For more information, contact Brenda Dennis at (250) 723-4674.

Christmas Dinner Ahousaht

December

The Georges will be hosting the Christmas dinner in December 2007. Thank you. Lewis George Maquinna



Is there an event you'd like us to mention? Email bashilthsa@nuuchabnultb.org or Fax us at (250) 723-0463.

Birthdays & congratulations



Tim, your mom Josephine wishes you a happy birthday on

your special and happy day. For this is the day you were born to her. Birthday wishes from sisters Martha and, of course, me and our older brother Floyd. Happy day and have a joyous time with your loved ones there. Greetings from all your nieces and nephews, and relatives from all over. Love you bro. Again, happy birthday to you. Would sing for you on that day too, hehe. Are we not a cute bunch here 1954 picture?

We would like to wish our dad/grandpa a happy belated 56th birthday for Jan. 19. I hope we are always together, always and forever. You make my life glad. I love you my dad. Always Liz and Kaydence Tom-Little.

Happy birthday(s) to sister Ilene Thomas, cousin Loraine John and niece Ruth Sam, all from and at Ahousaht. Their special day is on Feb. 7. Many more to come all of you. Happy birthday to my brother Bill Keitlah Sr. on Feb. 13. Hope you have a good day there bro. Happy birthday to my granddaughter Vanessa George-Hamilton on March 7. Hope you have a good day nesity. From Corby George.

Happy birthday to my baby Marissa Frank on Jan. 5. You are growing into such a beautiful little lady. You will always be my #1 little beauty queen, no matter what, alright baby! Love ya lots and miss ya lots too! Lots of love, mom Melanie and Papa Elmer.

I would like to wish my son Simon Joseph a very happy 24th birthday on Jan. 28. Hope you have a great day son. wgt on getting the job! We are so proud of you.

Love Mom, Richard and Michael, Grandpa Jimmy and Nan Cecelia. Also would like to wish Thomas Smith a happy birthday! Hope you have a great day too on Jan. 27. love Jessie, Richard, and Michael.

Happy birthday to Oceannah M.I. Robinson. From Auntie Kim and Uncle Craig and cuzzes Markus and Clint. Happy belated birthday to Swami in December. From Markus and Clint.

I would love to say congrats to my baby sister Daphne Frank on the birth of her third child Naimah K. Robinson with Devin .M. Robinson. Also a big congrats to the recent engagement...I wish I was there to see it but continue the road of happiness and we will be waiting to hear more news on the big day. Love your sister Kim and bro-in-law Craig. We love you guys!

Jan. 27: Baby Dawn Brittany Ashley Mattersdorfer. Today... is your seventh

Dreams come true

(Continued from page 13.)

In the future I would like to be an electrician or a chef.

Lloyd Wilson

In the future I want to be a carpenter and own my own business.

Gordon Robinson

In the future I would like to become a veterinarian. I think it is something I could be really good at because I love animals and I want to help them more. I would do anything for my dog!

Chelsea Lauder

I would like to welcome my newest granddaughter, Ciara Anne Jolie Joseph, into this world. Congratulations Jolene



and Mike. I'm so happy that you had a healthy bouncing little bundle of joy. Awww, she's such a sweetheart, an angel from heaven, if you ask me. She was born on Dec. 28 at West Coast General Hospital at Port Alberni, B.C., weighing 8 lbs, 11 oz. I was so glad to be there for you when you needed someone to help, Jolene. Yep, that's what mother's are for. Take super care of my precious grandchild. Love always from mom/grama Anne.

birthday daughter. I had you seven years ago. You are my bright and joy. You give me your life today. You share your smiles, your words, of saying "How was your day mom?"

You are very special Dawn Dawn. You are God's child and I am learning with you. I am growing with a special girl today. You have a lot to offer, although you are shy and quiet. You're still my girl! I love you daughter and happy birthday. Many more to come my precious one. Love from Mom, Sam, Nick, Fred, Jessica and you're favorite uncle George and Aunt Gloria. You're lil' Dawn John to them.

Happy seventh birthday to Oceanna Robinson, proud daughter of Daphne and Devin Robinson. Same time as mine. Your classmate forever and ever for Jan. 27. From Dawn Mattersdorfer.

Feb. 9: To a very gorgeous brother George Chester John Jr. Happy 3? birthday there young brother. You are very special to me and your nieces and nephews and you always will be. Remember we love you and always will. Love from your sister (favorite) ha...

Feb. 9: To my cousin Philomena Rose Webster. Well cousin, it's another year for you. You deserve the best, because you are the best in my eyes. Thanks for always being there for me and listening. Many more to come. From your cousin Carol Mattersdorfer.

Feb. 7: To my aunt Lorraine W. John. Happy birthday there to my gorgeous, most thoughtful one. You are special to me too, aunt and you're the one I look up to today. Thanks for always being so good to me aunt. I love you and many more to come. From your favorite niece Carol Mattersdorfer and family.

Feb. 7: To my cousin, sister Ruth Caroline Sam. Hope you have a good one and I am sure you will. You are so special and nice to me. Always good to have a coffee with you and hang out with the best. Happy birthday and many more to come. I love you too. Love from your cousin-sis Carol Mattersdorfer and family. (Continued on page 18.)



A very happy (but belated) birthday to our baby cuppy cake Karemarena Frank. Cakes, no matter what you are always so fun to have around, and giggle with mama. You are a very special little girl with the most amazing cozy heart, and we can't tell you how much we always look forward to seeing you each day. Happy birthday sweetheart! Love Mama "Mer" and Papa Fudd.

Sports - ʔim-čap-mis



From left to right: Fredrick Cook, Dylan Hamilton-George, Marcus Thomas, Christopher Williams and Cole Beres. (missing is Chris Nookemus.)

Nuu-chah-nulth players rock

By Sherri Cook

Campbell River—The 2006 Campbell River Ice Hockey Tournament provided a true demonstration of the talent in the Alberni Valley Minor Hockey Association hockey system. Six boys from Nuuchah-nulth territory were on three different teams that competed in the tournament and they helped their teams in many ways.

On the Alberni Valley Oilers there was Cole Beres (grandson of Norman and Marj Smith/ great-grandson of the late Adam Shewish), Dylan Hamilton-George, Marcus Thomas (great-grandson of Bob Thomas) and Fredrick Cook (grandson of Jeff and Laverne Cook and grandson of Ron and Marlene Dick). Together these three dedicated and very talented players combined for more than 30 points. With hard work from the whole team they were 3-0 after the round robin.

The gold medal game was played against Alberni Valley Coyotes, who had a Nuuchah-nulth star of its own, Chris Nookemus (son of Duane Nookemus and Matilda Charleson).

The gold medal final was miraculous! They were going from end to end, with chance after chance to score. At the end of the second period, the teams were neck in neck with the Oilers leading the score by one goal.

Penalties were the enemy for the Oilers though; the Coyotes had plenty of power plays to even up the score. Shayla F. was an unbelievable sparkplug for the Oilers, showing her tell-tail hustle in pursuit of the puck. Fredrick Cook battled the flu throughout the tournament and even had second thoughts about playing at all, but decided he'd tough it out, playing even harder because he was sick and not let anything get him down.

Late in the second period Cole Beres took a what seemed to be a minor

penalty but when approaching the penalty box the referee told him that this was his third stick infraction and was to be ejected from the game. One of the team's best players was escorted to the change room on a call that seemed out of the ordinary.

The Coyotes tied up the game 3-3 shortly after the Oilers lost Cole Beres. The Oilers seemed diminished at the beginning of the third period, but the Coyotes were pumped up and could taste the win.

The whole period was action-packed with the Coyotes in control for most of the final period. Fredrick Cook and Dylan Hamilton-George chipped in and helped lift the spirits of their teammates but to no avail. Oilers goalie Devin Cusson was the true star of the game.

The Coyotes had three breakaways and Devin stoned him. He was unbelievable. With one minute, 34-seconds left in the game, the Coyotes call a time out. They gathered themselves together and took the lead to win the game.

Congratulations to the coyotes for winning gold.

However, after the tournament was over and officials had an opportunity to review the ejection of Cole Beres, they concluded that the call was wrong and a written apology was sent to the team on behalf of the 2006 Campbell River Christmas Tournament. They did acknowledge that because of Cole's ejection the momentum of the team changed and that the Oilers almost certainly lost the gold medal because of the call made by a less experienced referee.

All Nuuchah-nulth players, however, should be proud of their effort.

Congratulations to Marcus Thomas, Fredrick Cook, Cole Beres, Dylan Hamilton-George, Chris Nookemus and Christopher Williams (Campbell River Ducks #14).

You all did so well and we're proud of you.

WANT TO GO TO A CANUCKS GAME DURING SPRING BREAK?

Buy a raffle ticket to win tickets to a Canucks vs. Predators game on March 21. Game starts at 7 p.m. Tickets are \$5. Prize includes accommodations. Tickets can be purchased from Carla Moss, Moses Martin, Melinda Geddes, Shirley Antonelli, Jeff Cook, Laverne Cook, Sherri Cook or Thomas Dick. Interested in helping sell or buy tickets? Please contact rezgirl77@hotmail.com. All proceeds from the raffle will go towards purchasing ice time for First Nations Shiny Hockey.

page 16 See our community event listings for information on other tournaments in the area.

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 up date the Indian Registry Lists. A consent form needs to be completed for any name changes.
- Are you turning 18 soon?** If you would like your own registration number then you have to submit a letter of request. Process also takes 6 - 8 weeks (no longer automatic).
- All documents are to be submitted to Rosie Little** - Indian Registry Administrator at the NTC Office, with the exception of Ditidaht, Hesquiaht, Huu-ay-aht and Tla-o-qui-aht. Contact these First Nations directly. To have a status card issued through NTC from these four First Nations please have your Indian Registry Administrator fax approval and your information prior to coming into the office if possible.
- Does your First Nation have their membership code in place?** If so, and you would like the above events recorded for "BAND MEMBERSHIP" then it is **EQUALLY AS IMPORTANT** that you contact them as well.
- Your First Nation needs your current address and phone number so they can contact you regarding Treaty developments, letters and bulletins.**
- First Nation phone numbers and addresses are listed below for your convenience.**

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



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

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



Hesquiaht First Nation
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



Huu-ay-aht First Nation
1-250-728-3414
PO Box 70, Bamfield, BC V0R 1B0

Ka:y'u:k't'h'/Che:k'tles'7et'h'
(250) 332-5259 - Fax: (250) 332-5210
General Delivery Kuyquot, B.C. V0P 1J0



Mowachaht / Muchalaht
(250) 283-2015 - Fax: (250) 283-2335
Toll free - (800) 238 - 1933
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

Tseshah 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



Birthdays & congratulations

Happy belated birthday to my sister-in-law Mrs. Marlene John on Jan. 24, and many more to come. Always know we are thinking of you. From the Mattersdorfer family.

Happy belated fifth birthday on Jan. 11 to grandson Gregory Thompson. Love you, miss you. Love Grandma Shirley.

On Jan. 13, happy belated Sweet 16 to my niece Norma Johnson from Auntie Shirley Johnson.

Happy belated fourth birthday on Jan. 31 to grandson Braedon Johnson. Love Mama Shirley. (Editor's note: These birthdays were called into Ha-Shilth-Sa on time, but for some reason were missed in the last publication. We apologize for that.)

Wishing Martin J. Watts a very happy birthday for Jan. 24. Love you son. Love Mom and Waatse.

Wishing the love of my life a happy 63rd birthday on Feb. 3. Love from your wife. Anita S.

Happy belated birthday to my son Edward Frank on Dec. 12. I love you, miss you lots and hope you had a great day. Hope to see you soon. Love Mom Sharon.

Happy birthday to my niece Jasmine on Feb. 14. I love you lots and hope you had a great day. Love Auntie Sharon and your cousins Edward, Allan, Janeen and Charlene.

Happy anniversary to Mom and Dad Eugene and Cathy Mark on Feb. 26. We all love you and are wishing you many more happy years. From your girls Julie, Sharon, Josephine and son Eugene.

Happy anniversary to our grandparents Eugene and Cathy Mark on Feb. 26. Love from all your grandchildren.

Happy birthday to Krystle and Chelsea. Love Auntie Deb and Uncle Jim. Love you, miss you.



Congratulations to Jenny Marie Touchie of Ucluelet on making the Dean's list at Capilano College in Vancouver. Jenny, you have

worked so hard, and made so many sacrifices of being away from home, but the moments like these make it all worth the while, and haul. We can't tell you enough how proud we are of you, and what you are doing in Vancouver at school. You're an amazing woman with so much potential to get to whatever it is you want. There is a whole crowd of us back here at home cheering you on, and there isn't one day that goes by that my heart doesn't find you. You are going to take the business world by storm, whichever way you decide to conquer it baby! We knew you would do good kiddo...and you still managed to do even better!

We love you lots, and keep up the good work...either way you are above all the rest! Love sister Melanie and Elmer.

I would like to send out a happy 18th birthday wish to my beautiful daughter Sarah Joan Edgar on Feb. 5 and say good luck for the rest of the school year (last one). Loving and missing you all the way from Dawson Creek, B.C. Mom and Kevan



I would like to send out a happy 18th birthday wish to my beautiful daughter Sarah Joan Edgar on Feb. 5 and say good luck for the rest of the school year (last one). Loving and missing you all the way from Dawson Creek, B.C. Mom and Kevan

Jan. 25: Happy 70th birthday to both Clotilda Gus and Gloria Maquinna. From Heather Joseph, Con Charleson, Henry, Michelle, Francine and Danie Charleson.

Classifieds

The submission deadline for the next Ha-Shilth-Sa is Feb. 9.

Classifieds

Marine

MOTOR AND PROPS FOR SALE: XL-115 - Mercury/2004 Opti-Max 2 stroke. 4-Blade SS prop for 150 or 200 Yamaha. 5-Blade SS prop for 115 Yamaha or Mercury. Contact: Leo Jack Jr 250-332-5301

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

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

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

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

WANTED: Boat Trailer for 20' boat. Call Michael @ 720-6026.

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

ALUMINUM FLAT BOTTOM SKIFF 12 FT X 5'6" with nearly new 25 HP Mercury Motor and Trailer. \$4500.00. ph # (250) 539-3403 or (604) 290-1587.

ALUMINUM CENTER CONSOLE BOAT 18FT long X 7'8" wide. Nearly New 150HP Optimax Mercury Motor (only 58 hours) with EZ load trailer. \$17,000.00 Firm. ph# (250) 539-3403 or (604) 290-1587

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. \$45,000 obo. Call (250) 723-1496

2 BOATS FOR SALE: 1 - 32 foot fiberglass, 180 horse Isuzu motor, radar and colour sounder. 1 - 13foot Lifetimer with 25 horse 4 stroke outboard. Serious inquiries only. Boats can be seen in Ucluelet. Phone 250-726-4620.

MARINE ISUZU ENGINE MODEL 6BD. 145 HP complete with capitol marine gear, 2 1/2 to 1 ratio recently overhauled engine and gear. Any serious offers will be considered. Call Louie Frank Sr @ 250.670.9573 (home) or 250.670.9563 (work).

Automotive

FOR SALE: 2003 Chev Blazer, 2-door, blue, auto, V6, A/C, CD, foglights, towing pkg., 88,000 kms, lots of extras, excellent condition, \$16,000. Call David at 723-4454.

D&M AUTOCLEAN: "We'll do your dirty work" Automobile cleaning and renewal. CARS-TRUCKS-RV'S-BOATS. 7429 Pacific Rim Highway. Phone 720-2211.

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

FOR SALE: 1 ton crew cab on propane. \$2500. 735-0833.

1997 CHEVY BLAZER 114000miles, originally from California, white exterior, grey interior. 4.3 litre vortec if interested call Rudy at (724-5724) or (730-0105).

Artists

Cedar Weaver: Baseball caps, bridal floral bouquets, for sale. Traditional hats, headresses, bracelets for trade. email whupelh_weaver@shaw.ca

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

ARTIST: Anne M. Robinson. Cedar bark jewelry, artwork, including cedar roses, taking orders 723-4827.

Authentic basket-weaving grass, picked and processed by Linda Edgar of Nitinaht, 3 corner, sharp and swamp grass and cedar bark. Please call 245-4548 in Nanaimo.

Woven skirts, capes or chiefs hats and fabric shawls made to order. **Phone Mary Martin 250-753-1787** Email: firewild@telus.net

House of Win-Chee
Aboriginal Fashion
P.O. Box 8013
Victoria, B.C. V8W 8K7
Ph: (250) 382-7379 Fax: (250) 382-7375
Email: winchee@pacificcoast.net

wihayaq, cik, James Swan, AHOUHAHT NATIVE ARTIST. Original paintings, and carvings. (can customize orders) P.O. # 84 - Ahousaht, BC. - V0R-1A0 home (250) 670-2438 - cell (250) 361-7389. jameswan@telus.net

Elizabeth's Native Crafts: Vests, shawls, button blankets, pillows, dreamcatchers, \$ bags, drums, etc. Call Liz @ 250-723-0034.

Ben David
Nuu-cho-nulth
Northwest Coast Native Artist
Masks - Headresses - Rattles
Bows - Plaques - and more!
3395 4TH AVE., Port Alberni, BC, V9Y4G8 (250) 724-6831

Joe Martin
TRADITIONAL DUGOUT CANOES
• Canoes of any size
• Paddles
• Redwood Boxes
• Legs for Longhouses
• Custom Alaskan MIBing
Box 458, Tofino, B.C. V0R 2Z0

FIRST NATIONS WILDCRAFTERS, BC: C. Anne Robinson and Keith Hunter "specializing in non timber and other value added forest products and services" 7000 "A" Pacific Rim Hwy., Port Alberni, BC, V9Y 8Y3, Phone: 250-720-8907, FirstNationsWildcrafters1@shaw.ca www.FirstNationsWildcrafters.com

FOR SALE: Gordon Dick Nuuchah-nulth Art in Gold Silver and Wood Phone 250-723-9401. e-mail: gatleo@shaw.ca

FOR SALE: Carvings such as coffee table tops, clocks, plaques, 6' totems, canoes made by Charlie Mickey 731-4176. Place an order my mail PO Box 73, Zeballos, BC, V0P 2A0.

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

For Purchase

FOR SALE: Weedeater and carvings. Call Bruce 728-3414 if you're interested.

FOR SALE: blocks of yellow cedar for carving 724-4549.

FOR SALE: 18 - 20' trailer, \$1500. Call Andy @ 250-723-4111

CLASSIFIED ADS

For Purchase

For Sale: 115 - Mercury/2004 Opti-Max \$6900. 4 - Blade Prop/SS New for 150 or 200 Yamaha \$350. 5 - Blade Prop/SS for 115 fits any motor \$300. Contact Leo Jack 250-332-5301.

BOOKS FOR SALE: The Whaling Indians, Legendary Hunters - by Edward Sapir, Morris Swadesh, Alexander Thomas and Frank Williams \$45 each. The Whaling Indians, Tales of Extraordinary Experience - told by Tom Sa:ya'ch'apis, William, Dick, Captain Bill, Tyee Bob \$40 each. If you would like to purchase any one these books please contact lisagallic@shaw.ca or call me 724-4229 and leave a message.

FOR SALE: Sacred Path Tarot Cards; still in box. \$25. Call Bea at 723-4232.

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.

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

PUPPIES FOR SALE: Beautiful, lovable and just the sweetest companions for elder's, and people who just love lap dogs, just in time for Christmas, call Nadine or Qwaya at 723-1159

FRESH BREAD: Anyone in Port Alberni like fresh baked bread, buns or pastries? Phone # 723-6210 call Carol A. Lucas.

PACIFIC BALANCE SEAL OIL your source of OMEGA 3. Both Omega 3 and Omega 6 are essential fatty acids (EFA's) (the good fats). They cannot be manufactured naturally in the body. In the 1930's, it was found that the Eskimos, with their high seal diet, had nearly 0% heart disease and cancer. Available from Faith and Richard Watts @ (250) 724-2603 (cel) 731-5795.

Wanted

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

WANTED: Old college study texts to be donated. Any subject, any level. Call Robin collect at (250) 726-2040. Will arrange for pick-up.

WANTED: To buy house on Tseshah Reserve. Call Jay @ 723-7772.

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

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.

Accommodations

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.

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

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

NITINAHT LAKE MOTEL: Open year round! Coastal rainforest and world-class recreation at your doorstep! For reservations and other information

Accommodations

call 250-745-3844. P.O. Box 340, Port Alberni, B.C. V9Y 7M9.

TOUQUART BAY CONVENIENCE STORE, CAMPGROUND & MARINA: Reservations available. Open year round. Status cigs available. 726-8306.

Services Offered

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

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

Jack Little Purchasing
Phone: 250-758-4518
Toll Free: 1-888-JLPURCH-4518
Fax: 250-758-4518
E-mail: jlp@shaw.ca
8002 Cedar Grove Drive, Nanaimo, BC V9S 6B8
Let me be your solution to online shopping; get almost anything you could want or need. Achieve the benefits of online shopping without the risk.

50% off all framed Native Art prints. Picture framer on site - 811 Wharf Street, Victoria, BC. Call Wichita at 250-386-0507.

DAY CARE PROVIDER AVAILABLE: Monday to Friday 7:00 a.m. to 5:00 p.m. Call 726-2040.

MEETING FACILITATOR / NEGOTIATOR: Are you tired of meetings going all night long, never finishing the agenda, going around in circles? 20 years experience and proven track record. Keep your meetings on track. Call Richard Watts, Weelth-tshah @ (250) 724-2603 or (cel) 731-5795. Available any time.

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*

ODD JOBS: Teen will do odd jobs. Call Gordon 723-4827.

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

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

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

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

Services Offered

Mr. Martin the Magician is taking bookings for all locations. Phone 250-995-2942.

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

REPREZENT DESIGNS: First Nations Graphics. Specializing in Native Vinyl Decals. (Custom Made/All Sizes). All types of Native Graphics. Call Now! Celeste Howard. Email: reprezent.designs@gmail.com

Lost and Found

MISSING/MISPLACED: Precious shawl. Please return call 250-724-5290. No questions asked. Kleco.

LOST: Drum with whale painted on it. On Jan. 28 at party at Maht Mahs Gym. Call (250) 745-3483.

LOST: (during the AGM) a gold ring with a native design on it and it also has a small diamond in it (size 6 1/2-7).

MISSING: 2 MAQUINNA HATS from 3957 10th Ave. Port Alberni around October or November 2005. Anyone with information please call 724-2184.

LOST: Gold necklace with a lin X lin Indian design butterfly pendant. Last seen on my niece at the Ucluelet Secondary School in March. Please call Jeannine Adams @ 670-1150 or email ballgrl@hotmail.com. Thanks.

FOUND: A shawl was left at the House of Himwitsa and has not been picked up by the owner. Please pick up your shawl at the House of Himwitsa. Lewis George, House of Himwitsa Ltd.

LOST: A green and black shawl bag with shawl, skirt, vest and moccasins. The shawl bag may have been left at the Elders Conference. The shawl bag has my name on it. I'd appreciate it back. Please call Betty Keitlah, phone collect 250-670-9582

LOST: Red Camera (720-5191).

LOST - TRADITIONAL CEREMONIAL DRUMS. A pair of drums on Mother's Day March to Stop Violence went missing. Both drums are painted with native designs. Both are of great sentimental value to both myself and my entire family. A reward for the return of both drums is being offered and upon return no questions will be asked. The return of both drums will be forever greatly appreciated. If anyone knows the whereabouts of these precious gifts to me, will be greatly appreciated - do not hesitate to contact me, Nellie Joseph at 725-2388. Kleco!

Do you need to buy or sell a product? Do you have a place to rent, a boat to sell, a service to offer? Ha-Shilth-Sa classifieds work! Call Ha-Shilth-Sa at 724-5757 or email hashilthsa@nuuchahnulth.org.



N.E.D.C. BUSINESS NEWS



Attention Upcoming Workshops (and more to come)

Winning Trade Shows

Tin Wis Resort, Tofino
February 15, 2007 from 9 a.m. – 3 p.m.
Facilitator: Dianne Smirl

Guerilla Marketing

To Be Determined, Port Alberni
March 09 2007 from 9 a.m. – 4 p.m.
Facilitator: Grant Hicks
For more information
or to register contact:
Caledonia at the NEDC office or e-mail
caledonia@nedc.info
Registration is free.

A \$25 administration fee will be charged
to any registrants who do not notify
NEDC they they will not be able to
attend prior to the workshop.

Attention Youth Aged 18-35

*Have you ever thought about starting
your own business but don't know where
to start?*

NEDC is hosting the **8th Annual Young
Entrepreneur's Conference** at North
Island College - Port Alberni Campus on
March 22 - 25th, 2007.

The Theme for this year's Conference is
Building the Business Future and the
primary focus will be on Business
Planning.

Topics that will be covered are: Business
Overview, Marketing Research; the
Marketing Plan, and the Financial Plan.

Space is limited and there is a **cash prize**
business planning competition.
For more information contact Jack
Marsden at (250) 724-3131 or
jack@nedc.info.

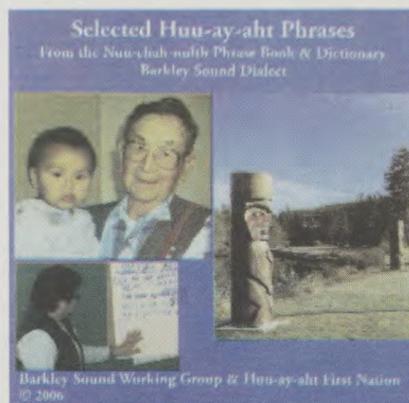
Language & Culture 'Tools' Meet Today's Technology

CD's, CD-ROMS, DVD's may be young
technology but they are now being used
to assist our people (and any one else who
wants) to learn the language of our
ancestors!

The Nuu-chah-nulth Language & Culture
Program, which supports projects that
develop tools that will assist others in
learning the Nuu-chah-nulth (NCN)
language and culture, has resulted in
many beneficial materials that can assist
in learning the NCN language and culture
in a class setting or at home.

The following is an example of projects
that have been approved in the past:
Language workbooks;
Mini-dictionaries;
CD lessons;
Storybooks;
Flashcards;
Posters;
Memory games;
Websites;
And now we can add to the list CD-ROM
lessons (for computers) and DVD's!

Now you can bring language and culture
instructors into your living room by
slipping a DVD into your DVD player
while your family sits in the comfort of
your own home.



Example of Barkley Sound Working
Group & Hnu-ah-ah FN's CD

Call for Proposals

Nuu-chah-nulth Language & Culture Proposals

Application Deadline: February 22nd, 2007

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

Objectives:

To support short-term projects that produce tools that assist in the revitalization
and maintenance of the Nuu-chah-nulth language and culture.

Eligibility:

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

Criteria:

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

Results and/or Impacts:

Projects will result in products that will assist in the transfer of Nuu-chah-nulth
language and culture that can be shared with the Nuu-chah-nulth communities.

Timeline:

All projects approved for funding must be completed by March 31, 2008.

The deadline for faxed, mailed, couriered, e-mailed, and hand delivered proposals
will be February 22nd, 2007, 11:59pm.

Submit proposals to:

Nuu-chah-nulth Economic Development Corporation

P.O. Box 1384 Port Alberni, BC or 7563 Pacific Rim Highway
V9Y 7M2 Port Alberni, BC V9Y 8Y5

E-mail: nedc@nedc.info Phone (250) 724-3131 Fax: (250) 724-9967

2010 BUSINESS OPPORTUNITIES WORKSHOP

<p>Learn More About:</p> <ul style="list-style-type: none"> How to identify 2010 tender opportunities How to interpret and respond to bid opportunities Where the bids are located How to create successful bids Where to go for information and support 	<p>Get ready for 2010 business</p> <p>The 2010 Olympic and Paralympic Winter Games offer \$4 billion in business opportunities \$3 billion in major infrastructure projects and 244,000 full time jobs and 42,000 new jobs to help grow the Olympic bidding process mark the 2010 Winter Olympic Games. Workshop is next place to start.</p> <p>2010 COMMERCE CENTRE</p>	<p>Facilitated by: PAKANE A'PIT</p> <p>Phone: 250-736-6666 250-736-6666 250-736-6666</p> <p>Date: February 21st, 2007</p> <p>Time: 9:00 a.m. - 4:00 p.m.</p> <p>Registration: Free (250) 724-3131 1-800-272-1121</p> <p>Cost: Free</p>
--	--	--

Nuu-chah-nulth Economic Development Corporation

(250) 724-3131 or 1-866-444-6332 www.nedc.info

Assisting aboriginals and/or tribal ventures in establishing, expanding, or acquiring businesses.



Building a better future for business