



Ha-Shilth-Sa



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By Carla Moss
Ha-Shilth-Sa Reporter

Tofino—The play Meth, as seen in Tofino on Feb. 22, wasn't about delivering a message about the drug, said director David Diamond. "It's people coming up with ideas for very particular situations from scenarios inside the play."

He offered an example.

"Last night, a very young woman pointed out that if the mother in the play stopped thinking she was the centre of the universe and stopped thinking she didn't have to have answers to everything all the time, she'd create enough room in relationships so her and her daughter would have enough room to have a real conversation."

The play Meth was produced by the Vancouver-based Headlines Theatre after being invited to a meeting with the Sto:lo Nation where the company was asked if it would be possible for them to put together an interactive production on crystal meth. In casting the actors, the company looked for people that had real-life experience with the highly addictive drug, either having experienced an addiction themselves or possibly having struggled with the issue of meth addiction in their own family.

Diamond said "it grows out of real, lived experience as it's been created and performed by people performing it."

Rather than being a production that delivers solutions, it invites solutions and/or ideas to be put forward from the audience. Diamond said "it's an opportunity for community to get together and use language that belongs to each and every one and have an emotional, psychological and action-based grassroots discussion on solutions to addiction issues. The way that conversation happens is different in every community."

The play is layered and presents an array of issues

around addiction. Diamond said "It uses meth as a window into larger issues of addiction."

Nathan Kimoto, 12, an audience member, explained it this way: "It was weird. There was this play. You know how stories go on and they have a happy ending, they have a problem that they solve in the end? [The play] goes into a problem and stays there."

However it doesn't stop there. Louie Joseph, Ahousaht Family Violence and Clinical Counsellor, said "They do it again a second time around and the audience is allowed to stop the play at anytime and replace any of the actors to see if they can make a change and see if they can bring themselves to a safe place." Joseph said "It's about family, children, grandchildren and the dealer. The dealer is portrayed really strongly and they've done a real good job. The dealer has a real high tolerance to crystal meth or pot, compared to the young ones that become addicted to it and do anything to get a hold of the drug."

"It was about this girl and two guys," said Kimoto. "This one guy at the beginning of the play lost his brother to meth. In the middle the girl has her boyfriend over and the girl's boyfriend is all twitchy and the guy that hung out with the late brother knew what happened and he told him he should stop using meth and then the guy got all mad and physical with him. Then they went over to his house, Adam, the guy who the main story is about, and he has a seizure."

When asked if Shae Frank, 10, thought it would be a good idea to have this production back in our community, Frank said "Yes, because it's not good for teenagers to be smoking weed and doing drugs or alcohol because it would do something bad to their body."

Joseph, who sees this as a powerful tool, said "They will be coming back to do work with our children (in Ahousaht) and doing a play on crystal meth. They will be going up in the mountains for four days to create the play and then bring it back to the community."

Overlap

By Debora Steel
Ha-Shilth-Sa Reporter

They have been described as a wedding band where two communities married: The overlap lands; traditional territory claimed by more than one nation in the treaty process as their own.

As First Nations grow nearer to completion of treaty negotiations, how to deal with these lands is growing into a big concern.

Robert Morales, chief negotiator for the Hul'qumi'num treaty table and chair of the First Nations Summit Chief Negotiators, spoke to Ha-Shilth-Sa about the issues he's heard expressed, even from BC Treaty Process Commissioner Steven Point, on the subject.

"The treaty is between the federal, provincial and First Nations, and the intertribal issues are not dealt with explicitly in the treaty document," said Morales. "It does leave open the question, which a lot of the communities are asking: What is the affect of a particular community agreeing and ratifying a treaty, if there is overlap involved, what is the legal affect on the other community?"

Morales said the community he represents in the treaty process commissioned a report from prominent Aboriginal constitutional lawyer Kent McNeil, who concluded that according to traditional First Nations' law it may be possible that communities who claim the same patch of land could both have shared title to that land.

"If Kent McNeil is correct, there could be title and rights held by both communities. And by one community agreeing to modify their particular title and rights, [that] should not affect the other community's title and rights," Morales said.

The issue is complicated in British Columbia, however, by the approach government is taking in negotiation, he said. The government is saying that these negotiations are political, and not based on title and rights. Morales describes the approach as formula driven based on a land selection and cash settlement model.

"If the negotiations are not based on title and rights, then it shouldn't affect the neighboring First Nations if you are to agree to settle a treaty."

But there is confusion on this, because in the certainty clause of the final agreements negotiated, it talks about title and rights, said Morales.

"There is that other piece of the treaty that you are agreeing to, are modifying your Aboriginal rights, so on the one hand they are saying it's not about title and rights, but on the other hand they include in the treaty it's a modification of your title and rights."

If it is a modification of title and rights and the territory lines that a nation has drawn are accepted as the bases of negotiation and one line overlaps another line, then what about that territory where the overlap is?

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Nuu-chah-nulth Tribal Council
P.O. Box 1383,
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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 **March 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.



Nuu-chah-nulth actor Herb Varley:
On Meth, acting and personal growth

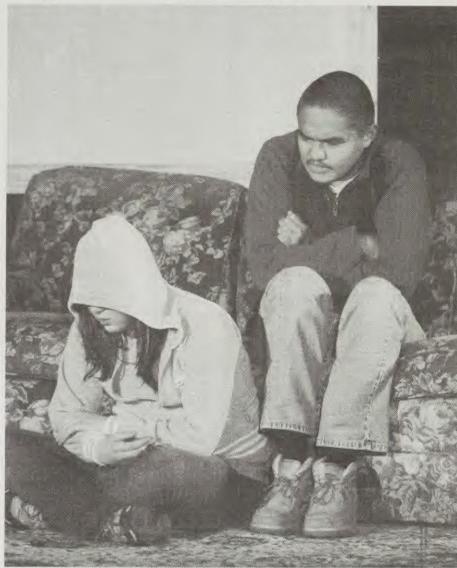
By *Carla Moss*
Ha-Shilth-Sa Reporter

Tofino—Herb Varley, a 22-year-old Nuuchahnulth actor in the Headlines Theatre production of *Meth*, is realizing his dream. "I love it," he said of being in the production. "I've been acting for six years and this is the first time I'm actually getting paid what I deserve for it. It's been a long hard road to get here, but I wouldn't trade it for anything." While attending Britannia High School in Vancouver, a drama teacher named Shelley Sutherland recognized he needed something to spark his imagination, and noticed his affinity for drama. "If I didn't find acting I think I'd be dead, in jail or on drugs right now," Varley said, "because it grounded me and gave me something to focus on that was positive." "When I first started acting that's when friends started selling drugs, stealing cars and [doing] B&Es. I was starting to get drawn in and my drama teacher knew I needed something and she basically gave me the run of the drama department while I was in high school, so it really kept me off the streets."

"It's hard to tell how much I've changed until I get back to Vancouver with my friends, then maybe I'll get a moment of clarity and see how much I've grown. You know being on road for seven weeks with an acting troupe is a life changing experience."

Varley spent his early years in Florida, returning to Vancouver when he started elementary school. His grandparents, from the Howard family in Mowachaht, had 10 children and he said he's related to the Amos, Lucas and Charleson families. He has two sisters: One who has moved to Saskatchewan with her step-father and another sister, Darcy, who was adopted by an auntie when she was baby. Varley just learned she was his sister a few years ago.

In Vancouver, Varley has met people from many different areas and said the Urban Native Youth Association has assisted him greatly in his life. Varley strongly objects to meth and addiction being viewed as a Nuuchahnulth, native or youth issue and sees it rather as a people issue affecting folks from all walks of life and from all racial backgrounds.



Herb Varley (right) says staying true to his goal to have a career as an actor has kept him on the straight and narrow. Some friends have not been so lucky.

Accordingly, he said the problem must be dealt with as a whole societal issue rather than a First Nations issue. "You know, how can we deal with problems as First Nations people? We've got to work on the whole society's problem."

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



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!

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Try, try again if your treatment is rejected

By *Debora Steel*
Ha-Shilth-Sa Reporter

Nanaimo—Robert Cluett, the Nuuchahnulth Tribal Council's Non-Insured Health Benefits (NIHB) program co-ordinator, had predicted it might happen: Optometrists becoming reluctant to work within the optical program because of the funding gap between what government will pay for goods and services and what optometrists charge. Talk around the table at Nanaimo's John Barsbey School on Feb. 21 may have confirmed Cluett's suspicions. Nuuchahnulth clients were gathered to discuss issues surrounding their health benefits, and the problem of finding willing optometrists to treat them was identified. Some optometrists don't want to deal with the program at all, insisting that their clients pay for their services up front, and go through the program themselves to be reimbursed. The problem with that, said Cluett, is the client doesn't know how much he'll receive back from the optical program and may be out of pocket for a good portion of the cost of the glasses he's paid for.



Brandee Quewezance, 6, listens intently to the presentation being made in Nanaimo by Robert Cluett, the Nuuchahnulth Tribal Council's Non-Insured Health Benefits program co-ordinator.

When an optometrist is willing to work with the program, the patient is still charged for costs over and above the government pay schedule. For example, the government program covers less than 50 per cent of an eye exam, and only about \$150 for the glasses that corrects vision impairments. While you can still get frames for that cost, their availability in most eyewear stores is rare. If clients aren't prepared to pay the difference, they must go without.

The funding gap has existed for many years in the dental program, with some dentists dropping out until government payment caught up with pay expectations, but the stirrings Cluett's noticed in the optical program has been only during the past six or eight months. He said the problem can be traced back to when the provincial government decided to stop paying for eye exams under its care card. The province had been paying optometrists just over \$44 an exam, but when that was cut, optometrists took the opportunity to raise their fees to \$100 or more. The federal government pays the original fee, but hasn't seen fit to cover the rest.

The optical issue was just the tip of the iceberg when it came to concerns about health care benefits to which First Nations are entitled. Cluett said 60 per cent of his time is spent helping Nuuchahnulth-aht access their health benefits. Whether it's getting braces for their kids, hearing aids for

themselves or the necessary medication ordered by doctors for their patients, the job keeps Cluett hopping.

His main message to the group is keep trying. If you are turned down for something, you have a right to appeal the government's decision. In fact, he'll help you write the appeal. He encourages people to try, try again, because the more complaints about service the government receives, the more they must look at the root of the complaints.

The thing Nuuchahnulth members have to remember about accessing benefits is that the government will cover the basics and nothing more, and it will cover only medically necessary treatments. For example, if your child needs braces for her teeth, the government will only cover them if there is a medically compelling reason for them, rather than for aesthetic reasons. Is she having headaches? Is her jaw cracking when it opens and shuts?

And the program usually covers only the least expensive treatment. So, for example, if your doctor orders an expensive pain reliever, he'll have to tell the government why an Aspirin just won't do.

There are three levels of appeal and it takes about two full months to go through. If people aren't appealing the decisions to reject claims Health Canada is making, the department remains blissfully ignorant to the difficulties people are experiencing and the status quo remains.

If Nuuchahnulth-aht require assistance in accessing the health benefits to which they are entitled, or have any concerns about their benefits, Cluett can be reached at the Nuuchahnulth Tribal Council Non-Insured Health Benefits office at 1-888-407-4888.

Cluett will meet with Nuuchahnulth members living away in Victoria on March 22. See the notice on page 9 for details.

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at the Nuuchahnulth Tribal Council Office will be closed on the following dates:
March 5th to the 9th
&
March 26th to 28th
I will be out of the office.
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Every Aboriginal person should have a dream job

By Debora Steel
Ha-Shilth-Sa Reporter

Nanaimo—From the back of the busy conference room came a voice; a man was sharing an experience from years long ago about trying to get a job. He said the company where he had applied was looking for workers—he knew it—but he wasn't hired. He said the experience of having that door shut on him has stayed with him all these many years, and it was part of the reason he had decided to attend the Vancouver Island Aboriginal Employment Forum.

The purpose of the forum, held Feb. 22 and 23 in Nanaimo, was to discuss ideas and formulate strategies to increase Aboriginal inclusion in the workplace. It brought together employers, human resource and diversity professionals to gain an understanding of Aboriginal recruitment, retention and advancement barriers and to work together to find solutions.

Wendy Gallic, program assistant with the Nuu-chah-nulth Economic and Training Board of the Nuu-chah-nulth Tribal Council, which helped to organize the event, was passionate when she spoke of the difficulties found in Nuu-

chah-nulth territory. When the doors are closed over and over again "you don't want to open them anymore," she said.

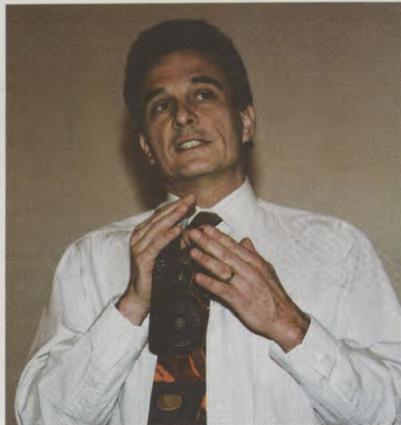
There had been much talk about the opportunities that exist in today's current labor market environment of vast labor shortages, she noted, but Gallic wondered why that wasn't translating into jobs for her people.

Is it that Nuu-chah-nulth aren't stepping up to the plate, or is it that they don't know how to access the market?

"It's not that they don't want to do something; they don't know how to start," she said.

Kelly Lindsay, president and CEO of the Aboriginal Human Resource Development Council of Canada, provided a plenary session presentation on day one of the forum. The topic: Aboriginal employment inclusion.

He reminded the participants—representatives from businesses, educational institutions, non-governmental agencies, non-profit



Kelly Lindsay, president and CEO of the Aboriginal Human Resource Development Council of Canada.

groups and government—that Aboriginal people have a tradition of work. When you think of ironworkers you think of Mohawks, he said. Aboriginal people were integral to the fur trade industry and fisheries.

"So what happened?" Today, fifty-two per cent of Aboriginal children live in poverty, he noted.

Remember 1967, Lindsay asked. It was Canada's centennial year; a time when the mainstream population was booming and the government of the day was investing in people, building schools and swimming pools, libraries and hockey arenas—except on reserve. That is when the history of exclusion began, he said.

Lindsay reminded the participants that the Aboriginal population is in the midst of its own baby boom, and the demographics are here to stay, but the gritty reality, according to a recent poll of business leaders, is that the private and public sectors don't believe the Aboriginal population is the solution to their labor market woes. They instead are looking to their only other alternative—the immigrant work force.

Lindsay said this was the attitude the participants of the forum had come to address, because there is a clear business case for Aboriginal employment inclusion. It will cost 12.6 billion to do nothing, he said.

Invest in youth, advised Lindsay. Aboriginal people have got to get better organized and learn about the labor market, he said. Service providers need to seek advice from around the world, like from their counterparts in Japan and India. There needs to be more aggressive career counseling, so that every Aboriginal person can have a career dream job, he said.

Gallic thought the ideas were interesting, but the troubling thing, she said, was that there isn't any funding to do this. She told the participants that she serves 14 communities, the majority of them remote. The Aboriginal Human Resources Development Agreement that serves these communities is severely and chronically underfunded, and that limits even the most basic services that can be provided. That was



Dwight Powless

why, she said, it was so important for the participants at the forum to work together to help prepare the people to take advantage of the opportunities that exist.

So what is businesses' responsibility in the employment inclusion factor? Dwight Powless, an advisor for Aboriginal relations for Canada Post, told the crowd that the Crown Corporation had to examine its hiring process to find the answer to why more Aboriginal people didn't work there.

Canada Post has 71,000 employees and a commitment to diversity employment, but currently, the number of Aboriginal people working there is on the decline.

When Powless asked about this he got a lot of different stories: Aboriginal people don't apply; Aboriginals aren't qualified; Aboriginals are not aware of the job opportunities; Aboriginal people may even have been told not to apply. (He said he heard this from an employment counselor who said the job seekers he was sending to Canada Post weren't getting hired, so he just started telling them not to bother applying there.) Powless said to himself: "We have a problem."

So he looked to the hiring process and discovered that Canada Post only asked about race affiliation after a person was hired.

"It was just a matter of luck," if an Aboriginal person got hired, and the odds were mathematically against it, he said. There was only a two or three per cent chance that a Native person would be hired that way. If Canada Post wanted to increase diversity in the workplace it had to target a group and encourage applicants to self-identify as members of that group before the hiring process began. (In regard to the quality of the Native people applying to Canada Post, Powless was quick to say there was no difference between how the

Continued on page 4.



Beyond the speeches there were strategy and brainstorming sessions that helped to focus participants of the Vancouver Island Aboriginal Employment Forum on the task at hand, developing ways to increase Aboriginal employability and employment inclusion.

Business must evaluate systemic barriers to inclusion

Aboriginal population tested in the screening process as compared to the non-Aboriginal population, so self-identification didn't lower Canada Post's employment standards when it came to hiring.)

Another discovery was that after 9-11 the RCMP changed its requirements for name checks, going to an 11-point system from a four-point system. Because of the similarities of the names in Native communities, it meant that Aboriginal applicants' names would come up more often for more scrutiny, requiring additional fingerprint screening. Powless said getting fingerprints cleared can take up to eight months, and no employer is going to hold on to a job for that long for a potential employee, so the people requiring fingerprint checks came off the interview list.

Powless said the assessment of Canada Post's hiring process has led to enhancements that will level the playing field for Aboriginal applicants.

Rod O'Connell, manager of employment services with the Vancouver



Rod O'Connell knows a thing or two about being a minority. He's one of a rare breed—a male registered nurse. Are you man enough? asks one of the advertisements that targets male participation in the field.

Island Health Authority, told forum participants of the opportunities that exist within the health care field, where one out of every 10 people in the province is employed.

There will be a total hiring need of as many as 7,300 workers by the year 2010,



Malaspina University College students helped keep the forum running smoothly by providing note taking services, help at the resource table and other tasks. Some even left the employment forum with summer job offers.

and only about 6,700 workers will come through the usual employment channels, leaving a gap of about 500 workers. Attracting Aboriginal people to the health field is vital to filling those jobs, O'Connell said.

The remainder of the conference focused primarily on group work, where people shared strategies and brainstormed solutions to Aboriginal employment barriers, but good will was demonstrated by employers on site. Many took the opportunity to offer summer employment to a number of the Aboriginal Malaspina University College students who had been employed as helpers by conference organizers. One

got an offer from BC Ferries, another with Service Canada, and another wrangled an interview with the Royal Bank of Canada.

The tradition of work continues in the Aboriginal community.



Above: Snuneymuxw First Nation Elder Ellen White offered her prayers and blessings. Left: The Khowutzun Tzinquaw Dance Group entertained the delegates of the Vancouver Island Aboriginal Employment Forum on Feb. 22.

It's never too late to change life's course

I am very excited to be contracted to the Nuu-chah-nulth Employment and Training Board (NETB) as the employment counsellor. I have more than seven years experience as a career facilitator, and this is an exciting phase of my career.

People may remember me from Horizon Management and my own business, 4 Circles Consulting. I have been delivering pre-employment and employment training programs, such as Training for Jobs and Community Assistance Program. I am a qualified assessor for Persons with Disabilities Applications, as well as a life-skills coach and program developer. My passion has always been to assist people to become independent and self-confident.

I have not always been a career facilitator. Some of the other jobs I have done include:

picking herring roe, driving school bus between Ucluelet and Tofino (the bus students did not appreciate herring roe time!), waitressing, bookkeeping, chambermaid, and business manager. I even had a job sorting bee pollen! I had most of these jobs while I was a single parent of four children, so I am very thankful that I still have hair. It was a very busy time.

As a single mother, I knew I wanted more for my children than a life of low paying, back breaking work. So, at the ripe old age of 37, I headed back to college. I was terrified; however, my career counsellor helped me identify my strengths, my barriers and strategies to overcome them, and the steps I had to take to get ready to go. I will never forget my first day at college. I thought all my classmates must have just hit puberty, they looked so young. Now I know how scared my kids were when



Judy Rumney

they went to kindergarten.

I worked hard and overcame many challenges. I graduated from the University of Victoria, Kelowna Campus, in 1997. I remember feeling like I had conquered the world and I remember the look on my girls' faces. It was definitely worth the effort.

I am not sure if it was my personal experiences or my core values and beliefs that led me to know that every individual has the power and key to unlock their personal potential. That is why I love this career. The position of employment counsellor with the NETB will allow me to work with participants and their families to enhance their quality of life. I am honored to be in this position. I look forward to working with all the participants and their families.

Judy can be reached at the NETB office at 5001 Mission Road, Port Alberni, B.C. Or you can call her at 724-5757 ext. 277.

Help to limit the toll traumatic events take

Submitted By Kim Rai
Southern Region Prevention Worker

Things to remember when trying to understand traumatic events

No one who witnesses the event is untouched by it.

It is normal to feel anxious about your and your family's safety.

Profound sadness, grief, and anger are normal reactions to an abnormal event.

Acknowledging our feelings helps us recover.

Focusing on your strengths and abilities will help you to heal.

Accepting help from community programs and resources is healthy.

We each have different needs and different ways of coping.

It is common to want to strike back at people who have caused great pain. However, nothing good is accomplished by hateful language or actions.

Signs that one may need support

Difficulty communicating thoughts

Difficulty sleeping

Difficulty maintaining balance

Easily frustrated

Increased use of drugs/alcohol

Limited attention span

Poor work performance

Headaches/stomach problems

Tunnel vision/muffled hearing

Colds or flu-like symptoms.

Disorientation or confusion

Difficulty concentrating

Reluctance to leave home

Depression, sadness

Feelings of hopelessness

Mood swings

Crying easily

Overwhelming guilt and self-doubt

Fear of crowds, strangers or being alone

Ways to ease the stress

Talk with someone about your feelings—anger, sorrow, and other emotions—even though it may be difficult.

Don't hold yourself responsible for the disastrous event or be frustrated because you feel that you cannot help directly.

Take steps to promote your own physical and emotional healing by staying active in your daily life patterns or by adjusting them.

This healthy outlook will help you and your family. (i.e. healthy eating, rest, exercise, relaxation, meditation.)

Maintain a normal household and daily routine, limiting demanding responsibilities of you and your family.

Spend time with family and friends.

Participate in memorials, rituals and use of symbols as a way to express feelings.

Use existing supports groups of family, friends and community events.

Establish a family emergency plan.

Feeling that there is something that you can do can be very comforting.

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Call for Catering Bids

The NTC Budget Meeting is scheduled for:

Date: Friday, March 30 (and March 31 if necessary)

Place: Hupacasath House of Gathering

Time: 9:00 a.m.

NTC is looking for Catering Services for this meeting. (Please note: a Copy OF FOOD SAFE CERTIFICATES IS REQUIRED FOR THOSE SUBMITTING BIDS.)

Catering services are required for 150 people as follows:

- Coffee Service including coffee, tea, juice, and water, on arrival and refilled mid-morning and mid-afternoon;
- Mid-morning and mid-afternoon chumus breaks (healthy snacks – fresh fruit, muffins, yogurt, etc.); and,
- Lunch

Caterers will be expected to:

- Prepare and serve above mentioned meals
- Provide coffee, tea, unsweetened juice & water throughout each day
- Provide a healthy snack at each coffee break, i.e. chumus and fruit
- Caterers will also be expected to clean up after each meal.

If you are interested please submit your bid, sample menu, and copy of Food Safe certificate to:

Hand Deliver to NTC Office: **Attention: Clorissa Croteau**
At 5001 Mission Road
Port Alberni, BC
Or by fax: (250) 723-0463

THE DEADLINE FOR ALL CATERING BIDS IS:
NO LATER THAN 4:30PM, Wednesday, March 14, 2007.

Thank you to all those that apply,
but only the successful caterer will be contacted.

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.

Medically unexplained physical symptoms

Submitted by Jeannette Watts

A substantial number of Canadians report symptoms of conditions that cannot be definitively identified through physical examination or medical testing. These are known as "medically unexplained physical symptoms," and they characterize conditions such as chronic fatigue syndrome, fibromyalgia, and/or multiple chemical sensitivity.

This new Health Reports study, "Medically unexplained physical symptoms," reveals that in 2003, 5 per cent of Canadians age 12 or older, an estimated 1.2 million people, had at least one of these three conditions. About 1.3 per cent of the population reported chronic fatigue syndrome, which is characterized by extreme

tiredness. About 1.5 per cent reported fibromyalgia, which involves pain lasting three months or more in at least 11 of 18 specified areas.

About 2.4 per cent reported multiple chemical sensitivity. People with this disorder develop a variety of symptoms when they are exposed to synthetic chemicals in doses that usually have no noticeable effect.

Among individuals with medically unexplained physical symptoms, about 14 per cent had at least two of the three conditions. Data from the 2003 Canadian Community Health Survey show the percentage of women with each of the three conditions was about double that of men. As well, the proportion of people reporting at least one of the three conditions rose from 1.6 per cent at ages 12 to 24 and peaked at 6.9 per cent at ages 45 to 64. Among seniors, six per

cent were affected. Each of the three conditions was more common among people in lower income households than among those in the highest income households.

According to the 2002 Canadian Community Health Survey, 21 per cent of people with medically unexplained physical symptoms had at least one psychiatric disorder, such as depression, bipolar I disorder, panic disorder, social anxiety disorder and agoraphobia. In contrast, only eight per cent of people who did not have these unexplained symptoms had one or more psychiatric disorders. The prevalence of mental disorders was particularly common among people reporting chronic fatigue syndrome. More than one-quarter (27 per cent) of people with medically unexplained symptoms needed help with activities such as meal preparation, everyday

housework, getting to appointments and running errands. This was four times the proportion of only seven per cent among people who did not report any of the conditions.

Relatively large proportions of people with medically unexplained physical symptoms sought assistance from conventional and alternative health care providers. In 2003, 22 per cent of people with these conditions reported having consulted general practitioners more than 10 times in the year before the survey, compared with just seven per cent of people who did not report these conditions.

Source: Statistics Canada, "Medically unexplained physical symptoms" is included in Health Reports, Vol. 18, no. 1 (82-003-XWE, free), now available from the Publications module of the Web site.

Nuu-chah-nulth Tiič'aaq̓ (Mental Health)				
Name:	Job Title:	Telephone:	Cell/Alt.#:	Fax:
ALL REGIONS				
Louise Tatoosh	Supervisor	724-5757		724-6678
Ray Seitcher	Kuu-us Counsellor	Msgs. 724-5757		c/o 723-0463
Bella Fred	NIMH Clerk	724-5757		724-6678
SOUTHERN REGION				
Kim Rai	Huupistulth	724-5757	Cell: 720-1325	723-0463
Karin Schaffik	Clinical Counsellor	720-5306		c/o 723-0463
Dave Zryd	Clinical Counsellor	Fri. 724-1225		c/o 723-0463
Rowena Jack	Counsellor - Huu-ay-aht	Wednes. 728-2021		c/o 723-0463
CENTRAL REGION				
Jess McConnell	WCFN Counsellor	725-3367	Cell: 726-5422 UES: 726-7793 WES: 725-3254 USS: 726-7796	725-2158
Ann Murray	Huupistulth	725-3367	Cell: 726-5370	725-2158
Margaret Bird	Clinical Counsellor	725-3367		725-2158
Rick Sayers	Clinical Counsellor	725-3367		725-2158
Rowena Jack	Counsellor - HSC, Tolno	Thu/Fri 725-3367		
NORTHERN REGION				
Andrew Kerr	Huupistulth	283-2012		283-2122
Phillis Scott	Clinical Counsellor	283-2012		283-2122
Rick Lebeau	Clinical Counsellor	283-2012		283-2122

ALBERNI VALLEY Lacrosse Registration

TYEES

WANT TO JOIN LACROSSE?

Dates are as follows:

Registration- February 16, 2007	1:00pm - 3:00pm @ A.V. Multiplex
Registration- February 24, 2007	2:00pm - 4:00pm @ A.V. Multiplex
Registration- March 17, 2007	2:00pm - 4:00pm @ A.V. Multiplex
Registration- March 18, 2007	12:00pm - 2:00pm @ A.V. Multiplex
Registration & Swap Meet- March 25, 2007	2:00pm- 4:00pm @ A.V. Multiplex

Registration amounts are as follows:
Midget \$200.00, Bantam \$190.00, Peeewe \$180.00, Novice \$150.00, Tyke \$125.00
Plus a \$100.00 Jersey deposit. No registration without birth certificate and health card.

KidSport Fund Applications are available with Sherri Cook @ Neill Middle School. (KidSport is a charitable arm of Sport BC that was designed to remove the financial obstacles that prevent some children from playing sport. Grants to INDIVIDUAL ATHLETES are given to children whose families cannot afford sport organization REGISTRATION FEES and would other wise not be able to participate the sport of choice.)

To advertise in Ha-Shilth-Sa, call 724-5757 or email hashilthsa@nuuchahnulth.org

Support given to healthy families through donation

By Carla Moss
Ha-Shilth-Sa Reporter

First Nations ice hockey shinny participants were thrilled with financial contributions from the Huu-ay-aht First Nation and the Nuu-chah-nulth Tribal Council. Contributions will help pay for ice rental and a power skating session.

Huu-ay-aht's Chief Councillor Robert Dennis joined the players and coaches on the ice to present a cheque for \$1,400. Dennis was asked what it was about this program that Huu-ay-aht First Nations felt was so important to make such a large donation.

"One thing: We feel any recreational opportunities that contribute to healthy lifestyle and structured family are important for youth. We contributed to this program because we felt it important to support, for the Huu-ay-aht youth and other Nuu-chah-nulth children. We as a nation feel it's important to support any activity for any Nuu-chah-nulth children and youth and hopefully this will persuade children and youth not as fortunate as these to

come out and get into skating. As a nation we support any activity that leads to a health lifestyle."

A player's mother shared her thoughts. "I think it's important to have a fun healthy escape and an opportunity to play with different kids." She observed there were players from Grade 3 to high school to fathers on the ice."

Thinking of how sports affect her son, the hockey mom said "For my son being part of a team, whether hockey or any other sport, it's learning about sportsmanship and respect. He's going to take that wherever he goes."

A Nuu-chah-nulth Tribal Council made a contribution to the program in the amount of \$460.

Organizers want to send a big "Kleco! Kleco!" to Huu-ay-aht First Nations and the Nuu-chah-nulth Tribal Council from all players, coaches and families of the First Nations Ice Hockey Shinny Program.

Next First Nations Ice Hockey Shinny: March 24 at 6:45 p.m. to 8:15 p.m. Contact: Sherri Cook at rezzgirl77@hotmail.com

All First Nations ice hockey players invited to attend.

"Traditions are a big part of my culture. Unfortunately, so is diabetes."

Bernie, First Nations counsellor

HELP SOMEONE YOU KNOW. CALL 1-800-BANTING

CANADIAN DIABETES ASSOCIATION

ASSOCIATION CANADIENNE DU DIABÈTE

www.diabetes.ca

Nuu-chah-nulth Nursing Program		
Nurse	Phone (250)	Fax
NORTHERN REGION		
Christine Kellett Ehattsasht, Nuchatlait	761-4274	761-4027
Denise Galbraith Home Care	283-2012	283-2122
Donna Vernon Kyuquut	332-5289	332-5215
Lynne West Mowachait & Gold River	283-2462 mwf VHA 283-2012 th 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 Tshesht 2 nd Ahousesht	724-5759	723-5396
Jenna Mueksch Ahousesht	670-9655	670-2492
Shannon Beavis Ucluellet, Toquaht, Hcsquiaht	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 Tshesht Mon & Wed	724-5757 Mon/wed	723-5396
Heidi Nikiforuk Bread of Life, Ditidaht, Huu-ay-aht, Hupacasath, Uchucklesaht	724-5757 BOI: 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 Fthier Inventory Assistant	724-5757	723-0463

News from the Nuchatlaht people living in Oclucje

The Nuchatlaht people finally can drink and cook with the water from the well. In August of 2006 our well ran dry. The technicians had to come and repair pumps and pump the water from the river near Oclucje so that we could flush toilets and wash our clothes and dishes. Talk about a lot of bottled water. We went through gallons of bottled water shipped in from town. Thank God for bottled water. Our water was treated over and over, just so we could have decent water to drink and wash with. Thanks to Tim, Walter, Charlie and Tony and many other people that were instrumental in getting funding and getting people working on our well.

I know that Tofino had a water shortage. We over in Oclucje didn't get as much publicity as Tofino did, but we survived and we are looking at preventative measures so that the Nuchatlaht people don't have to go through that crisis again.

We have lived through very stormy weather in Oclucje this winter. Our power went out numerous times and for days on end. Generators had to be brought in so that our freezers would not thaw out and so that our Elders and children could be warm and comfortable. I am sure that families have used a lot of creativity to pass time while the power was out.

School was out and parents, grandparents and children used creative ways to pass time, like playing cards, board games and reading before the generators came. We had to dust off the old coal oil lamps, gas lamps and gas stoves. It sure felt like Nuchatlaht all over again. It brought back a lot of fond memories of my late grandparents Lillian and Felix Michael.

When we lived out in Nuchatlaht, we had a radio phone that was battery operated. It kept us in touch with the world out there even when there was no emergencies. It was called a "raven" I think. It was from BC Tel at the time.

We need an upgraded system for emergencies over in Oclucje when the power and the phones are off in case of emergencies especially when there is a tsunami. We weathered some big storms. I sure hate to see what it would be like if and when there is a tsunami.

We would like to say to all the people that came home to Oclucje, welcome back home. To my nephew Jordan, Nicole, Eric, Darren, Machala and Alexis, also welcome home, and to my daughter Regina, Ted and my granddaughters Keanna, Michelle and baby Kacey. Welcome home to my son Alban and my grandson Alexander. Welcome back home Jess Mack. Your family is so glad to have you back home with them. Welcome Tim and Jen, Jeffery and Sasha. Also welcome Althea Tanya Rose back home. I am glad you like going to school over in Zeballos. Welcome home Shelly. I hope that you have a ton of fun at home. Welcome baby Rochelle. Your parents Darlene and Edgar Smith are lucky to have such a happy healthy baby girl with such strong healthy lungs. Happy birthday to Aliya, the daughter of Jess and Jessie Mack. Over a year old. Happy second birthday to Elijah, son of Claudine Smith and Steve John. Happy birthday Tyson Michael.

Have a great day. Keanna Michael, you are a leap year baby. We celebrate your birthday on either Feb. 28 or March 1. I know you will have a fun day. I love you sweetie.

Congratulations to all the people that have completed six week programs at treatment centres. Keep up the good work and we are here if and when you need us.

Congratulations to all the youth that are going to the fifth annual Youth Violence And Changing Times Training Workshop in Saanich on March 14 to 17. You will all come home with something to share with our community.

It is snowing outside. It is Feb. 22 and hopefully it will bring in a lot of herring this season.

Some of our students have gone skiing at Mount Cain on Feb. 12 and 26, and will be going again on March 12. I know they will have a lot of fun up in those ski hills.

These are some of the interesting things that have happened in our community over the year. So with that I will say bye for now and I will keep in touch.

From Tanya Michael at the Nuchatlaht Band Office.

HUPACASATH FIRST NATION POLLING NOTICE [Notice of Poll]

Notice is hereby given to the electors of the Hupacasath First Nation that a poll will be held to elect a chief and two (2) councillors on Wednesday, the 4th day of April, 2007. The poll will be held between the hours of 9:00 a.m. and 8:00 p.m. and will be located at the Hupacasath House of Gathering, 5500 Ahahswinis Drive, Port Alberni, BC.

The votes will be counted at the House of Gathering at the close of the poll, and the results will be declared immediately following the count. Given under my hand at Port Alberni, British Columbia, this 27th day of February, 2007

Maggie Paquet

Maggie Paquet, Electoral Officer

If you have any questions, please contact the Electoral Officer at:
5232A Margaret Street
Port Alberni, BC V9Y 6J2
Phone: 250-723-8802
email: maggie_paquet@telus.net

Ehattesaht

Ehattesaht Tribe is preparing for a Nomination Meeting to elect a Councillor.

If you live off-reserve and want to receive information so you can take part in the by-election, make sure your name and address are registered with the Band Office. **Call today (250) 761-4155 or write:** Electoral Officer, Ehattesaht Tribe, Box 59, Zeballos, B.C. V0P 2A0.

The NTC Budget Meeting

is scheduled for:

Date: Friday, March 30
(and March 31 if necessary)
Place: Hupacasath
House of Gathering
Port Alberni
Time: 9:00am



RESIDENTIAL SCHOOL COMPENSATION AND HEALING PLANS

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THE MAA-NULTH FIRST NATIONS

Huu-ay-aht First Nations | Ka'yu:k't'h'/Chek'tles'yet'h' First Nations
Toquaht Nation | Uchucklesaht Tribe | Ucluelet First Nation

IMPORTANT NOTICE

"A Foundation For Our Future Generations"

The Maa-nulth First Nations are currently in the Ratification stage of the Treaty process. The Maa-nulth First Nations have collectively committed to fully inform memberships on the many aspects of the Final Agreement.

If you are a member of the:

- Huu-ay-aht First Nations
- Ka'yu:k't'h'/Chek'tles'yet'h' First Nations
- Toquaht Nation
- Uchucklesaht Tribe
- Ucluelet First Nation

and are at the age of 16 and older please contact your First Nation for more information. The Maa-nulth First Nations are seeking to enroll all eligible voters during this important phase of the process.

Each of the Maa-nulth First Nations are currently updating memberships address databases and are seeking to connect to those living both on/off reserve.

For more information on Maa-nulth First Nations please contact:

Message Centre: 1-877-876-3122
Website: www.maanulth.ca

Issue remains unresolved years after Nisga'a signed

Continued from page 1.

There is uncertainty right now what the legal affect will be.

The Gitinyow have been pondering the question since the Nisga'a final agreement was initiated at New Aiyansh in the mid-1990s, and the question has yet to be resolved. Part of a court challenge brought by the Gitinyow surrounding the overlap issue was based in part on whether or not the government had dealt in bad faith, because it concluded the Nisga'a agreement without dealing with the overlap issue, said Morales.

The danger to communities dealing with overlap issues, and there will be many more in the near future to reach the ratification stage, is that government may take the position that a treaty and the lines drawn as territory in that treaty creates certainty over those lands.

"If location X were the subject of an overlap, and nation Y signed off on a treaty, and nation Z said 'Well, we didn't sign off on a treaty. That's part of our traditional territory,' then, depending how it's interpreted, if ... the courts said 'There is a clear intention here that that was a recognition that was [Y's] traditional territory, they had exclusive title to it and they entered into treaty and gave up that title to that land,' you know, the certainty model, that land is no longer encumbered by any title and rights, including nation Z's. Their interests have now been extinguished," explained Morales.

Morales was quick to add though, that people don't know if that will be the interpretation, or how the issue is going to be resolved.

It's up to the nations themselves to resolve their overlaps, said Morales, and if it's done by protocol or formal agreements, there is still an issue as to how they are recognized in the whole process of the government trying to get certainty over the land.

There is no process at this point to achieve that recognition, but the BC Treaty Commission does have some recommendations on a process. Still nothing formal has been established. Morales said Commissioner Point has been quite vocal on this issue lately.

"He was here at our table the other day, speaking to our chiefs, and he was saying that in his opinion the issue of proving your title has now been pushed down to the overlap issue."

Morales said you don't have to prove your title to get into the treaty process, but in order to resolve the overlap issue, that's where you are going to have to

start proving things."

There have been two court challenges on the Lheidli T'enneh Final Agreement, which is expected to be ratified next month, said Morales. The challenges are based on the fact the overlap issues haven't been dealt with.

"I suspect that that may be something that could occur in other locations if they're not dealt with prior to a ratification vote, because of the uncertainty around what are the implications."

Morales was asked if Canada was shirking its fiduciary duty to protect the interests of all First Nations by going forward with any treaty that may do harm to one group in favor of another.

"Well, you would think so," said Morales. "And it depends on what this whole certainty model is all about. In the old days they use to have cede, surrender and release as the three words if you entered into a treaty, that all the lands outside of your treaty lands you ceded, surrendered and released to the government. They don't use those words anymore. They are using different words. And are the different words similar in effect?... so if they are at the table with one nation and another nation at the same time and they are talking about the same piece of land, then there is a fiduciary obligation to have those issues dealt with...because the government is the only body they can deal with in these kinds of discussions in terms of their traditional lands."

The whole issue is pitting neighbors and friends against neighbors and friends, some say. Morales was asked if this was a government strategy.

"The fragmentation of our nations into all these small groups plays into a government strategy. When our group first entered into this process we developed our statement of intent line, and the government now comes to the table and says that's the area that you are now restricted to negotiating on, but even within our statement of intent line, we are severely overlapped by other nations."

"I think there is only a little spot in the middle of our territory where there is no overlap, and so in that regard, it certainly causes internal division. We're not unified in our approach. That's why we've established the unity table, to try to bring some unification to our approach to the negotiations on the big issues, and certainly this one might become one of the things that are added to the list."

UCLUELET FIRST NATION
MEMBERS ARE INVITED TO ATTEND

UFN General Band Meeting
PLEASE JOIN US!

WHEN: MONDAY, MARCH 12, 2007
WHERE: UFN COMMUNITY HALL
TIME: 4:30 P.M.

Bring your appetite and a friend!

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NIHB: Non-Insured Health Benefits Presentation

The Nuuchah-nulth Tribal Council Community And Human Services NIHB Program Department is presenting an informational workshop on the following NIHB extended health programs:

Medical Patient Travel; Vision Care Services; (Informational access to away from home Mental Health Services); Dental Services; Pharmacy Services; Medical Equipment And Supplies Services, including sub-programs (hearing aid services, Oxygen Therapy, and Orthotics); the NTC Nutritional Supplement Program, Medical Alert necklet and bracelets; and the Provincial Medical Services Plan (MSP) Care Card.

Where: Victoria Native Friendship Centre -- Regina Ave.

Times: 6 - 8 p.m.

Date: (Thursday) 22 March 07

Contact: Nicole Jackson at (250) 384-3211

Presenter: Robert Cluett, CD, NTCNIHB Program Coordinator at 1-888-407-4888

ADSS Dry Grad 2007 - You can help

Grads, parents and our community, there are lots of ways you can help to make this year's grad party a huge success. We still need to raise funds and receive donations to help it all come together.

Community Partners: We need space. In order to store and create the decorations for our Dry Grad we are hoping that a community group or organization may have a large space for us to work in. We would need the area primarily on weekends and evenings to build and put together the decorations for the theme of "Manhattan by Moonlight." If you know of someone who may have potential space available beginning in March please phone Shelley Matthews at 724-2848 or e-mail drygrad2007@hotmail.com.

Watch for more information about the

upcoming Loonie Toonie Auction on March 10 and the Great Spring Garage Sale at the end of March. We are still looking for donations for each of these events.

If you are interested in joining the planning committee we meet the first Tuesday of every month in the Learning Centre at ADSS at 7 p.m. The next meeting is March 6. We would love to see you. Please call Angela at 723-1380 for more information or e-mail us at drygrad2007@hotmail.com. And visit the ADSS Web site for a complete calendar of upcoming events at The Grad Zone at <http://adss.sd70.bc.ca/adss/>

Birthdays & congratulations



Happy belated 18th birthday to Julian Gomez for Feb. 25. Love Mom, Dad and Nick.

Happy birthday to Elizabeth Gus (Mom) for March 3, Cole Gomez and Dale Williams March 7. From Tina, Val, Nick and Julian. Happy birthday to Phyllis Gus on March 2. From Elizabeth.



Happy 39th birthday to Derrick Manson for March 10. Love always Glenda Frank.

Happy 38th birthday to Eddie Smith for March 14.

Happy birthday to Tina Titian for March 1. Happy birthday to Annie Titian, Uncle Larry, Claudie Webster and Gena Swan also for March.

Happy birthday to Kellie Steel on March 3 and to Dawn Walton (nee Steel) on March 14. All the best to you both and remember quality has no fear of time. Or, you're not getting older, you're getting better. Dad and Deb.

poets nook

Kelly Anne Marie Tom: I Love You, Daughter!

IF I KNEW...

If I knew it would be the last time That I'd see you fall asleep, I would tuck you in more tightly and pray the Lord, your soul to keep.

If I knew it would be the last time that I see you walk out the door, I would give you a hug and kiss and call you back for one more

If I knew it would be the last time I'd hear your voice lifted up in praise, I would video tape each action and word, so I could play them back day after day.

If I knew it would be the last time, I could spare an extra minute to stop and say "I love you," instead of assuming you would KNOW I do.

If I knew it would be the last time I would be there to share your day, Well I'm sure you'll have so many more, so I can let just this one slip away.

For surely there's always tomorrow to make up for an oversight, and we always get a second chance to make everything just right.

There will I always be another day to say "I love you," And certainly there's another chance to say our "Anything I can do?"

But just in case I might be wrong, and today is all I get, I'd like to say 2 you how much I love you, Babe and I hope we 4ever remember.

Tomorrow is not promised to anyone, young or old alike, and today may be the last chance you get to hold your loved ones tight.

So if you're waiting for tomorrow, why not do it today? For if tomorrow never comes, you'll surely regret the day,

That you didn't take that extra time for a smile, a hug, or a kiss and you were too busy to grant someone, what turned out to be their one last wish.

So hold your loved ones close today, and whisper in their ear, Tell them how much you love them and that you'll always hold them dear

Take time to say "I love You" "I'm

sorry," "Please forgive me," "Thank you," or "It's okay."

And if tomorrow never comes, you'll have no regrets about today. Love, Dad...r.e.m.

Father...George Chester John Sr.

Precious Memories

Dad... I just want to tell you that this poem is dedicated to you. Happy 65th birthday dad, father, grandpa. Dad, you are growing up now. You have a lot to offer. You are very special to me dad.

I really would like to see you shine, for you to light everyone around you today. You are a one of a kind dad. I want to tell you that I love you, that you are in my heart today. I am a proud daughter and a living, loving and a special daughter just for you. Have a good one my number one dad. Happy 65th birthday dad. Many more to come.

Love from your daughter Carol Mattersdorfer-John and your grandchildren Samantha, Nicholas, Frederick, Jessica and baby Dawn Mattersdorfer.

Rick Donahue - Feb. 27. TODAY... would have been your birthday you are gone but not forgotten You are still there in our Memories When you came to visit us, occasionally giving us a hug and surprise... You gave it your best shot! "always" You meant a lot to your grandchildren, Your children, Your wife, You were the one that open our hearts and our eyes...

You are gone but not forgotten, I light our candle for you today. Happy birthday grandpa Rick and a special father figure... Written by Carol Mattersdorfer and grandchildren

In Memory of Hazel Catherine Olebar

I have a Grandma I have a Grandma who I have never met before I have a Grandma who I have never touched before I have a Grandma who I have never hugged before I have a Grandma who I wish I knew I have a Grandma who I wish I kissed I have a Grandma who I wish I tickled I have a Grandma who I wish I could bake with I have a Grandma who I will cherish when looking at her pictures I have a Grandma who I am going to miss the most... I love you Grandma... In Memory of Hazel Catherine Olebar Born Feb. 14, 1915 Missed by Robyn Samuel



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See our community event listings for information on sports tournaments and other activities in the area.

Birthdays & congratulations



Jan. 13: Happy belated birthday to my niece Brianna Tate. I just want you to know that I love you and I'm thinking of you

and Tiana. Hope you had a great birthday. Love always, Auntie Karen and cousins Mercediese and Dakota and Andrew.

Jan. 19: I would like to say happy belated birthday to my good friend Mitch Barney. I hope you had fun and many good wishes for you. From your friend Karen Mack.

Jan. 19: I would like to wish my gorgeous daughter Mercediese Lynai Karyn a happy belated 17th birthday.

I would like to wish Marcy Hackett (Jack) a belated happy birthday for Jan. 7, and Jamie Jack for the 16. Happy birthday you two. Hope you two had fun. From Elaine Jack.

We would like to wish our cousin/niece Ajia a happy 9th birthday on Feb. 28. Love your Auntie Anita, Uncle Herb, and cousins Chey, Tay, Ash, and Xander, and your brother Dakota.

I'm happy you had a good day and I love you and wish you all the best. Forever, love from Mom and Andy, and your brother says I love you sister, from Dakota.

Jan. 26: I would like to wish my nephew David Tate III a happy belated 16th birthday. Hope you had a good birthday Dave. Love from Auntie Karen, Uncle Andrew and your cousins Mercediese and Dakota.

Feb. 5: I would like to wish my niece Sarah Joan a very happy belated 18th birthday. Hope you had an awesome day. Love from Auntie Karen, Andrew and your



ELECTORIAL FORUMS

DITIDAHT FIRST NATION 2007 ELECTION ADDITIONAL INFORMATION

There are three candidates running for Chief Councillor, and eleven candidates running for the four Councillor positions. To give the community an opportunity to let the candidates know their concerns and to hear back from the candidates themselves, two all-candidates forums will be held.

The first is at 7:00 p.m. on Wednesday, 7th March, at the Ditidaht Community Hall. The EO will officiate at this forum.

The second all-candidates forum will be held at 9:00 a.m. on Saturday, 10 March, at the Dorchester Hotel in Nanaimo (70 Church Street), and the EO will also officiate this forum.

Election day is 21 March. Any voter who discovers they cannot vote in person due to unforeseen circumstances, may vote by Absentee Ballot (also called a Mail-in Ballot) by contacting the EO as soon as possible. The mandatory absentee ballots have already been mailed out. This notice is for those electors for whom circumstances arise close to the date of the election that will make it impossible to get to one of the three polling places (see Notice of Poll). These absentee ballots may only be obtained from the Electoral Officer.

Please contact the EO if you have any questions.

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

DITIDAHT FIRST NATION NOTICE OF POLL

Notice is hereby given to the electors of the Ditidaht First Nation that a poll will be held to elect a chief and four (4) councillors on **Wednesday, the 21st day of March, 2007.**

The hours of the poll will be from eight o'clock in the morning (8:00 a.m.) until eight o'clock in the evening (8:00 p.m.) at the following locations:

1. Ditidaht Administration Office, on Malachan Reserve, Nitinat
2. Tudor Room at the Howard Johnson's Harbourside Hotel, 1 Terminal Avenue, Nanaimo
3. Port Alberni Friendship Centre at 3555 4th Avenue, Port Alberni

The votes will be counted at each location immediately after the close of the polls, and phoned in for final count by the Electoral Officer, who will be at Nitinat. If, for any reason, the deputy electoral officers at either or both of the two satellite polling places cannot communicate with the Electoral Officer at Nitinat, the ballots and all lists will be held secure and the final tabulation will be the following day. The results will be declared and posted immediately following the final count.

Given under my hand at Port Alberni this 31st day of January, 2007.

Maggie Paquet, Electoral Officer
5232A Margaret Street
Port Alberni, BC V9Y 6J2
250-723-8802

If you have any questions, please call the Electoral Officer at 250-723-8802.

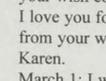


cousins Mercediese and Dakota. Feb. 15: I would like to wish my nephew Jari Tate a happy belated birthday. I hope you had fun. Love from Auntie Karen, Uncle Andrew and cousins.



March 1: I would like to wish my husband Kyle Andrew Mack

(a.k.a. Andrew) a happy 32nd birthday today. I'm wishing you a fun, happy and memorable birthday and I hope your wish comes true. I love you forever, from your wife Karen.



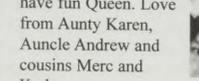
March 1: I would like

to wish my dad Andrew Mack a happy 32nd birthday. Have a good day dad. Love from Kyle.

Feb. 22: I would like to wish my nephew Tyler

Perry Milliken a very happy 14th birthday. We miss you lots and hope you have a great day. Love from Auntie Karen, Uncle Andrew and cousins Merc and Dakota.

Feb. 20: I would like to wish my niece Gladys 'Queenie' Tate a very happy 12th birthday. Hope you have fun Queen. Love from Auntie Karen, Uncle Andrew and cousins Merc and Koda.



over in Port Alberni, a happy 4th birthday. (Can't believe you're going to be four already. Where has the time gone?) Happy 27th birthday to my one and only Herb Moon. Love from your love. To our dad Herb, happy 27th birthday. Love from all your kids Chey, Tay, Ash, Xander and Cody. Happy 9th birthday to our neph/cuz/bro Bryden. And last but not least, our son/brother Xander Amos-Moon. A very happy first birthday my lil man. How you've grown so fast this year. It has gone by so fast and too fast at that. I wish you were still a lil baby. Love you son. Love Mom, Dad, Sisters Cheyenne, Taylor, Ashleigh and Bro Dakota. To all of y'all, from the Amos-Moon family down in Nanaimo.

Congratulations to Danielle and Cody on their recent exchange of vows on Feb. 10. We are so happy for you both and many more happy years together. Loads of love, from your Auntie Robyn and family xoxo.

Happy birthday to crazy Crystal Watts (just kidding Crystal, but really you are crazy!) on Feb. 19 and to Mr. Marty Marshall on Feb. 20. Have a great day to you both. Love Neve and family.

Congratulations to Lacey Adams and Randall Atleo on the birth of their baby boy Randall Atleo Jr on Feb 8. Also to my niece Dorianna Smith and Christopher Frank on the birth of their baby girl Latoya on Feb 9. Also to my niece Gladys Swan and Nelson Frank

*Samara Swan on the birth of their baby boy Webster Sampson Swan on Feb 10. Congrats to all of you, from Janey, Ken and Shauntay.

Feb.4: Happy 17th birthday to Samantha Johnson, love Louie and Melissa.

Happy birthday to our auntie Sam, love your nieces Kiara and Brooke and nephews Damion and Conrad.

Happy birthday to our Big Daddy Bear Marvin on March 4. You're the best dad ever. We all love you so very much with all our hearts! Lotsa love your 5 Precious Angles Danny, Lisa, Mikey, Marvin and Vily.

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Happy birthday to our Big Daddy Bear Marvin on March 4. You're the best dad ever. We all love you so very much with all our hearts! Lotsa love your 5 Precious Angles Danny, Lisa, Mikey, Marvin and Vily.

January 15th: Happy birthday to my dad Bill Williams. Love you dad, love your daughter Melissa Lynn Williams.

Happy birthday to our grandpa Bill, love your grandchildren Kiara, Brooke, Damion and Conrad.

Happy birthday going out to my friend "Blackie" on Feb. 20. Hope you had a good one. Luv your "Honky" friend in Uke.

Happy birthday to George Chester John Senior and Junior. I don't make it back to the Island very often to see you since the Haa-Shilth-Sa readers are from near and afar. Pa'pa and my dear brother George C John, I would like to wish you all the best for this year 2007's birthday.

I am very grateful to have the both of you in my life as a father and as my brother. May our Creator help and guide you through your everyday plans, may he make your will be known to him and help you follow your faith with obedience. He is a man of much faith and he reaches out to each and every one of you when you're in need and when you help those who are in need as well. Whatever your will is on your birthday, he will let it be. For through him we have what we pray for, that is each other. It is his loving kindness and his faith. I love you Dad, and my brother George Jr. Love always your daughter and sister Beverley McEwan, Constantine John, Kathleen, Cecil and Kim.

Congratulations to Carol Matterstorffer. I am very proud to say that you are doing very well with your new-found accomplishments. Your decision to go to CHOICES has come surprisingly, but I am sure it is going to work through you and with you as you learn new tools. You have wonderful support around you at home and within your circle of friends and family. I can only wish you a good journey so that you find what it is you're seeking that helps you through your everyday life.

You are an extremely bright and cheerful individual that people tend to recognize. Now you will be adding to your personality a whole new trait that will shine through and through. Stay focused, stay strong and may our Creator walk with you and beside you always. I love you through the stars, the sky, the heavens gates and back again...lol Hugs and kisses from Beverley, Constantine, Kathleen, Cecil and Kim of Vancouver. Thanks to those who helped Carol raise the funds necessary for her to attend CHOICES, Auntie Lil, Hilda, Philomena Rose, Her friend down the hill and the community. God bless.

Continued on page 13.

Do you need to buy or sell a product? Do 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

Community & Beyond

Men's Basketball Tournament Port Alberni

March 2 to 5

Third annual Wickaninnish Hawks All Native at Maht Mahs Gym. Entry fee is \$350. First place \$1,000, second place \$500 and third place \$350. Prizes based on 10 teams. Contact Bob Rupert at rupert23@hotmail.com or (250) 720-5454 or Ivan Thomas at (604) 315-3567 or ivanthomas16@hotmail.com

Guerrilla Marketing Port Alberni

March 9

Guerrilla marketing is non-traditional, low-cost, highly effective marketing ideal for small businesses with minimal marketing budgets. The course is complete with PowerPoint slides, action plans and workbooks that take you step-by-step through everything you need to do to build a better business. Contact Caledonia at 724-3131 or e-mail caledonia@nedc.info. This is a free workshop.

Basketball Tournament Ucluelet

March 9 to 11

Eight Men's teams (\$350 entry fee per team) our Junior Boys teams (\$200 entry fee per team). Hosted by the Ucluelet Junior Boys basketball team at Ucluelet Secondary School Gymnasium. Contact: Andrew Callicum @ 266-0480 or Evan Touchie @ 726-2507.

First Nations Shiny Hockey Port Alberni

March 10

All ages are welcome. From 6:45 p.m. to 8:15 p.m. at Weyerhaeuser Arena. 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. Admission is \$3. We hope to see you there. Also, if you've decided to help us sell Canucks raffle tickets, please bring them.

Beyond Square Dance Port Alberni

March 10 to April 11

The Community Arts Council of the Alberni Valley will host an exhibition of quilts and stained glass by Port Alberni artist Patti Dance. The exhibition will be held at the Rollin Art Centre Gallery. Admission is free.

Joyce Mah in Concert Port Alberni

March 16

Coloratura soprano Joyce Mah performs music ranging from classical to Broadway. Performances are present in a light-hearted and imaginative manner. Performance will take place at the Capital Theatre at 7:30 p.m. Tickets can be purchased at the Rollin Art Centre for \$16, or at the door for \$18.

Pacific Rim Whale Festival Ucluelet and Tofino

March 17 to 25

Each spring the entire North American population of Pacific Grey Whales migrate along the west coast of Vancouver Island. An estimated 22,000 grey whales make the 16,000 km round-trip journey between their mating and calving lagoons travelling close to the shoreline, providing excellent viewing opportunities.

GIFTS: film school Aboriginal program Galiano Island

March 18 to 15

Small-budget film-making skills. Contact: (250) 539-5729 or gifts@gulfislands.com.

NEDC Young Entrepreneur Conference Port Alberni

March 22 to 25

Attention Youth ages 19 to 35. Ever considered starting your own business but don't know where to start? Attend this conference at North Island College and gain the knowledge required to write a business plan. Also, compete for cash and other great prizes. Call Jack at 724-3131 or 1-866-444-6332 or email at jack@nedc.info.

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 Ahtahkakoop 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.

NTC Budget Meeting Hupacasath

March 30 (& March 31 if necessary)

To be held at the House of Gathering beginning at 9 a.m.

Thunder Sports Ball Hockey Tournament Port Alberni

March 30 to April 1

This is the 14th annual men's and women's All-Native Ball Hockey Tourney. It will be held at Maht Mahs Gym. First place men's will receive \$1,500 (based on 10 teams). First place women's will receive \$800 (based on six teams). Men's entry fee \$350. Women's entry fee \$250. Concession, 50.50, raffles and more. Contact Les Sam at les.sam@tseshaht.com; Terry Sam at 723-7795; Wes Price at 723-2978 or Ed Ross at 723-6400.

Junior Boys Basketball Tournament Port Alberni

April 6 to 8

Diditahd Hawks Basketball Tournament at Maht Mahs Gym. Entry Fee: \$150. Place and individual trophies. Deadline: April 2 with \$75 deposit received by that day. First five boys' teams and first five girls' teams accepted. For information contact Darrell Schaan at Diditahd Community School 1-250-745-3223 or darrellschaan@hotmail.com. First place teams from 2006 tournament contact Mr. Schaan to confirm your defending first place standing.

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 Nuu-chah-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.

All-Native 3 Division Tournament Port Alberni

April 20 to 22

Hesquiaht Braves host: Women's and men's Masters; Seniors women's and men's; (entry fee \$375 for both divisions) Junior girls and boys (entry fee \$200.) Prizes to be announced. Fundraising for the new school in Hesquiaht for school equipment etc. Entire proceeds go towards the school. Any donations welcome. kleco, kleco. Contact Conn Charleson (250) 724-3263 or conncharleson@hotmail.com; Bruce Lucas (250) 724-1959 or cell (250) 720-6755; Greg Charleson (250) 670-1176 or NAN (250) 716-9082.

Museum of Anthropology meeting Tofino

April 24

All Nuu-chah-nulth-aht are invited to a community meeting hosted by the UBC Museum of Anthropology. Come and see photos and records of the Nuu-chah-nulth collection and hear about the renewal project. Contact Karen Duffek, curator at (604) 822-4604 or kduffek@interchange.ubc.ca.

Emergency Preparedness Forum Tofino

April 26 and 27

Fifth Regional Aboriginal Emergency Preparedness Forum: Response and Recovery Strategies: Creating Safer Communities. The forum will be held at the Tin Wis Resort. To register call 1-888-683-7711 for information.

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.

Potlatch Ahouasht

Nov. 11

With great advice from elder, speaker Stan Sam, mother Josephine, Uncle Nelson, brothers Bill and Corby, I have decided that we will dry our tears Sunday, Nov. 11, 2007 at Maaqutsiis new gym beginning at 12 noon, and celebrate what my late father gave me. It was our late father's wishes that we continue on practicing our culture and to remember that he did go full circle in a very special life that he shared with all of us. Choo, Maquinna.

Also

Christmas Dinner Ahouasht

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 hashilthsa@nuuchahnulth.org
or Fax us at (250) 723-0463.

Opitsaht Health Centre: INVITATION TO TENDER

PROJECT: Opitsaht Health Centre, Meares Island, Tofino BC

SCOPE OF WORK: The scope of work includes construction of a new 220 square meter Health Centre and associated site work. The one level wood frame building on concrete slab-on-grade includes community health room, kitchen, offices, examination room and support spaces as well as RCMP office and detention cell.

TENDER CLOSING: Sealed tenders will be received at the offices of David Nairne + Associates Ltd. at 250-171 West Esplanade, North Vancouver, BC, V7M 3J9 on or before March 15th 2007 2:00 pm P.S.T.

Tender Documents for the project listed above may be obtained from the offices of David Nairne + Associates Ltd. at 250-171 West Esplanade, North Vancouver, BC, V7M 3J9 or from the Tla-o-qui-aht First Nations Treaty Office, Best Western Tin Wis Resort Lodge at 1119 Pacific Rim Highway, Tofino, BC, V0R 2Z0. Tender documents will be available on and after March 1st, 2007. A \$150.00 refundable deposit is required for tender documents.

To be considered, each tender must be submitted on the forms provided, according to the conditions set thereon and must be accompanied by the security specified in the tender documents. The lowest tender will not necessarily be accepted.

Contact David Nairne + Associates Ltd. reception at 604-984-3503 for Tender Documents and Charlotte Dunfield for inquiries.

DNA

David Nairne + Associates Ltd.



Are you interested in working for a better future for Aboriginal children and families on Vancouver Island?

The Vancouver Island Aboriginal Transition Team (VIATT) is working with Ministry of Children & Family Development (MCFD) to establish an Aboriginal Authority for services to Aboriginal children and families. If you would like to participate in this exciting work then we would like to hear from you!

VIATT is seeking to fill the following positions:

- Manager, Operations & Administrative Transfer
- Operations Clerk

For job descriptions and application package you are encouraged to visit www.viatt.ca, or call (250) 953-4178. Applications must be received by March 21, 2007.



Tla-o-qui-aht First Nations Tribal Social Service Worker in Tofino Area

Tla-o-qui-aht First Nations is seeking a full time Social Service Worker to join our team. This position is based out of the beautiful Tofino area and provides Social Assistance services, counseling, social development initiatives, life skills services to those facing employment barriers and to the Tla-o-qui-aht community as a whole.

Responsibilities will also include:

- Reporting to the Tribal Administrator
- Providing Social Assistance services to clients including development of social "safety net" for clients.
- Provide individual and/or collective support in the development of life skills and general employment skills.
- Liaison with outside agencies.
- Prepare financial and statistical reports as required.
- Some travel required.

Qualifications:

- BA in Social Work or equivalent.
- Must abide by and follow Tla-o-qui-aht Policy and Procedures within Social Development Department and TFN Human Resources Policy.
- Attend all Staff Advisory Meetings.
- Must have an outgoing personality and at the same time be willing and able to maintain confidentiality to the highest professional standards.
- Team player with other Staff, Council and ETC.
- Ability to develop budgets and produce reports to deadlines.
- Proposal writing skills.
- Knowledge of Nuu-chah-nulth governance, protocols, culture and traditions considered an asset.
- Provide acceptable references and criminal record check.

For further information contact Tribal Administrator, Karl Wagner at (250) 725-3233.

Salary competitive and negotiable. Send applications by **March 9, 2007** to:

Karl Wagner, Tribal Administrator
c/o Tla-o-qui-aht First Nations
Box 18
Tofino, B.C.
V0R 2Z0

To advertise in Ha-Shilth-Sa, call 724-5757 or email hashilthsa@nuuchahnulth.org

Birthdays & congratulations



Happy second birthday goes out to a very special girl, Neve Armina Watts on Feb. 26. Enjoy your day

Sunshine. We love you to pieces. Love all of your family, and especially your #1 sister Shyanne.

Happy Birthday to Lisa Samuel on March 4 (30 Again!), to Lance Ambrose on March 5 (29 again!). Enjoy your special day. Love the girls in Nanaimo, Shyanne, Neve and Robyn. Happy 40th anniversary to Wallace and Donna Samuel on March 27. Congratulations to you both. Many more years to come. Dad, I hope you have something special planned for her. We are very grateful to have very loving, supportive parents/grandparents like you. We miss you both all the time and love the visits when you are here. Love your girls in Nanaimo, Neve, Shyanne and Robyn.



Tooie Casavant and Randy Richard are thrilled to announce their

wedding, which took place in a beautiful, private ceremony on Jan. 30 in Cathedral Grove.



Happy 50th birthday to Kathy Edgar. "U ROCK GURL" From her friends from Lake Cowichan and Nitaht Lake.

Hey guys, our dear friend is single.



Happy birthday Nikstir over in Vancouver March 8. Hope you have a great day cause you deserve the best! Hugz, ya friend. Mel



Happy 11th birthday Cole Gomez for March 7. From your biggest fans Mom, Auntie IA and Uncle Luke.

I would like to congratulate Shane Campbell and Sarah Traa on their new arrival Aaron Joseph Campbell. Born on Jan. 26 in Campbell River weighing 9 lbs 6 oz, from mom and your sisters Dayna and Lynette.

Feb. 5: I would like to wish my niece Krissy Edgar a happy belated birthday. Love from Auntie Karen, Andrew and cousins.

March 1: We would like to wish our stepdad Andrew a very happy birthday. Love from Merc and Koda.

Feb. 11: I would like to wish my good friend Jay Ray a very happy belated birthday. Hope you had a good one. From Andy and Karen.

Feb. 25: I would like to wish my niece Jocelyn "Jocce" Tate a very happy 4th birthday. Hope you have lots of fun sweetie. Lots of love from Auntie Karen, Uncle Andrew and cousins Merc and Koda.

Feb. 20: I would like to wish my niece Gladys "Queenie" Tate a very happy 12th birthday. Hope you have fun Queen! Love from Auntie Karen, Uncle Andrew and cousins Merc and Koda.

Happy birthday to Memphis Ross on March 2. From auntie Annie and uncle Dave Watts.

Happy 55th birthday Marvin on March 4. Love your wife and kids.

Happy birthday Marvin Jr on March 15. Love Mom, Dad, Lisa, Danny, Micheal, Violet, mister, Amos and the Wilson family.

Happy birthday Bucky. I wish you the best and hope the year ahead is a good one.

Love always, your Strawberry. Happy birthday Mom, Rosemary Frank. I wish you the best and hope you have a great day. I wish I could be there with you! I love you mom! Love always Robyn, Bucky and Kid.



We would like to wish my daughter Davina Cecilia George a happy belated 18th birthday." on Feb. 27.

We would like to wish my step father (dad), Tom Clements a happy 76th birthday on March 6.

And last but not least, my family would like to wish my baby, Alenasue George a happy 4th birthday on March 9. Love your family, Rita, Dave, and Jesse.

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



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



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



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

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) 726-7352
PO Box 699 Ucluelet, B.C. V0R 3A0

Birthdays & congratulations



Well, I would just like to say a very big happy birthday to my baby boy Elmer Leslie Michael Thomas a.k.a. "Lil Poppa"/"Lil Mayjor", who will be turning three years old on March 6. I miss you and love you. I am always thinking



of you, baby Poppa. Soon my son, soon my son you will return home where you will be loved and with family that will be so happy to see you. And they sure have been missing you my son. Love, your mother D.Amy-Rose Thomas, your brother Robert T. and your sister Lana T. And your lil brother that is on his way. Hopefully you'll get to meet him soon.



We live our dreams today, not tomorrow or yesterday. Yet we treasure our children. Life is very

special for each and every one of us. I always think of how mothers can go through so much caring for our children for nine months, raising them, nurturing them, yet the saddest part is when they are of age and move on with their lives. That is the hardest part when they leave, but the good side is that they marry and give us beautiful grandchildren. I treasure every step with my only daughter I have. She is very special to me. I have only one daughter and two granddaughters.

My daughter lives in Alberta now and it is hard for me being away, but in the long run, it's always good to fly down to see her and my angels and son-in-law. I love you Jackie, Randy, Sierra and Jordan Alexander. Love always, Mom and Angus.



Happy birthday to my handsome nephews Thomas and Jack Johnson. Wow, you're both 18 now. Have a great day on your birthday Feb. 16. Time flies so fast. Whew. Love you both bunches. Auntie Trudy Rose Smith and Uncle Angus.

Happy 19th to my niece Roberta Savey. Oh oh heheh, I know it's in February. Let's see, Feb 6. If I am right, raise your hands. If I am wrong, don't raise your hand niece, lol. Have a great time on your birthday.

Happy Valentine's to my man Angus Mackay. You have helped me through all my times of trials and tribulations. I treasure our time together. I thank you Angus for being there for me. You are my rock. I am so honored to have come into your life. Love you lots. Your lady.

Any how, to all my people of Nuuchah-nulth. I always think of each and every one of you all. Oh my, having this computer is so awesome, I can become a journalist, lol, just by sending messages to you all. Life holds very special memories and then memory is you. Trudy Rose Smith **My Daughter**

I close my eyes is that your smile, I have been loving you forever, Just like when you were born, Are these your little hands holding mine,

For the first time, I have been looking in your eyes for the first time daughter seeing who you are

I cannot believe how much I have seen When you're smiling back at me Wondering how lucky to have you I treasure every step you make The time of treasured memories you gave me

I hold in my heart, forever locked inside never to go free My two little angels with beautiful smiles Like their mom so precious to me I love you daughter. Mom Trudy Rose Smith

March 2: Happy birthday to Mom/Grandma Florence John! I'd like everyone to know how very "Special" our mom and grandma is. You know you're special when your daughter/son/grandchild calls you every moment of tears, whether happy or sad.

You know you're special when grandma calls for every pancake breakfast. You know you're special when you get a call about anyone from family and you're right there. Always mom/grandma, you're always there no matter who it is and when it is...whether you're on one end of the island and you need to get to someone, you make your way. That's what a special mom and grandma is. That's who you are to us and I want everyone to know that the "Miller" family is always going to be right there with you too when you need us.

We love you so much and we promise you we are going to take care of you when you are elderly too. You mean so much to me and my family, I don't think we can live away from you too long if we ever decided to. You understand the milestones in our lives and you don't put judgment on how we are as parents.

You give unconditional love. Because of what you have taught me, I'm doing the best I can to be a good mom to all my children and a good wife to my husband. I'm glad we have you as our mother/grandmother, because I appreciate you for who you are and how much support you give to each and every one of your children and grandchildren/great-grandchildren. Thank you mom, I love you always and forever.

Love your daughter Stacey Miller and son David Miller, your grandchildren Kane, Collin, Kaylee, Jayne and Cassidy.

Artists

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

ARTIST: Anne M. Robinson. Cedar bark jewellery, 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 5R7 Ph: (250) 382-7379 Fax: (250) 382-7375 Email: winchee@pacificcoast.net

James "Wihayaqa,cik" Swan Native Artist. 250-383-9779 home 250-361-7389 cell jamesswan@telus.net jfswan@finearts.uvic.ca

Gordon Dick Nuuchah-nulth Art in Gold Silver & Wood. Phone 250-723-9401 e-mail: gordondick@shaw.ca



Ben David Nuuchah-nulth Northwest Coast Native Artist. Masks • Headdresses • 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 • Bentwood Beams • Legs for Longhouses • Custom Alaskan Milling 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 Purchase

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 SALE: Weedeater and carvings. Call Bruce 728-3414 if you're interested. **FOR SALE:** 18 - 20' boat trailer, \$1500. Call Andy @ 250-723-4111

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.

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

CLASSIFIED ADS

For Purchase

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 1930s, 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.

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. Please contact. lisagallic@shaw.ca or call me 724-4229 and leave a message. **FOR SALE:** Sweaters & sweatpants, blankets and baby blankets, denim handbags. Order from Doreen and Anna Dick at 250 204-2480.

FOR SALE: One 471 Diesel engine with capitol gear, 2 1/2 - 1 reduction in good running order. Can be seen in Ahousaht. Call Chester @ 720-9736 or 670-2587.

Wanted

WANTED TO BUY: Good used running 90 HP motor with controls. Please phone Bernard at 1-250-670-1133.

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 Tseshaht Reserve. Call Jay 250-723-7772 or cel 735-2596.

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

WANTED: Ucluelet First Nation is looking to build a contact list for carpenters & contractors. Please send us this information by contacting us at (250)726-7342 or fax (250)726-7552 attention to Housing Administrator.

WANTED: House to rent for seven people in Port Alberni. Call Lyle or Cathy 724-2935.

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.

NITINAHT LAKE MOTEL: Open year round! Coastal rainforest and world-class recreation at your doorstep! For reservations and other information call 250-745-3844. P.O. Box 340, Port Alberni, B.C. V9Y 7M9.

TOQUART BAY CONVENIENCE STORE, CAMPGROUND & MARINA: Reservations available. Open year round. Status cigs available. 1-250-726-8306 or 1-250-726-8349.

Automotive

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.

FOR SALE: 1 ton crew cab on propane. \$2500. (250) 735-0833.

Services Offered

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

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

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-Isah @ (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*

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, outdoor motors, your boat, canoe or 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. cu kleco. Edward Tatoosh, Certified Linguist.

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

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

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).

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.

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 1in X 1in 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: 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!

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: 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: Custom made nets (250) 923-9864.

CANOE BUILDING: Will build canoe, or teach how to build canoe. Call Harry Lucas 735-5706.

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

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

For Sale: 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

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N.E.D.C. BUSINESS NEWS



Building the Business Future

NEDC's 8th Annual
Young Entrepreneur's Conference
March 22, 23, 24, & 25
North Island College, Port Alberni BC

TARGET GROUP: Aboriginal: Canadian status and non-status, Inuit, & Métis
Youth Ages 18 to 35 years; ideally these are individuals who are interested in pursuing business ownership and are attending to learn beneficial skills and to access networking opportunities.

The goal of the conference is to provide the necessary tools and resources to complete a business plan; this will be accomplished through 11 Exciting Workshops relating to components of a Business Plan! Workshops included are:

Company Profile, Market & Industry Analysis Workshop:

Business Introduction, Product/Service Description, Business Structure; Description of Industry, Trends that Effect your Business.

Customer Profile, Human Resource Plan & Operational Plan Workshop:

Who is your target market and how do they behave? Role Descriptions for Current and Future Needs, Suppliers, Operating Procedures & Regulations.

Market Research: Primary and Secondary Research, Target Market Analysis Workshop:

Market Research Methods, Who is your most likely group of identifiable consumers?

Competitive Analysis and Expected Market Share Workshop:

Direct/Indirect Competition, How will your business address the competitive threats in your industry? How will you penetrate the Market?

SWOT Analysis Workshop:

What are your Strengths, Weaknesses, Opportunities and Threats?

Marketing Plan Workshop Part I - Produce & Price Workshop:

Description of Product/Service, Pricing Strategy.

Marketing Plan Workshop Part II - Place & Promotion Workshop:

Place is concerned with various methods of transporting and storing goods, and then making them available for the customer; How will you market your product/service?

Start-up Budget and Sources of Funding Workshop:

Financial requirements and how to meet them!

Monthly Cash Flow Workshop:

All sources and uses of cash.

Projected Income Statement and Balance Sheet Workshop:

Estimates of all Income and Expenses --> profit; a Schedule showing all assets (what you own), liabilities (what you owe), and equity (value of the business).

Business Plan Wrap Up & Executive Summary Workshop:

Gives an overview of the business plan and communicates crucial points that the reader (potential investor/lender) is most concerned with.

Guerilla Marketing Workshop

Hospitality Inn, Port Alberni
March 9th, 2007
9 am - 4 pm (lunch provided)

Facilitator: Grant Hicks, co-author of Guerilla Marketing for Financial Advisors

What is Guerilla Marketing?

Guerilla marketing is simply 'non-traditional, low-cost, highly effective marketing'.

Visit http://en.wikipedia.org/wiki/Guerrilla_marketing to find out what guerilla marketing is and examples of guerilla marketing tactics.

Who is Guerilla Marketing for?

Guerilla marketing is ideal for small business with minimal marketing budgets but is used by businesses large and small.

Registration is FREE!

Contact Caledonia (caledonia@nedc.info) at the NEDC office: ph. 250.724.3131, toll free 1.866.444.6332, or fax 250.724.9967.



"Building the Business Future"

NEDC'S 8th Annual
Young Entrepreneur's Conference
March 22 - 25, 2007
North Island College, Port Alberni BC

Please register me for the "Building the Business Future" Conference!

First Name: _____ Surname: _____

Tribe: _____ and/or Organization: _____

Phone: _____ Email: _____

Mailing Address: _____

Nuu-chah-nulth First Nation, please forward completed registration forms to: NEDC, PO Box 1384 Port Alberni, BC, V9Y 7M2, or Fax: (250) 724-9967. For more information call (250) 724-3131. ALL REGISTRATIONS MUST BE IN BY March 8th @ 4:29 pm, 2007.

SPACE LIMITED, only available to the first 32 registered participants!

Thursday, March 22nd 2007

✕ Registration, Explanation of Activities, Formation of Teams!

Friday, March 23rd 2007

✕ 5 Workshops that correspond with the components of the Business Plan.

✕ Designated Group Working Time for teams to complete their activities and qualify for prizes!

✕ Workshop Presenters available to assist/support teams individually.

Saturday, March 24th 2007

✕ 4 Workshops that correspond with the components of the Business Plan.

✕ Designated Group Working Time for teams to complete their activities and qualify for prizes!

✕ Workshop Presenters available to assist/support teams individually.

Participants will work in groups of four, and must attend all workshops and complete the workshop activities to qualify for the **prizes!**

Sunday, March 25th 2007

✕ 2 Workshops that correspond with the components of the Business Plan.

✕ Designated Group Working Time for teams to complete their activities and qualify for prizes!

Business Plans must be completed by 3:00pm to qualify for prizes.

Contact NEDC's Youth Business & Communications Coordinator (Jack Marsden) for more details at: (250) 724-3131, or 1-866-444-6332, or jack@nedc.info

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