



# Ha-Shilth-Sa



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## Too-tah honors tyee ha'wiltth of Che:k'tles7et'h'

By Jack F. Little  
Ha-Shilth-Sa Reporter

**Campbell River**—Ninety-four-year-old Too-tah (Barney Williams Sr.) wanted to do something special for his Che:k'tles7et'h' Tyee Ha'-wiltth Hy-yoush-tulth (Francis Gillette). Too-tah said his family was adopted by the Che:k'tles7et'h', taken in and given permission to live with the Che:k'tles7et'h'. Too-tah's ancestors and his family over the many years have benefited and he wanted to honor Hy-yoush-tulth for their generosity.

Too-tah also wanted to pass on names to all of his children and a few family members, so he held a feast at Quinum community hall in Campbell River on April 11 and 12. It was an opportunity for Too-tah to celebrate his life and he called on many family and friends to witness.

Cha-chims-sa-nup (Barney Williams Jr.) sang a prayer chant as Remi Tom blessed the floor with eagle down feathers with assistance by Ke-kein (Ron Hamilton). Too-tah then acknowledged and thanked Chief Russell Kwakseestahla for allowing him to be in his territory and also to have his party in the Wei Wai Kum community. He then acknowledged those families who had recently lost loved ones and thanked them for their presence.

An important item of business then took place as Too-tah appointed his

security for the two-day party. Cliff Atleo Jr. was asked to be the head of security. Other security appointed were Terry Dorward from the Seitcher family, David Dennis from Huu-ay-aht and John Fraser Jr. and Nicholas Fraser, nephews of Too-tah.

Next Cha-chims-sa-nup was first to perform for all of their guests.

"This is a very special song and dance that our family will be doing for you all, and it is the first time to do this in public. Ron Hamilton and I spent a few days composing a song in honor of my father. We also would like

to let our Tyee Ha'wiltth Hy-yoush-tulth know that the song and dance that he too will now have the right to use the song," said Cha-chims-sa-nup. Members of Too-tah's family then entered in with the song and dance.

Cha-chims-sa-nup then called forward his daughter Denise Williams.

"My daughter Denise also made 12 beautiful shawls for this dance. On behalf of my daughter and all of our family we would like to present these shawls after the party to our Tyee Ha'wiltth Hy-yoush-tulth," said Williams.

Denise Williams was honored to make the shawls. "At a family meeting in



Too-tah, Barney Williams Sr., commemorates the generosity of tyee's ancestors with a party.

preparation for this party it was suggested to make shawls for our tyee's daughters. Then my father made a suggestion to make shawls for his dancers. This is how it came about in the gifting of these shawls," Williams said.

The shawls design is of the Thunder Bird and Sea Serpent. Williams was very pleased to give the shawls to the tyee ha'wiltth of Che:k'tles7et'h' as she along with her family not only wanted to support Too-tah, but also has been taught the importance of sharing.

Cha-chims-sa-nup then did one of his family's songs and dances and presented gifts of money to the chiefs that were

witnessing Too-tah's party.

Prior to anyone coming forward to perform, Too-tah through his emcee Ke-kein, told the story and history of his curtain.

On the right hand corner of the curtain was his parents. Originally his parents had left their community and came to Che:k'tles7et'h'. The Tyee Ha'wiltth at that time Hy-yoush-tulth (Francis Gillette's grandfather) had given his parent's permission to stay at Che:k'tles7et'h'.

Too-tah was William's late father's name also. Too-tah and his wife had 10 sons who were also on the curtain. Barney Williams Sr. was the oldest. Williams and his brothers were very good fishermen, including catching all species of salmon, halibut as well as seals, and these were on the curtain.

The brothers were great whale hunters and Williams and his brothers would ensure to provide for their tyee ha'wiltth, cutting the fin and meat and giving this to Hy-yoush-tulth. The fin was a delicacy and would always go to the tyee ha'wiltth. The whale is on the curtain.

The brothers then built a beautiful longhouse for their tyee ha'wiltth, which was very unique in that it had two huge poles in the centre. This was the only longhouse at that time that had this feature. Next to the longhouse on the curtain is a man who was the speaker for Hy-yoush-tulth. Beside the speaker was a great warrior, Too-tah's late father.

Continued on page 17.

## Entrepreneurs celebrate with traditional style

By Debora Steel  
Ha-Shilth-Sa Reporter

**Port Alberni**—Honors and kind words were heaped upon Gordon Dick and his family on April 18 as the artist, his wife Geraldine and young son Cassius celebrated the opening of their Ahtsik Native Art Gallery located along Pacific Rim Highway near Tseshaht Market.

Many from the community traveled to the event to wish the family well in their new business endeavor. Some came from great distances, including Elizabeth Steinbrueck and her daughter Kirra, who traveled from Seattle.

Elizabeth owns Steinbrueck Native Gallery, and Gordon has his work on display there. "It's an amazing accomplishment. He's meant to be

admired," she said of Gordon.

The artist's mom, Audrey Cartlidge, couldn't have been prouder of her son. Her father, Allan Dick, had given Gordon his first set of tools when he was a young man of about 18, she told Ha-Shilth-Sa. Gordon didn't pick them up right away, but then he started carving copper pieces, making gifts for her and her mother, the late Agnes Dick.

As Gordon's skills progressed, he worked in silver, then gold, then white gold. Soon he was setting stone, and his creations made their way into some famous hands, including those of actress Ashley Judd and actor Steven Seagal, Audrey said.

And now this, his own gallery where his work could be shown among other gifted artists, like Hesquiaht's Tim Paul, George Littlechild and Sam Haiyupis.

Continued on page 6.



Artist and entrepreneur Gordon Dick helps his grandfather Allan Dick cut the official "ribbon" at the grand opening of Gordon's new art gallery, Ahtsik, located on the Pacific Rim Highway near Tseshaht Market. Gordon's mother Audrey Cartlidge looks on.

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**DEADLINE:**

Please note that the deadline for submissions for our next issue is **May 1, 2009**. 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](mailto: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:**

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- Reporter availability at the time of the event.
- Editorial space available in the paper.
- Editorial deadlines being adhered to by contributors.

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*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.



**Uu-a-thluk's career manual goes digital**

During a strategic planning session in 2006, the Uu-a-thluk Council of Ha'with asked Uu-a-thluk staff to build awareness around what opportunities are available on the water. They wanted Nuuchahnulth youth and other community members to know about careers that could help them make a living from the sea, the way our ancestors did prior to contact with Europeans.

Things have changed a lot since Nuuchahnulth ancestors sustained their communities through fishing and seafood harvesting. There are now many new types of jobs in and around the water. Areas like tourism, processing, marine trades, marine navigation and fisheries science and management need Nuuchahnulth people and perspectives.

In 2007, Uu-a-thluk published profiles of these industries in *Paddle Your Own E'apac*, a career manual for youth. Now Uu-a-thluk is proud to announce the launch of *Paddle Your Own E'apac* for the Internet.

"This easy-to-use tool is great for young Nuuchahnulth-aht making decisions about their educational and career paths," said Uu-a-thluk Capacity Building Coordinator, Norine Messer. "It's full of practical information about the skills and education needed, expected wages, and day to day activities in a wide variety of marine-based careers. It also features fun and informative video interviews made by Ueluelet, Pacheedaht, and Tla-o-qui-aht youth. We really hope this online manual helps Nuuchahnulth youth see a place for themselves in marine resource management and inspires them to stick with their science and math courses."

Now online at Uu-a-thluk's Web site, *Paddle Your Own E'apac* is also available on CD ROM for communities, teachers, parents, and schools. Norine Messer will travel to schools in all three regions to introduce Grade 10 students



Sabrina Holversen has trained in a variety of areas of marine sciences on her way to becoming a biologist with Uu-a-thluk.

the online tool and to talk about opportunities available through Uu-a-thluk.

For more information about or to get your copy of the new CD ROM, please

contact Norine Messer at 250-723-5504 or by email at . For general information about Uu-a-thluk's capacity building program, or contact Norine at the number above.

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*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 our newspaper. E-mail [hashilthsa@nuuchahnulth.org](mailto:hashilthsa@nuuchahnulth.org). This year is *Ha-Shilth-Sa's* **35th year** of serving the Nuuchahnulth First Nations. We look forward to your continued input and support.

Kleco! Kleco!

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**Ahousaht students take film festival award**

By Denise Titian  
Ha-Shilth-Sa Reporter

**Ahousaht**—What started out as an exercise to improve verbal communication skills amongst 10-year-olds has turned into an award-winning short film for the Grade 5 class of Maaqtusiis School.

"It's a small class, only 10 students, and they are quiet. They don't communicate much; they prefer to read and write," teacher Chris Sylvester said.

The teacher went on-line to find exercises that would develop his students' oral communication skills. He came upon the idea of doing a short film project.

The Cry of the Future is a 20-minute film based on a Halloween story written by student Felix Thomas III. It is a

comedy/horror with some dark undertones, but the students worked together to build humor into the script.

According to Sylvester the movie is about bullying at school with trickster as the villain. It teaches viewers to overcome their fears and to treat friends with respect.

The students were eager to put their individual marks on the film and shared their own ideas to further develop the story. They made story boards, a process where the script was made into a comic-like format.



The Grade 5 class of Maaqtusiis School was in Duncan for five days and picked up an award for their short film entitled *The Cry of the Future*, written by student Felix Thomas III.

"They did a very good job. I'm proud of them," said Sylvester.

With borrowed cameras, and under the direction of their teacher, the students recorded and acted out the scenes in their script on location in Ahousaht. The project took five months to complete.

"We're isolated. The whole idea was to put something together to

show people what life is like in Ahousaht for YouTube," Sylvester explained. "We focus on Ahousaht and the beauty and the film is funny...ridiculous," said Sylvester.

Earlier this year Sylvester showed the film to his friend Rif Kamil, whose hobby is filmmaking. Kamil helped Sylvester edit the film to 20 minutes.

Don Frewing, Audio/Visual teacher at Maaqtusiis School told Sylvester about the Cowichan International Film Festival and suggested that they enter their movie in the category for aboriginal youth.

In late March Sylvester received notification that his class won an award for their age group. The fact that the class of 10- and 11-year-old students are among the youngest award winners at the festival made the win especially exciting for the school and the people of Ahousaht.

The students, their parents, and almost the entire community, immediately began a fundraising drive to collect the estimated \$3,000 it would cost for food and accommodation for their five-day stay in Duncan.

There were community held showings of the film and students raised funds through a concession stand and through sales of their film at \$10 a copy.

Despite the generous donations and impressive efforts of all, there was not quite enough to send the group and Sylvester contacted the festival organizers with the sad news that his class wouldn't be taking part in the festival.

The organizers called back with an offer of free accommodations for the kids' entire stay and the group, appreciative of the offer, was able to go

after all.

The students took part in three days of workshops where professional filmmakers from Vancouver taught the art of film-making. The participants in the workshops created a film based on a folk tale from the Cowichan Tribe; all participants will appear in the film.

The 5th Cowichan International Aboriginal Film & Art Festival was held in Duncan April 15 to 19. It featured a wide spectrum of aboriginal-made films from across North America.

The Ahousaht Grade 5 class was the youngest of the festival-goers that attended the April 17 screenings and award ceremony at the Cowichan Theatre. Still feeling the passion for film making, they sat quietly in a row with their cell phones and digital recording devices taping the awards ceremony for everyone at home.

They received a hearty round of applause as they were called up to receive their awards.

Michelle Staples, Youth Program Director, said the festival grows every year with more people submitting entries. She thanked the young people for all the hard work they put into their projects.

Ron George, a Cowichan host, encourages people to think about projects for next year's festival.

"I hope to one day see one of these films in Hollywood," he said.

The students are: Felix Thomas III, 11, Fred Thomas, 11, Ben Salitter, 10, Art Charlie Jr., 11, McKenzie Charlie Jr., 11, Mike Titian Jr., 11, Ellen Titian, 10, Miranda-Lynn Frank, 10, Hughie Clarke, 11, and Russell Frank Jr. 10.

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The next NTC Treaty Planning Session has been scheduled as follows:

Date:	Location:	Time:
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If you have any questions please contact Celeste Haldane at 250-724-5757 or toll-free: 1-877-677-1131, or email: [celeste.haldane@nuuchahnulth.org](mailto:celeste.haldane@nuuchahnulth.org)

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# Roots & Shoots program comes to First Nations

By Carmen Pauls Orthner  
Ha-Shilth-Sa Contributor

Ottawa—A new partnership between world-renowned environmentalist Jane Goodall and the Assembly of First Nations (AFN) will help First Nations youth build lasting relationships with their communities, their natural environment, animals and other young people, both in Canada and around the world.

On April 15, Goodall joined AFN National Chief Phil Fontaine and Dr. Keith Martin, member of parliament for the B.C. riding of Esquimalt-Juan de Fuca, in Ottawa to announce a partnership that will bring the Jane Goodall Institute's Roots & Shoots global youth action program to First Nations communities across Canada.

"Wherever I travel, I meet young people who feel helpless about the future of the planet, and what we are doing to ourselves and our communities. The Roots & Shoots program empowers them and gives them hope. It is inspired by the idea that every individual makes a difference, every day," said Goodall, who made her name documenting chimpanzees' relationships with one another and their environment.

Roots & Shoots, which Goodall started after discussions with a group of Tanzanian teenagers in 1991, now involves youth in about 100 countries. Building on the youth-led model established in Tanzania, the program helps young people take action in three

areas: people, animals and the natural environment.

"This is one of the neat things about Roots & Shoots: It's not an environmental program per se. It's a very holistic program that draws on each of those three areas and brings them together, and encourages young people to understand the connections," said Jane Lawton, executive director for the Jane Goodall Institute of Canada.

"You can't look at the environment in isolation. You have to look at humans and their needs, and also their impact, and also, of course, the role that animals play, both in the environment and in their relationship to humans."

One of the distinctions of Roots & Shoots is that once a local group is established, it is up to the youth – not their adult mentors or program staff – to decide what initiatives to tackle. Roots & Shoots provides resources on how to work effectively within a group, how to identify issues that are important to the youth and that they can make a difference on. Then – once the issues have been identified – what steps are needed to follow when setting up and implementing a project.

As a result, Roots & Shoots can be a means of promoting youth empowerment, giving them a chance to work at a local level to benefit their communities and their environment, and to dream about a better future, for their communities and for themselves.

According to Fontaine, "one of the manifestations of poverty is this despair and lack of hope," said Gina Cosentino, a spokesperson for the AFN. "And when

you get kids starting to think about a different future for themselves, it can be that spark that can break a link, that can say to a child, 'I feel empowered. I do matter, and I make a difference.'"

While the program has been experimented with in some First Nations communities, it has never taken root. However, Martin, who in addition to his political work is a long-time admirer of Goodall, and is a physician who has worked in rural First Nations communities, saw a natural link between the needs and values of First Nations, and the objectives of the Roots & Shoots program.

After speaking with Goodall about his idea, he approached both the institute and the AFN about promoting and supporting the program on First Nations reserves, starting with two communities in his own riding: Beecher Bay First Nation and T'sou'ke.

Martin sees a number of benefits to the program for First Nations youth, including strengthening self-confidence, working co-operatively with one another and with adult mentors, and being physically active outdoors.

"This would enable Aboriginal people, kids in particular, to reconnect with their history, and also I hope that it connects Aboriginal and non-Aboriginal children, so that they can learn from each other," Martin said. "If this is done right, it could really go a long way toward building cohesion between communities."

That sense of cohesion is deliberately fostered by the Roots & Shoots program, both through regional training workshops and through "Partnerships for

Understanding", where groups working on a common issue are matched up, sometimes locally and sometimes from halfway across the globe.

"We wanted to highlight this program as being really beneficial for First Nations because... you can befriend (groups) from other communities, and those kids can talk to each other and learn about what they're doing, and get excited," said the AFN's Cosentino.

It's also fostered through the projects the youth tackle, because whether they are collecting money to build shelter for the homeless, visiting housebound seniors, cleaning a river that has become too polluted for salmon spawning, planting trees to reforest a burn area, raising awareness about animal abuse, or circulating a petition on climate change, their efforts are all focused on either repairing damaged relationships, or building new ones.

"We're very hopeful that this program can inspire young people and give them a sense that they can actually, themselves, instigate change at a local level within their communities, and that they don't have to wait for external factors to change. They don't have to wait for government to act; they can start to make change themselves at home," said Lawton.

"It's really exciting to be working with First Nations communities, because these are communities that already have a very, very direct connection to the land and to the environment, and they already have an incredibly holistic view of the world," Lawton added. "They understand the connections between all of these areas.

# Pope grants audience to Assembly of First Nations

Assembly of First Nations National Chief Phil Fontaine and the President of the Canadian Conference of Catholic Bishops, Archbishop James Weisgerber, announced that the AFN will be sending a delegation to meet with Pope Benedict XVI at the Vatican on April 29, 2009.

"After many months of quiet but persistent diplomacy, the Assembly of First Nations has received an invitation to meet with His Holiness, Pope Benedict XVI," the National Chief said. "It is my fervent hope that this Papal Audience will result in a statement from Pope Benedict XVI to all the survivors of the Indian Residential Schools for the role that the Catholic Church played in the administration and operation of the schools and the harms these schools



National Chief Phil Fontaine.

inflicted on our people. This will greatly assist the task of healing and reconciliation for survivors, Catholics and all Canadians."

The Catholic Church operated approximately 75 per cent of the Indian residential schools in Canada. Apologies for residential schools have been issued by all the churches involved in the schools except for the Catholic Church. The National Chief thanked the Canadian Conference of Catholic Bishops for their assistance and support in making this meeting a reality, in particular Archbishop Weisgerber and legal counsel to the Catholic Church Entities Pierre Baribeau.

The National Chief stated: "Our work with the Canadian Conference of Catholic Bishops began when I spoke to their organization in September 2008, at the invitation of Archbishop Weisgerber. Today, we are encouraged by the

willingness of Pope Benedict XVI to meet with us. This meeting has the potential to be a historic and momentous occasion for First Nations, survivors, Canadian Catholics and indeed all Canadians."

The National Chief will be attending the meeting with a delegation that includes First Nations Elders and survivors of the residential schools. The Canadian Conference of Catholic Bishops will attend with a delegation of missionary congregations involved in the residential schools and Archbishop Weisgerber, President of the Canadian Conference of Catholic Bishops.

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

# Huu-ay-aht and Canada sign Maa-nulth Final Agreement

By Denise Titian  
Ha-Shilth-Sa Reporter

Port Alberni—Hundreds arrived at the Alberni Athletic Hall on a drizzly April 9 to witness Huu-ay-aht First Nation and the Government of Canada put their signatures on the Maa-nulth Treaty.

Two walls of the Athletic Hall were draped with ceremonial curtains belonging to the ha'wiih of the Maa-nulth nations. Angela Wesley thanked them all for sharing their curtains before telling the crowd that each curtain tells a rich history.

"They tell stories of what they (the chiefs) own and what they are responsible for. It would take days to explain these sacred curtains," she told the audience.

The colorful curtains provided a perfect backdrop for such an historic day for the ha'wiih, their people and the people of Canada.

Elder Nellie Dennis said an opening prayer before emcee Angela Wesley welcomed guests. A grand procession led by a drumming Robert Dennis Jr. entered the gym. Among them were Huu-ay-aht ha'wiih, Maa-nulth leaders from other nations, provincial politicians, federal politicians, Huu-ay-aht dancers and their people. Some carried framed photographs of Huu-ay-aht elders that didn't live to see the signing of a final agreement.

Robert Dennis Jr. first addressed the crowd in the Huu-ay-aht language. He later repeated his speech in English saying it is important to abide by the teachings of the ancestors and to have respect for one another and to take care of the people.

Huu-ay-aht Chief Councillor Robert Dennis Sr. thanked Hupacasath Ytee Ha'wiih Hugh Watts and his people for allowing his nation in their ha-houlthee. "It is an honor for us to be here to take care of long overdue business. Thank you on behalf of our Ytee Ha'wiih Naasiisimis," he said.

Watts welcomed the people before introducing Hupacasath's newly elected council.

"It is an honor for us to have you here," he told them. "Your late Chief Art Peters made a motion (at the Nuu-chah-nulth Tribal Council several years ago) that within five years Nuu-chah-nulth would separate from INAC, and the leaders asked the late George Watts to go to Ottawa to get funds to do it," he remembered.

The process may have been slow and mistakes were made along the way, Watts continued, but a final treaty was realized.

"Congratulations, you can move forward now that you've achieved that dream of independence the late Art Peters had."

Willard Gallic congratulated the Maa-nulth nations on behalf of his Ytee Ha'wiih Ed Shewish, his chief councillor Les Sam and the people of T'seshaht.

"Congratulations on reaching this place in history," he said.



From left to right: Federal chief treaty negotiator Eric Denhoff, Minister of Indian Affairs Chuck Strahl, Huu-ay-aht Chief Councillor Robert Dennis, and Huu-ay-aht Ytee Ha'wiih Derek Peters celebrate the signing of the Maa-nulth Final Agreement by Canada and Huu-ay-aht on April 9 in Port Alberni.

The treaty process for Nuu-chah-nulth began in 1993. Fifteen years later four of the Maa-nulth nations signed the final agreement in July 2008. Today Huu-ay-aht and the government will sign the final treaty before it is sent to the House of Commons in Ottawa for approval.

"From that point on it will be binding, so this is not finished," said Wesley. Chuck Strahl, minister of Indian Affairs and Northern Development, congratulated the chiefs and the people of the Maa-nulth nations.

"This is a great day to be here. It is the beginning of the end of Indian Affairs," he told them. The Maa-nulth nations made history by being the first on Vancouver Island and the first multi-nation group to achieve a final treaty agreement.

"The Maa-nulth Treaty is the biggest one signed since the Nisga'a Treaty," Strahl told them. Strahl remembered two great, visionary men who were instrumental in the treaty process. Chief Bert Mack was only 18 years old when his father told him to negotiate a

treaty. Now in his 80s the elder chief worked hard to get a treaty for his people during his 67 year reign as Ytee Ha'wiih of Toquaht.

Late George Watts was also remembered.

"His contributions to this agreement simply cannot be measured," Strahl said. Chief Robert Dennis pointed to his Ytee Ha'wiih Naasiisimis, Derek Peters, then listed all Huu-ay-aht ytees going back to the 1850s.



Toquaht Ytee Ha'wiih Anne Mack presents a bent box to Minister of Indian Affairs Chuck Strahl at the signing of the Maa-nulth Final Agreement.

"That governance has never left Huu-ay-aht. It is a very important institution to us and has survived many years of challenges, and today we can stand proud," he said.

The treaty, said Dennis, is only a set of tools that will help them make more effective use of their resources.

"Now is the time to roll up our sleeves and make it work with BC, Canada and the other for Maa-nulth nations," he said.

Uchucklesaht Chief Councillor Charlie Cootes said the treaty tells the rest of Canada that they are there to stay.

"This will help us have a peaceful co-existence down the road," he said.

Assembly of First Nations Regional Vice Chief Shawn A-in-chut Atleo offered his congratulations, saying he was proud to be among the leaders who worked so hard on the treaty.

"Your ha'wiih can now take care of the responsibilities they were born with," he said.

Atleo praised Minister Strahl and Mike de Jong, minister of Aboriginal Relations

and Reconciliation, for their parts in the treaty process, work, he said, that provides reconciliation for the people. He called the treaty a gift not only for the Maa-nulth but also for all Canadians.

"It's about sharing and freedom for our people," he said.

"We believe quick passage of the Maa-nulth treaty in Parliament would be an important signal to First Nations and all British Columbia that the government of Canada stands behind the commitment it made to treaty making in B.C. more than 15 years ago," said Chief Commissioner Sophie Pierre of the BC Treaty Commission.

"The words and signature in the document are important," said Minister de Jong, "but the spirit of the new relationship is what will propel us forward, the passion, the will and the desire to see the children have a brighter future."

Continued on page 16.

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# Community gathers to open new art gallery

Continued from page 1.

She said despite this success, Gordon is a humble man who works quietly throughout long hours, always creating, thinking of new ways to express himself through his art.

"I'm so proud of him. He's accomplished an awful lot." Audrey pointed to two carvings done on the posts holding up an overhang over the front door of the art gallery.

Gordon's late grandmother was from eagle clan, and his grandfather is from the wolf clan, and he's paid tribute to those families with eagle and wolf head carvings.

In keeping with his abiding respect for his grandparents, Allan was given the duty to officially cut the ceremonial "ribbon" to open his grandson's gallery. He smiled widely as he worked at the thick cord with a pair of shears.

Chief Councillor Les Sam, who provided the welcome to the guests on behalf of the Tseshaht people, called Gordon and Geraldine role models for other entrepreneurs, to be able to set goals and see them through. He said the Gordon Dick family was on a clear path to prosperity. The Tseshaht singers concluded the welcome with a song from Alaska, given to the Tseshahts to use.

The Tseshaht singers would later sing the Lightening song composed by Aaron Watts, who had given the song to Gordon to use on his Web site. The two had fought forest fires together for many years.

The haahuupayak school singers honored the hosts with a song, where medicine bear and eagle danced to celebrate the vision of the entrepreneurs.

Bear (cims) was danced by Alex Campbell. Trevor Little, the school's cultural teacher, said Campbell really demonstrates the discipline he has in his heart when he dances. Eagle (cix'atin) was danced by Grade 5 student Chantelle Knighton, who had set her own goal when she was in Grade 1 to wear the mask and dance the part of cix'atin.



Martin Watts tells the crowd gathered for the opening of the Ahtsik Native Art Gallery on April 18 that his brother Aaron (far left) composed the Lightening Song that will be used on artist Gordon Dick's Web site. Gordon and his wife Geraldine look on.

A-in-chut, Shawn Atleo, regional vice-chief of the Assembly of First Nations and cousin to Gordon and Geraldine, described the importance of artists in Nuu-chah-nulth society. He said there was no party, potlatch or gathering without the artist.

He said he was excited about the couple's accomplishment and encouraged the community's support of Ahtsik gallery.

Hesquiaht's Dr. Simon Lucas said he was deeply touched by Gordon's recent generosity to provide a space for Hesquiaht master carver Tim Paul to work on an important pole that was raised last summer at Estevan Point off of the West Coast of Vancouver Island. It was a pole to commemorate ancestor John Anayitzachist, who was hanged unjustly for a crime he didn't commit. The Hesquiahts raised the pole and demanded that their ancestor be pardoned.

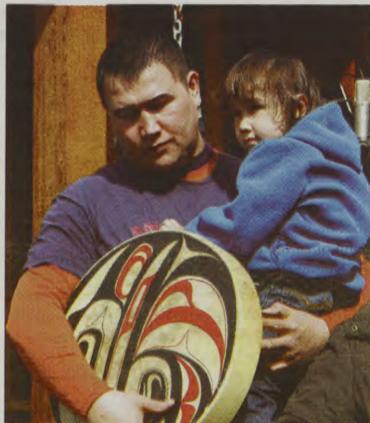
Lucas then gave the couple names that they would be known by when they were among the Hesquiaht.



Alex Campbell dances as the cims, medicine bear, at the grand opening of Ahtsik Native Art Gallery April 18.

the salmon.

Dick thanked his mom and dad for their support, and choked back the emotion when speaking about his grandmother, the late Agnes Dick, saying he wished she could be with him to celebrate the opening of the gallery.



Hesquiaht's Dr. Simon Lucas gives young Cassius his treasure, his drum.



## One word inspired pride and accomplishment

By Debora Steel  
Ha-Shilth-Sa Reporter

Port Alberni—When Chantelle Knighton was in Grade 1 at haahuupayak school she told her teacher Ms. Leslie she had a goal, and it all started with the word "Indian." "It represents who I am," Ms. Leslie said Chantelle told her. Chantelle wanted the word "Indian" to be the first word on her key word chain.

In Grade 1, children get a ring to which they attach words written on cards. These words are the ones that they will learn to read and write and use in their compositions over the course of the year. Ms. Leslie lets each child choose which word will go first on their key ring, and Chantelle's word was one that fueled in her a feeling of pride.

"She told me, 'I'm going to learn to sing and dance and I'm going to wear the cix'atin mask,' and she is wearing that mask today," Ms. Leslie said.

Chantelle, now in Grade 5, was among the dancers performing at the grand opening of the Ahtsik Native Art Gallery on April 18. Crouched in the mask of the eagle inside a circle of singers and drummers, Chantelle rose up out of the circle and danced in front of the owners of the gallery, Gordon Dick and his wife Geraldine, who were celebrating their own achievement of building and operating a place where Gordon's artwork could be sold.

The dance brought Gordon's vision and the vision of the eagle together, said haahuupayak's cultural worker Trevor Little, who was guiding and encouraging the performance, the first one of the group that year.

It seemed appropriate then that Chantelle was celebrating her own achievement, to wear the cix'atin mask.

"She earned it," said Little. Chantelle had to audition for the spot, and part of the tryout was her personal behavior and focus in school.

Ms. Leslie watched the performance, knowing that the achievement began with a single word that inspired pride.

# Students learn that they deserve the best in life

By Debora Steel  
Ha-Shilth-Sa Reporter

Port Alberni—One wants to be America's next top model. Others want fancy cars and trucks. Nicole wants a home of her own and travel to exotic places. So how do the students attending a youth empowerment workshop in Port Alberni on April 17 get from here to there?

By stating their intentions, identifying the barriers to achieving those goals and working to remove those barriers to move forward.

Sound easy? Well, it is and it isn't. The concept may be straightforward, but the application can be a challenge, because it's all about choices, including the choice to replace the negative influences in life with the positive and believing that anything that can be dreamed about can be achieved.

The Nuu-chah-nulth student population from Alberni District Secondary School, Neil, EJ Dunn and VAST schools filled the Italian Hall for the workshop entitled You Are The Power.

Nuu-chah-nulth Tribal Council Vice-President Dr. Michelle Corfield and Shelley Royendyk of Mother Earth Whispers, a company that focuses on healing processes that promote self-development and life coaching, facilitated the event.

Corfield opened up the workshop with her own story of achievement, where she worked to overcome the expectations of others to achieve her dream of earning a doctorate. She is the first Nuu-chah-nulth-aht from Ucluellet First Nation to earn a doctorate.

When she was young, Corfield was told that the only job she could expect to get was as a waitress. And, in fact, she became a waitress and she was very good at that job, she said.

Then she went back to school and got a bachelor of arts degree. Someone then told her that one day she would become a doctor, but Corfield had some doubts. There was that "nagging voice" that kept playing with her determination saying that waitressing was the only job she could expect to get.

But, she quieted that voice by setting a goal to earn her master's degree. And then found a way to remove the



Laura received amethyst to balance and open her intuitive self. Soyde received a Botswana agate, to help further her quest for enlightenment. Cory received a Dalmatian crystal give him courage, and a strong voice.



The students worked tirelessly on their vision boards that helped them define their goals and dreams of a future with no restrictions.

challenges of time and financial constraints to achieve her ultimate goal of getting her doctorate.

"You can create your own reality," she told the group, and the key to that creation is believing that what is dreamed about is deserved.

"I had intentions... and I set goals. I believe that you could set your own intentions and reach your highest potential," Corfield told the students.

The workshop provided tools the students could use to achieve their goals, from preparing themselves to conquer the stresses in life, to rebuffing the negative people in the world and surrounding themselves with the positive.

The students were given a set of affirmations that they could tell

themselves at the beginning of each day, including "Today is my new beginning," "Be the best I can, living life in the now;" "I can be happy." To use these affirmations would frame the day in the positive, where the students would be open to learning and understanding, rather than in the negative where they might be closed off to experiences.

Royendyk shared with the students a story about one girl who had come into one of her workshops with a negative mindset.

"I don't want to be here. This sucks. I'm hungry" was what she said as soon as she walked through the door. Royendyk said she encouraged the girl to participate, and the girl ended up staying an extra hour or so to work on the exercises she learned that day.

The students heard about the power of cedar in the Nuu-chah-nulth culture, from hanging it above a door to protect against the negative, to breathing in the scent to provide courage and strength.

Another important aspect of the Nuu-chah-nulth belief system is the recognition that there is power and energy in everything, including crystals. A recent archaeological

dig at a Tseshaht village in the Broken Island Group unearthed a rose quartz crystal used and revered by the ancestors hundreds of years ago.

The students each received their own personal crystal, and looked through the paperwork provided to learn what power the crystal could provide.

A girl named Laura received amethyst to balance and open her intuitive self. Soyde received a Botswana agate, to help further her quest for enlightenment and allow her to look forward. It also helps to eliminate depression. Cory received a Dalmatian crystal that will give him balance and

courage, and a strong voice.

A big part of the workshop was spent creating vision boards. The students poured through magazines for images that reflected their dreams and pasted them onto pieces of poster board with words or phrases, stickers and other graphics that would inspire them whenever they saw their creation.

This was a way to state their intentions in life, set their goals, and Royendyk encouraged them to dream big.

"If there were no restrictions on you, what would you create in your life?" she asked.

The students worked tirelessly on their vision boards until the buses came to take them back to their schools. They were encouraged to look at the boards regularly.

"The board is validation on what you want. It works as an engine on how to achieve your goal, and the emotion is your fuel in creating this image," read the materials that were handed out at the workshop.

Royendyk told the students that when they walked out of the workshop that day, the world would be the same. It was going to take their energy to fuel the changes that will help them achieve their goals.

"Respect yourself enough to get the best," said Corfield.

Photo by Debora Steel



Students hold up the vision boards they created at an empowerment workshop held April 17 in Port Alberni. Left: Anna-Mae attended the youth empowerment workshop in Port Alberni and worked on her vision board.

Health and Wellness

# Introducing the NTC nursing team

**Nuuchahnulth Home Care Nurses**

It takes a very special person to want to be a nurse as there are often many challenges in the health care profession. For example, a nurse in Home Care may work with palliative care clients, crises in the community, or weather conditions. But also these nurses talk about the many rewards of working in our communities. In nursing articles often one will see that nurses came to work in the First Nation communities for the experience, but stayed for the people.

**Megan Bennett, LPN  
Northern Region Nurse**

Megan has worked in the communities of Occluge, Ehattes and Mowachaht since August 2007 as the Home Care nurse. When Megan was in Grade 6, she decided that she wanted to be an RN. After graduating from high school she was on the wait list for the nursing program at Camosun College so she joined the army.



At that time, Megan did not think she wanted to be a nurse, so took cooking as a career. Then after a brief stint as a Care Aide she took the LPN course and worked as an LPN in Victoria General and in a dementia ward at Sunset Lodge. She states that the previous jobs she has had pushed her towards a nursing career, wanting to learn and keep learning.

Some of the challenges she has faced is that having worked in very different fields of nursing that she was not as prepared for Home Care nursing. She states that "One of the feelings is that sometimes your best isn't good enough, but on the other side of that is when all the efforts you put in and clients recognize those efforts and appreciate them, that is the most rewarding."

**Jackelyn Williams, LPN  
Southern Region Nurse**

Jackelyn has worked in the communities of Ditiidaht, Huu-ay-aht and Hupacasath since December 2007 as the Home Care nurse. She will also fill in for the First Nation Advocate nurse. As a student she has worked at various long-term care facilities and at the West Coast General Hospital.



She decided to become a nurse as she wanted a "more variable, fast-paced career." The rewards of being a nurse include that she is more aware of her family's, as well as her own, health. Working for the Nuuchahnulth-aht, she has gained a better understanding of society and enrichment of cultural knowledge and spirituality.

She really enjoys working on health promotion/awareness and chronic disease prevention. She finds that people are very curious about their health, and taking charge of their own future. She comments "I hope to see healthy striving First Nation communities in the near future - I think we all have to take care of ourselves first in order to do so."

## NTC Nursing Program upholds that:

Together we respect and promote individual needs, family systems and community empowerment.

The following four traditional values are included in the Home Care and Community Health Nursing programs at NTC.

- Each life is a precious journey: Together we hold life's sacred gift, acknowledging our strengths, surviving on land and sea.
- Each life connects: Together we respect and promote individual needs, family systems and community empowerment.
- Each life seeks fulfillment: Together we promote the full spiritual, emotional, mental and physical potential of individuals, families and communities.
- Each life completes its cycle: Together we ask for protection, strength and guidance from Naas. Together we show compassion, respect and dignity from conception to death.

It is these traditional values plus the professional nursing relational practice that forms the basis of NTC Nursing program.

What she finds challenging is the initial period of letting go of a person, if they move away or pass on. She states "This gets easier as time goes on because I know it is not the end of the journey and I'm grateful for having met them."

**Deb Melvin, LPN  
Central and Southern Region**

Deb works in the community of Ucluelet along with Sharon. She also covers the community of Tseshaht and Uchucklesaht. Deb states that "Being a nurse has been a lifelong goal since I was a little girl." She found that in the jobs she's had that the closer and more personally she works with people the more rewarding the job was. After 20 years banking experience, she returned to school and graduated from the North Island College Practical Nurse program in December 2007. She then worked for a short period with Eagle Park and Fir Park Care facilities and Home and Community Care in Port Alberni before beginning work with NTC Home and Community Care in March 2008.



Deb talks about the rewards of nursing, opportunities and challenges. Each time she is able to offer support, comfort, reassurance and assistance to her clients, the gratitude and trust she receives in return confirms she is finally in the right field.

She finds each client, family, and situation has something to teach her. Deb comments: "The Home Care team is very resourceful and passionate about providing the best care and service to our clients. We work together to deal with challenges, such as staffing, service in isolated communities, and financial constraints within the First Nation communities. I have had the privilege to meet and work with many people from different communities and health care professions, while visiting many beautiful areas on Vancouver Island."

**Pearl Dorward,  
LPN**

**First Nation  
Advocate Nurse**

Pearl works out of the West Coast General Hospital and she also works as the Home Care



nurse for the people of Hot Springs. Family is important to Pearl so she wants to share that she has four brothers and five sisters. Her parents are the late Ian and Margaret (Marshall) Seitcher. Her father's roots stem from Tla-o-qui-aht as Hereditary Chief and Ahousaht. Her mother's roots are from Ahousaht/Kelsmaht and Lillooet. Her grandparents on her mother's side were the late Tommy and Susan (Tom) Marshall; Tommy was a renowned whaler from the Kelsmaht Nation; and Susan was from Lillooet/Montana, USA. Her grandparents on her father's side were Seymour and Maryanne (Johnson) Seitcher; both from the Nuuchahnulth area.

She has been married for 36 years, has five children: Tom, Tammy, Marcel, Terry and Justin. She has 11 grandchildren and one great-grandchild.

Pearl says that she has been interested in nursing since the age of eight. Her earliest memories are of playing nurse and bandaging up her younger siblings and pets. Pearl states: "Grandmother Susan lived with us and she baby-sat for me while I was working. She spent many years living with us and as time went on she began to age and roles reversed and I began to care for her and was her primary caregiver in her later years. After she passed I began to look into nursing. I especially was interested in geriatrics."

She worked in a restaurant as cook for 10 years and at this time decided to go for her GED, upgrading math, chemistry and biology in 1987. Pearl then took the registered nursing course in 1990 at BCIT and she finished three out of four years of the program.

At this time Pearl said she was so homesick that she could not finish. She then challenged the Long Term Care course and passed and worked in the community with people with disabilities and in the Long Term Care facilities. She then went and took the Practical Nurse program and found that this was the profession that she enjoyed. She was then hired at West Coast General Hospital before her practicum had finished. She worked for 10 years in the hospital and also worked as the team leader nurse in the Long Term Care facility.

She then came to work for the Nuuchahnulth Tribal Council as a Home Care nurse and the First Nation Advocate nurse at WCGH. She especially enjoys working with the elders, enjoys listening to their life stories and gains a tremendous amount of knowledge from them.

"At 58 years old, I am a very vibrant and energetic worker, and even though I dread the thought of retirement, I am most certain that I will be working well past the retirement age of 65."

**Sharon Stefaniak, LPN  
Central Region (Photo not available)**

Sharon works in the communities of Ucluelet, Esowista/Opitsaht and Ahousaht. She graduated from Ontario Secondary School in 1985 and completed her training for Health Care Aide in 1986. After moving to B.C. she took the Laboratory Assistant diploma program. She worked in this field for five years. In 1994, she worked as an RCA in Duncan. From there she took and completed the Licensed Practical nurse in 2001. Sharon says that she became a nurse to "Provide better patient care for elders, one of the vulnerable members of a community who have special health care needs. I hope to continue advocating for them in my new Home Care position with NTC."

**Catherine Sturgeon, RN Dip.,  
B. A. in Psych.  
Central and Southern Region**

Catherine works as the RN for all but Ahousaht in the Central and Southern Region. (Dan Law covers Ahousaht for the Home Care RN and also works in Community Health Nursing). Catherine and Dan work in partnership with the LPNs in providing home care for the clients. Catherine graduated from high school, and traveled before furthering her education.



She completed her bachelor's degree in psychology at Wilfred Laurier University in Waterloo, Ont. in 1982, and was accepted in a combined Masters/PhD program in Neuropsychological at the University of Waterloo. While she enjoyed that, she missed being in contact with people. She left the program after two years and decided to pursue a career in nursing. She graduated in 1987 having done the majority of her training at St. Mary's Hospital in Kitchener.

She worked for a while in the Neurology ward and then decided to move. She came to Port Alberni because the hospital here was the only one hiring. She worked at the hospital for almost 20 years in Psychiatry, the Medical ward, Surgical ward, ICU and labour and delivery. She was looking for a change and was offered a job with the NTC Home and Community Care program and took it. She says that "I have enjoyed my time here a great deal. The atmosphere and the team work is excellent and it has allowed me to use all my skills." The rewards she finds are being able to think creatively, to brainstorm and problem solve. The challenges are the time spent traveling and the lack of resources that frustrates her.

Continued on page 9.

Health and Wellness

# Promoting health through prevention

**Ina Seitcher, RN BScN  
Home Care Supervisor - All Regions**

During the last days of her mother's passing, Ina often felt frustration in not knowing what was happening to her mother and wished there was some way Ina could help her mother and family. Shortly after her mother passed, Ina decided to go into nursing.



Her education started with the basics of ABE. Then she took college prep at Camosun College for one year and then took the Diploma Nursing program. After graduating as a Diploma Nurse, she decided to take the Baccalaureate program.

After receiving her degree in nursing, she worked in a Long Term Care facility in Victoria.

"This was my passion as I enjoyed working with the elders. But I knew one day I would come home to nurse so when a job opportunity with the Tribal Council came up I took the job."

She worked as a CORE training instructor for Health Care professions and then as a Community Health nurse. "When the job for the West Coast General Hospital Advocate nurse came up, I applied and was hired for this position. I felt I had gone full circle as I was now in the position to assist and advocate for clients in the hospital. What was more fulfilling is that it was at the same hospital my mother had passed."

She left the position to work as the Home Care Supervisor.

"I enjoy working with the LPNs and RNs in our Home Care program. I am rewarded by knowing that the Home Care team is a very dedicated to the people's needs and that they are a strong sensitive caring team."

"These are the nurses that work in the Home Care program, nurses that I am very proud to be working with. We might be nurse short, yet these Home Care nurses are willing to travel to another community to fill in. I have seen them travel in all kinds of weather. An example of the dedication of the nurses is indicated in a story a client told me. She talked about how they had been house-bound by the snow and ice for a number of days. She looked out her window and saw the nurse carefully making her way up the icy hill."

Ina thanks her Home Care team for all that they do for the Nuuchahnulth-aht, and for being such a wonderful team to work with.

**Community Health Care Team:**

Community Health Nursing is a type of nursing that promotes health through prevention and education through all the ages and stages of community members. In partnership with members, we respect and promote individual needs, family systems and community empowerment.

Individual community health nursing services could range from prenatal and postnatal education and counseling, immunization, disease prevention, nutrition, preschool development, school health, adult and seniors health.

Members who have questions are requested to talk to the NTC Nursing program for additional information.

**Christine Curley, RN., BScN -  
Central Region**

Christine is the Community Health Nurse for Opitsaht and Esowista working or Tla-o-qui-aht First Nations. Her journey into nursing began in high school when she did volunteer work on a pediatric ward in the local hospital.



"I really loved this experience. After that, I thought that nursing would provide a really interesting career, but once I finished high school, I went to work for a large corporation in a very boring job. Although I got a paycheck every two weeks, I found that the work was not very fulfilling. I remember thinking 'I can't do this for the rest of my life!' So, I began the process of applying to nursing school and getting the required courses.

I felt really happy about doing the work required to get these courses as I knew that I was following what I really wanted to do." She graduated as a registered nurse from a three-year diploma program in 1977, and 20 years later, in 1997, she went back to school (University of Victoria) and took courses by distance education. In 2000, Christine graduated with a Bachelor of Science in Nursing.

"I have always loved working as a nurse. I worked for two years on an orthopedic surgical ward in Montreal. From there I moved to B.C. and worked at Tofino General Hospital, where I still work the occasional shift (this will be my 30th year there). Since 1997, I have also worked for Nuuchahnulth Tribal Council, and this is now my primary employer.

"What do I love about nursing? I love the fact that every day is different. I love the "hands-on" style of nursing that is done in the hospitals and I also love the community health aspect of nursing where we work closely with individuals, families and the community to promote health and wellness (and prevent disease). I have always felt privileged to be able to work closely with families, through good times and bad. I enjoy knowing that I was present when many of our community members were born at Tofino General Hospital, and I also have had the privilege of watching these same small babies grow up and become parents themselves. (I like reminding them that I put on their first little diapers and clothes)."

At the community level, Christine now gets to work with families in developing a birth plan for their babies that incorporates the cultural teachings that are important to them.

"I love hearing the stories of the elders. I love knowing that by immunizing babies, I am helping to protect them and others from very serious communicable diseases. I love advocating for families."

**Challenges:** Being a registered nurse carries with it a lot of responsibility.

They must work within their scope of practice, while also maintaining their standards of practice, but always with the client's best interests at heart. Sometimes the work is stressful and difficult. Working beside clients who are ill, injured or in pain can be hard, but the rewards are well worth it, she says.

**Cheryl Mooney, RN., BScN.  
Acting Community Health Nursing  
Supervisor-all regions**

Cheryl is currently acting Community Health Nursing Supervisor and is First Nations from the Hartley Bay Band.



"I have been a Community Health Nurse with NTC since I graduated from North Island College in 2005 with my RN, BScN. I chose to go into nursing because I enjoy working with people and families and every day holds new experiences.

**Dan Law, RN, Dip.  
Central Region**

Dan is currently a Community Health Nurse/Home Care Nurse in Ahousaht.



"I was about 24-years-old when I first thought of becoming a nurse. My wife and I were going to have our first baby, and I realized that with the education and skills I had, I wouldn't be able to make enough money to raise a family.

"We also had just finished six months with Youth with a Mission (YWAM), and were considering living and working in remote locations around the world. I thought nursing would not only provide some security and a good income, but also give me medical skills and knowledge that could come in handy wherever we found ourselves."

On top of that, Dan had an idea that it would help him understand what it means to be truly human, "to learn how to hope and care for people even in the face of inevitable suffering and death. In all, nursing was a very pragmatic career decision for me."

Dan has a diploma in Nursing, a diploma in Visual Arts, and is currently pursuing a Masters Degree in Interdisciplinary Christian Studies.

"I have been nursing for eight years, mostly at Tofino General Hospital, though I did work part time for about two years in Victoria on the IV team. I have also worked in Home Care for VIHA."

Though nursing is rewarding at times, there are times when Dan finds it difficult to sit in an office all day.

"Before nursing I worked in farming, construction, tree planting, and commercial fishing, so I often long to be outside. Nevertheless, nursing has advantages, and I am particularly happy to work alongside all the great folks at the Holistic Center in Ahousaht."

At the end of the day Dan is thankful that he can provide for his family, and do so feeling that he has also contributed in some small way to the health and wellness of future generations.

**Heidi Nikiforuk, RN., B.Sc.N.  
Southern Region**

Heidi is the Community Health Nurse at Kneeh-Waas and Ditiidaht. "The main reason why I went into nursing was because I was always interested in how the human body works. I also enjoy working with people on a one on one basis."



She attended college for four years and achieved her degree in Nursing. Heidi's experience in nursing includes working as a Care-Aid and a Licensed Practical nurse in a Long Term Care home.

"Throughout my nursing training I was able to complete several practicums with NTC nurses. I started working for NTC right after I graduated from nursing school as a Registered Nurse back in 2006.

"Some of the rewards that I have found in my nursing career have been when clients have opened up and have shared their story with me. It is a privilege to hear about another individual's life experiences."

**Jeannette Pattison, RN Dip.  
Central Region**

Jeannette is the Community Health Nurse in Ahousaht and Hesquiaht.



"I got into nursing through my mother's suggestion, to try it and if I did not like it I could pursue another career. It has afforded me with many opportunities, traveling to many parts of Canada, working mostly in First Nation and Inuit communities."

The most rewarding thing has been the privilege of working with First Nation and Inuit people.

"They have taught me to be humble and respectful."

**Michele Eng, RN, B.Sc, B.Sc.N  
Central Region**

Uktaamah Michele Eng, community health nurse (Ucluelet, Toquaht).



Ma muk'wah uufatup Nuuchahnulth Community and Human Services, tataataa.k Nursing Program

Historical, picturesque, images and uniforms, symbolic of caring, compassion, courage, dedication, heroism, honesty, hope, and trust, are the tenets that inspired Michele to become a nurse.

"I was enchanted by the legacies of the Canadian Nursing Sisters and "The Lady of the Lamp," Florence Nightingale and wish to acknowledge the BC History of Nursing Society.

Born and raised in Port Alberni, I attended Maquinna, EJ Dunn, ADSS, North Island College, and Kwantlen Polytechnic University.

Continued on page 10.

## Health and Wellness

# Helping moms and dads raise healthy babies

She holds a BSc. from UBC and a Collaborative BSc.N from George Brown College/Ryerson University. She also completed Grade 10 piano from the Royal Conservatory of Music.

Despite the world-wide shortage, nurses are everywhere. They can travel by land, sea or air.

"If there is no path to guide me, then perhaps I should create one so that others may follow. The opportunities are endless."

Huppiic'at': Helping each other  
Wiisahiitap: Keeping healthy

### Moira Havelka, RN., Dip. In Public Health - Northern Region

Moira is the Community Health Nurse in Tsaxana.

"I was hospitalized when I was almost 18 years old for about 10 days following knee surgery and it was during that time I met several young student nurses who encouraged me to apply for training. I became an RN followed by midwifery and worked in the community as a district nurse/midwife with the Queen's Institute of District Nursing."

Moira came to Canada in 1966 and worked both in Acute Care as well as with the Victorian Order of Nursing. "Due to my husband's work in the computer industry we were transferred fairly often and I worked in four different provinces. While we were living in Nova Scotia I attended Dalhousie University and obtained a diploma in Public Health. We finally settled in BC 23 years ago, have two grown children, who are both married and I am the proud grandmother of four (all under the age of six years)."

"I worked for NTC after my husband passed away for 4.5 years and retired in June 2006, did some travelling and for a few months I worked in Port Hardy for VIHA. So, now I am back doing some casual work in Gold River and enjoy renewing friendships with former clients and co-workers."

"I worked for NTC after my husband passed away for 4.5 years and retired in June 2006, did some travelling and for a few months I worked in Port Hardy for VIHA. So, now I am back doing some casual work in Gold River and enjoy renewing friendships with former clients and co-workers."

### Nancy Wandersee, RN, BSN Southern Region

Nancy is the Community Health Nurse for Tseshaht and Uchucklesaht.

"I worked as an accountant for several years and decided to change careers later in life. I have always been drawn toward medicine, but recognized that time would not permit this career path, so I choose to become an RN." I intend to continue my education and work towards a Masters Degree in Nurse Practitioner. My background education is currently a BSN in nursing along with an Emergency Nursing Specialty Certificate, and most recently obtained an Immunization Certificate."

Nancy has worked in various Emergency departments doing Emergency Nursing for three years prior to coming to NTC.

"I have experienced many rewards and challenges. What I find most rewarding is the ability to help clients and families

through difficult physical, psychological and emotional times. The greatest challenge I faced was working in a very challenging specialty area "Emergency" short staffed.

### Sonia Somerville, RN, Dip. Southern Region

Sonia is the Community Health Nurse for Huu-ay-aht and Hupacasath.

"When I was in Grade 12 my grandmother was very sick and was dying of cancer. I spent a great deal of time in the hospital with her and I became very interested in all the medical interventions. I would ask the nurses what they were doing with her whenever they would come into her room. I found myself becoming more and more passionate with helping not only my grandmother but other sick people that were around me as well. It was then that I knew my calling was to be a nurse."

Sonia graduated from the Vancouver General Hospital School of Nursing in 1989, which does not exist now as it became affiliated with the UBC School of Nursing. She has taken nursing courses on an ongoing basis, from outpost nursing to emergency and critical care.

"I worked at Vancouver General Hospital on an Acute Respiratory ward. I worked at Campbell River and District General Hospital and worked on a Medical and Pediatric unit. I worked in Ucluelet as a Medical Office nurse in a private practice. I worked in Gold River as an Outpost nurse /Emergency/Community nurse, and I presently work with NTC as a Community Health nurse."

The most rewarding part of being a nurse, she says, is the ability to help people and make a difference; to be able to be an advocate and help those who are in most need.

"The challenges of being a nurse is balancing the time of doing what I am passionate about, working with people who need our services, with raising my young family of four children with my husband."

### Maternal Child Program

### Debbie Neuwirth, Mother Support Worker Southern and Central Regions

As a mother raising two children, Debbie also works as a Mother Support Worker in the communities of Tseshaht, Esowista, and Opitsaht. Tseshaht for 2.5 years, and Opitsaht and Esowista for six months. She works with pregnant moms, and moms/dads with children zero to six years old.

"I enjoy working with all people, but I have a special interest working with moms/dads and babies. I have also worked as a Youth Counsellor in Surrey for Protect Our Children Group Society."

Debbie has a Diploma in Counselling, and Specialized Certificates such as: Aboriginal Counselling, Family and Couple Counselling, Employment

Counselling, Addictions Counselling and Family Support Worker.

"I also have volunteered one year at the Vancouver Suicide and Crisis prevention centre."

Debbie says she really enjoys assisting moms/dads to access services in their community and Port Alberni that will enrich their lives.

"During the mom's pregnancy, I write a Mother's story that tells her story on how her health has been throughout her pregnancy, how it was growing up, words of wisdom that she has learned in her life experience, and the hopes, dreams, goals and traditions for her pregnancy. After the baby is born I write a birth story describing the precious moments of when mom started labour, and the process until the baby was born, captivating the memory of when their baby was brought into the world. This story will be written as a keepsake for their baby. I also assist new moms to help them fill out the medical, birth certificate and child tax credit documents."

The rewards of doing this job are many, she said. The biggest reward is being able to help people and watch families strengthen and reunite.

### Michelle Robinson, Mother Support Worker Ahousaht - Central Region

Taking this job as Mother/Family Support Worker was just another branch of Michelle's passion, that of being part of the self-empowerment of First Nations people.

"After I stepped onto my healing journey, I had the opportunity to go to different programs and learn more about myself. I was able to sit with two amazing teachers, Eldon Box and Ken Peterson. They had a self-empowerment program (Adventures Canada) that was adapted from Choices, and they geared the program towards First Nations' needs."

Michelle was able to train with them and learned a lot about herself.

"I was able to see past my hurts and pains, and more able to honor my culture and teachings, which were always there!"

"As I became more aware of me, I was more healthy and more in tune to my needs as a person. In turn that rippled through my whole family, with so much positive affects. So I felt taking the job as a Mother/Family support worker I would have the ability to affect the health, wellness and empowerment of our people through awareness."

Statistics do show that a person that receives good health care does better in life.

"I like being able to be a part of that, any way possible regardless if it is through our culture, spirituality, health, teachings, kind words, support, or just a big hug!"

"I have two years of First Nations studies and one year of First Nations Women's studies. As well, I trained two years with Eldon Box and Ken Peterson to become a Facilitator for the Self Empowerment program Adventures Canada. I have for many years sat with not only my Grandma Rose Hill/Barnes (KAL'KAL, descendant of Chief Julian Hill-Toba Inlet/Klahoose First Nation),

but also my Father and Mother-Telfer Leduc/Barnes (Alpasay-Toba Inlet) and Bertha Elliott (Thla'men tun aught-descendant of Chief Chemainus-Chemainus First Nation), in addition, many aunts, uncles, and Elders. Their teachings I feel far surpass anything I have ever learned or experienced in life. Their teaching are what leads & guides me, and ripples into what I have learned out side of our culture, and into my every day work. These teachings have been my greatest education. My biggest challenge is picking which language to learn first Ahousaht, Toba Inlet, or Chemainus."

As a mom, daughter, granddaughter, sister, wife, member of a community, Michelle has learned so much along the way, but each element has offered a great deal to who I am today.

"These experiences, many blend into who I am, what I stand for and the decisions I make, and these stand in front of everything, including my job. My job has been an amazing experience; I have had the amazing opportunity to connect with so many families of Ahousaht. What an amazing people. I love the elders. They have taught me so much about their culture and teachings. They are so rich! I am learning to honor the teachings/ culture of the Ahousaht families and blending it with my job. The position of M/F Support Worker has been very rewarding. I also have had the opportunity to have Jeannette Pattison as a mentor. I have learned so much about educating and supporting our families in the areas of Healthy Pregnancies, Breast Feeding, Labour, nutrition, early development, support, and most important I appreciate her understanding the importance of blending with our First Nation teaching in these areas as they are both so parallel and contribute to the health and wellness of our people. This is my first job in the health area. I am learning so much with the ability to approach our clients with the focus of empowering healthy families."

The rewards of the job are many. I share the building with so many fantastic resources; I am able to connect with Holistic staff, Health Clinic staff, doctors office, and elders that are in everyday. Everyday is rewarding, I experience & learn so much. I also love connecting with our families, especially the kids. My heart beams when I am at an event in the community and the kids come running up to me, jump into my arms for a hug. That is my reward.

Challenges in the community are connecting with families, and getting them to connect with our drop-ins. There are so many parties, events, sporting events in and out of community, dental and doctor visits outside community. We are a very busy community. So just remember Ahousaht. We are up here at the clinic. We have awesome nurses and awesome resources just for you.

Michelle Robinson (Kwis tunnel woot) I am the Mother/Family Support worker for Ahousaht F.N. I started the position May of 2007, I was on maternity leave for a year, from November 2007 to November 2008, and Maureen Atleo covered for me while I was away. I moved to Ahousaht in 2006 with my husband Paul Robinson and our children, Heather and Ryan, Rachelle and Shawn, Brian and our latest edition Royce.

Continued on page 11.

## Health and Wellness

# Healthy communities, healthy Nuu-chah-nulth

Continued from page 10.  
What an amazing, beautiful place and most important an amazing beautiful people.

### TB Team

### Kelly Lemphers, RN., Dip. Southern Region

Kelly is currently with the TB team.

"I was drawn to the variety of areas a nurse can specialize and work to care for people of all ages. I am a Registered Nurse. I have a variety of experience from obstetrics to geriatrics in hospitals and community health in BC, Labrador and AB, including First Nations communities."

"I find it most rewarding when building relationships with clients and giving support and encouragement in times of health and illness."

### Laurie Sinclair, LPN Southern Region

A "career in nursing" was not a life long passion, but "caring" is an intrinsic quality of self. "I graduated from the Practical Nurse Program at North Island College in Port Alberni in 2006."

"It has been rewarding to build on past experiences as a Certified Dental Assistant, Crisis Response Worker, and a foster parent in my nursing practice and to uphold a nursing framework that encompasses holistic health needs. The greatest gifts are the conversations, stories, and laughs shared with community members and colleagues."

As a nurse in the TB Program Laurie has found some challenges with the stigma and history that tuberculosis carries. "I would like to acknowledge every one who has come in to be skin tested and those who have had to continue through the treatment."

I encourage you to share your experiences and your knowledge with friends and family.

### Healthy Living Program/ Integrated Health Program

### Matilda Atleo All Regions

"I am originally from the Xaxlip Tribe in Lillooet. My mother was the late Edna Jacob. I came to Port Alberni in 1981 and married the now late George Watts in 1985. I remarried in January 2008 to the now president of NTC, Cliff Atleo Sr."

"I graduated from high school in Lillooet, attended Vancouver Community College in Office Administration. I also attended the Dubrelle French Culinary School in 1994, and had a catering business for 12 years."

"I have been employed with the Nuu-chah-nulth Tribal Council Nursing Department since 2002. I have been an outspoken advocate for healthy living, informing community members of the benefits of a healthy lifestyle. Nutrition was a small component in my culinary training and I continue to educate myself on basic nutrition. I am currently enrolled in a distance learning "Holistic Nutrition" course through the Alternative Medicine College of Canada."

"I gained knowledge and hands on experience about diabetes, because my late husband had diabetes for a very long time, which probably was related to his death."

"I believe that we all can live a healthy, longer life if we educate ourselves, and gain the knowledge and skills to make healthier choices for ourselves and our families."

"I feel that I have helped someone when they say "I didn't know that, thank you, you have helped me a lot", or "I have lost 40 lbs so far." People have to take their health more seriously, and not wait until they are in a health crisis. Change your bad eating habits now, start walking, know the signs and symptoms of diabetes, know your numbers (blood pressure, glucose, cholesterol, BMI) it may just save your life."

### Primary Health Care

### Teresa Marsh, RN, RCC Southern and Central Regions

"I was attracted to nursing from age four. My mother told me this and for as far as I can remember. I entered nursing because I wanted to help humanity. I completed my RN and Midwifery certification in Cape Town South Africa. After four years of studying I realized that I wanted to be a Psychiatric nurse. I completed my registration and work in Psychiatry, Addictions and Mental Health. I then became interested in teaching and completed a degree in Nursing Education and Community Health Nursing Science. That was rewarding."

"I immigrated to Canada in 1992. I went back to school and completed a Masters degree in Psychology. I found my private practice and I focus was more on addiction and Trauma. I love the work with a passion. Today I feel the same. I am in it because I do believe that the Creator gave the gift of caring. I am honoured to be working with the Nuu-chah-nulth Tribal Council"

### Community & Human Services Nursing Program Administrative Team

### Sandra Ethier, Clinical Services Assistant - All Regions

I joined the Nuu-chah-nulth Nursing team in the summer of 2005 with 25 years experience working in administration and accounting in the forest industry. I have also attended both Malaspina College and North Island

College. I am delighted that my journey has brought me to work in Nuu-chah-nulth health services.

Our nursing staff, in accordance with our nursing framework, is dedicated to promoting the full spiritual, emotional, mental, and physical potential of individual, families and communities. Together we ask for protection, strength and guidance from Naas. Together we show compassion, respect, and dignity from conception to death. It is rewarding to work in this environment with these values.

### Bella Fred, Administrative Assistant - All Regions

"My name is Bella Fred. I've worked at the NTC for past six years. My education is in finance. I have a Bachelor of Arts Degree with a major in Business (Accounting Option). My original goal was to obtain a professional accounting designation and work in the accounting field, but after completing my degree, I just wanted to take a break from school and work for awhile."

I've really enjoyed working as an assistant in Health Services and haven't really pursued a career in accounting since. I worked as the NTC Non-Insured Health Benefits Clerk for five and a half years. This experience really broadened my knowledge of services available to First Nations people. Currently, I am working as a Nursing Administrative Assistant. I've enjoyed working in this department which provides much necessary nursing services to our Nuu-chah-nulth communities. To me it is rewarding to know that these services are available in our communities."

### Phyllis Biggs, Administrative Assistant (Casual) - All Regions

On my path to self improvement, I enrolled in the Human Service Worker Program. The awareness that was brought forward not only for me but for others was a pivotal turning point in my life. I discovered that I enjoy working with people, and with my education background in Administration I chose to work in the Social Service field."

As well as the Human Service Worker Certificate, I also have Administrative Office Management, Volunteer Management, computer and many mini courses in the Social Service field."

I have an interesting variety of career paths, but my relevant ones are: Port Alberni Women's Resource Society as Special Project and Volunteer Coordinator; Port Alberni Friendship Centre as Administrative Assistant; Tsawaayus (Rainbow Gardens) as Office Support Worker; INEO Employment Services as Client Service Advisor; and currently Nuu-chah-nulth Tribal Council as Administrative Assistant."

The best reward is the many people I have met over the years from all walks of life, whether they were coworkers or

clients. I have discovered that each person has their own trials and triumphs, their own weaknesses and strengths and that everyone has something to learn and something to teach, if only we take the time to listen and hear.

### Chris Lemphers, RN., B.N., M. Ed. Acting Nurse Manager

I entered Nursing in the early 70's as I was interested in working with people and helping in the area of health. My nursing career has been interspersed breaks of education that found me returning to various parts of Canada. My original nursing diploma was at Vancouver City College in Vancouver that was followed several years later with a stint in Dalhousie University in Halifax to complete my Bachelor of Nursing degree. My Masters in Education was completed at the University of BC in 1984.

My Nursing career has provided me with an opportunity to travel the length and breadth of Canada. Much of my Nursing career has been with the Federal Government and included such areas as the Queen Charlotte Islands to Alberta and Labrador. I am proud to say that all of my Nursing practice experience has been with First Nations people from the Haida to the Cree and now to the Nuu-chah-nulth people of Vancouver Island. Two years ago, I retired from the federal government and relocated to Vancouver Island. For a short while I enjoyed the extra time I had, but the call of Nursing was there again. I connected with Jeannette Watts who I had met many years ago when I did community health nursing and serviced the northern NTC region from Campbell River. Jeannette invited me to come and help out with the CHN Nursing Supervisor position."

Nursing has been a great passport to a journey through life, one that I would recommend to the youth of the Nuu-chah-nulth communities."

### Jeannette Watts, BScN, MPH

Jeannette is currently on a leave of absence. We will need to catch up on her profile upon her return.

The next deadline for submissions to Ha-Shilth-Sa is May 1.



The Nuu-chah-nulth Tribal Council honored the NTC administrative staff with a luncheon held April 21 at the Coast Hospitality Inn in Port Alberni. All of the administrative staff in each department received a bouquet of flowers and were thanked and acknowledged for all of their hard work.



## Thank You

25 years ago, on April 21, 1984, the Tla-o-qui-aht Hereditary Chiefs and Band Council took a courageous and farsighted decision to declare the Meares Island Tribal Park. As a result of that declaration and the actions of the Friends of Clayoquot Sound and the support of many Tla-o-qui-aht band members and residents of Tofino, we are all able to enjoy today, the forested jewel which is Meares Island.

KLECO KLECO

Maureen Fraser  
Common Loaf Bake Shop



Wiisahii?ap(Keeping Healthy)  
Huppiipctat (Helping Each Other)

Would you like to learn how to manage your health and improve your quality of life?  
Do you have any of the following conditions?

- ▼ Cerebrovascular Disease (Stroke, Transient ischemic attack (TIA))
- ▼ Chronic Kidney Disease
- ▼ Congestive Heart Failure
- ▼ COPD (Chronic Obstructive Pulmonary Disease)
- ▼ Diabetes
- ▼ Depression/Anxiety
- ▼ Disorders of Lipoid Metabolism
- ▼ Hypertension (High blood Pressure)
- ▼ Ischemic Heart Disease

The Healthy Living Program and Home Care Program is providing sessions using a Nuu-chah-nulth Approach to managing our health. This approach considers the whole person rather than the symptoms of disease. A holistic approach is balancing various aspects of the whole person which is our spiritual, mental, emotional, and physical health. Traditional culture and spirituality remains an important source of strength in the Nuu-chah-nulth communities. You will learn and understand ways to manage your symptoms. The goal is to help Nuu-chah-nulth people improve your quality of life.

2009 Schedule as follows:

Ucluellet (Toquaht Band Office, downstairs) May 4, 5, 6  
Port Alberni: (TBD) May 20, 21, 22  
Port Alberni: Tseshant Admin Building: June 2, 3, 4

Please call Matilda Atleo, Healthy Living Worker, Home Care Nurse, or CHR to register

## Uu-a-thluk (NTC Fisheries): Program Delivery Assistant

The Nuu-chah-nulth Tribal Council is seeking a reliable, highly motivated Program Delivery Assistant to perform a variety of complex administrative duties to support the unique and forward-thinking Uu-a-thluk team achieve its objectives. Uu-a-thluk is the Fisheries Department of the NTC. Based out of Port Alberni, the Program Delivery Assistant is supervised by the Uu-a-thluk Program Manager and works with other Uu-a-thluk and NTC professional staff and contractors. The Uu-a-thluk Program Delivery Assistant administers the efficient delivery of Uu-a-thluk services to the 14 member Nations of the Nuu-chah-nulth Tribal Council, their communities, and their members.

### Uu-a-thluk's core objectives are to:

- Increase Nuu-chah-nulth food, ceremonial, and economic access to fisheries resources;
- Increase Nuu-chah-nulth management authority for fisheries resources; and
- Increase Nuu-chah-nulth employment through jobs and careers related to Nuu-chah-nulth fisheries resources.

### Position Responsibilities

Supervise and maintain financial and reporting information for Uu-a-thluk - examples include:

- Coding and authorization of accounts payable/receivable and travel claims
- Summarize monthly, quarterly, and annual financial information for budget tracking and reporting
- Track and prepare AFS funding transfers to First Nations; work with Nations to support reporting
- Prepare and monitor contracts and budgets

### Perform Various Administrative duties, including:

- Respond to requests for information from Nuu-chah-nulth, NTC staff, government staff, and others
- Provide support, coordination, and follow up for Uu-a-thluk meetings
- Assist Uu-a-thluk staff and contractors with effective delivery of services to member Nations

### Qualifications

- A high school diploma/GED, post-secondary experience/degree desirable
- Type 40 wpm; accounting skills; proficiency with MS Word, Excel, Outlook, accounting, etc.
- Excellent oral and written communication skills
- Sound knowledge of general office practices and procedures
- Able to act with tact and diplomacy, meet deadlines, and maintain effective working relationships
- Demonstrated ability to multi-task, plan activities, and prioritize workload
- A car and valid driver's licence

Salary: \$33,500 to \$43,300 depending on qualifications.

Apply by **May 4, 2009** by sending your cover letter and resume to:

Nuu-chah-nulth Tribal Council  
PO Box 1383  
Port Alberni, BC V9Y 7M2  
Fax: (250) 723-0463  
Email: hr@nuuchahnulth.org  
Attn: Human Resource Manager  
Email: hr@nuuchahnulth.org



Nuu-chah-nulth Tribal Council

The next deadline for submissions to Ha-Shilth-Sa is May 1.

## WORK OPPORTUNITY

### Part-time Treaty Administrative Assistant

The Nuu-chah-nulth Tribal Council Treaty Table is seeking a reliable, highly motivated Administrative Assistant (part-time) to perform a variety of complex administrative duties supporting the Treaty Department on a part time basis. Based out of the NTC office in Port Alberni, the Administrative Assistant is under the general supervision of the Treaty Manager and works with other Treaty Department contractors and NTC professional staff.

### Responsibilities will include:

- Receiving calls from member nations, government agencies and other external agencies;
- Data entry, organization and filing of information and maintaining confidentiality on all files;
- Coding and authorization of accounts payables, receivables, and travel claims;
- Track and record funding agreements, maintain calendar for reporting due dates;
- Compile information as required for reporting to funding agencies;
- Providing logistical support for departmental meetings and record minutes;

### Qualification:

- A minimum of a high school diploma/GED, with preference for post-secondary office administrative training (sound knowledge of general office practices);
- Proficiency with PC computer software applications (e.g., MS Word, Excel, and Outlook);
- Excellent verbal and written communication skills;
- Able to act with tact and diplomacy, meet deadlines, and maintain effective working relationships;
- A car and valid driver's licence;
- Acceptable references and criminal record check.

For further information contact Celeste Haldane at: 250.724-3939.

Apply by **May 1, 2009** by sending your cover letter and resume to:

Nuu-chah-nulth Tribal Council  
P.O. Box 1383  
Port Alberni, B.C. V9Y 7M2  
Attn.: Human Resource Manager  
Fax: (250) 723-0463  
Email: hr@nuuchahnulth.org



Nuu-chah-nulth Tribal Council



The Port Alberni Friendship Centre was home to a photography exhibit on April 18. The First Nations Youth Photography Club of Clayoquot Sound was on hand to talk about their work and encourage the start of a local chapter.

## Photography Club showcases its work

By Jack F. Little  
Ha-Shilth-Sa Reporter

**Port Alberni**—The First Nations Youth Photography Club of Clayoquot Sound and the Port Alberni Friendship Center (PAFC) teamed up to host a photo exhibition and slide show on April 18.

Irene Robinson, Family Literacy Coordinator, and Celina Tuttle from the Make It Happen Society in Tofino coordinated the gathering.

"We're very excited with bringing the youth to the friendship centre. Their work is amazing and I hope this show will help to launch a local chapter of the photography club," said Robinson. One of her goals with the Family Literacy Program is to reach out to the young people of the area. Robinson believes that establishing a local youth photography club would fit well with the literacy program goals.

Tuttle has been instrumental in the formation of the Clayoquot Sound

photography club. It was established in 2006 through Make It Happen—Nurturing Youth and Community Capacities, a non-profit society in Tofino.

"The youth photography club is open to any youth from the area to join. Currently we have 25 members from the communities of Ahousaht, Tla-o-qui-aht, Hesquiaht and Ucluellet First Nations from the Nuu-chah-nulth Tribal Council Central Region. Tuttle said the youth are between the ages of 13 and 24; however, Tuttle said the society is open to others who are older too.

The club has shown its work at the Talking Stick Festival in Vancouver and the Sooke Museum in Victoria. The Pacific Rim Arts Society sponsored these trips for the group.

They have also shown in the National Aboriginal Day celebration in Ottawa.

Sisters Laura Manson and Marie Lucas Manson both have been members of the club for one year. Laura is 24 and her sister 13. They are from Tla-o-qui-aht First Nation.

Continued on page 15.



Lance Williams and Nate George watch as artist Clifford George works on a 20-foot red cedar log that the students of Ucluellet Secondary School will help carve in the school's totem carving project.

## Grassroots efforts bring totem carving to students

By Denise Titian  
Ha-Shilth-Sa Reporter

**Ucluellet**—It took four long years but the staff at Ucluellet Secondary School is pleased to announce they have raised enough funds to begin a major totem carving project.

Ucluellet First Nation artist Clifford George was hired to teach students the art of carving in cedar. They will carve their own designs in a cedar pole that will eventually grace the entrance to the school.

Principal Carol Sedgwick said this is an amazing project for kids.

"We've been able to do smaller ones, culturally like beading, making dance shawls, artwork and language, but nothing this big," she said.

She is pleased that such a major project has the capacity to allow any student in school to take part in it.

"It will help to build relationships between the students no matter what their background," Sedgwick said.

Ucluellet First Nation education liaison Gert Touchie said the school began raising funds for the project about four years before when they raffled off a television set at Uke Days. At that time Ucluellet First Nation donated the 20-foot red cedar log, but there was no budget in place to hire a carver and purchase tools.

To date they've raised just over \$16,000 thanks to financial contributions from School District #70, the Nuu-chah-nulth Tribal Council, BC Hydro, USS Parent Advisory Committee, Clayoquot Biosphere Trust, Ucluellet First Nation and the Alberni Clayoquot Regional District.

The school held a poster contest earlier in the year where students made designs that would be considered for use on the pole.

Three designs were selected: Lara Timmerman designed the bear, Jalmer Wenstob designed the eagle and Terri Touchie designed the Orca.

Students may earn course credits for working on the projects.

"If they would rather carve than take, say foods, then they can use the project as an elective," said Gert.

All students are invited to work on the project whether they want to earn course credits or even if they just have the desire to learn how to carve.

Fundraising efforts at the school continue so that the remaining \$4,000 will be in place to complete the project by the end of the school year in June. Ucluellet Secondary School is gratefully accepting donations.

## Residential School Compensation

There is a Time Limit on Claiming Compensation!

Any survivor who was hurt sexually or physically at

Residential School should make a claim

for compensation as soon as they can.

Scott Hall, Lawyer

1-800-435-6625 FREE



Scott Hall  
Lawyer



Margaret Eaton  
Legal Assistant



Erin White  
Legal Assistant



Shirley White  
Legal Assistant

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# Community Beyond

## Here We Come - The Animal Kingdom April 22 and 23 West Coast

We invite families with young children to come and enjoy a Health, Wellness and Development Event. Families are welcomed to come and meet some of the community service people who are here to support children's healthy development such as dental, vision, nutrition, speech and language, hearing and early learning. Please come and join us at the following locations: April 22 - Ucluelet Elementary School 4 p.m. to 6 p.m. April 23 - Wickaninnish Community School 4 p.m. to 6 p.m. Please allow one hour to complete your visit. For further information please call: Theresa Gereluk or Katrina Connell at 250-723-0001, or Stacey Manson at 250-720-2778.

## 15 and Under Basketball All Native April 24 to 26 Port Alberni

Boys division and girls division. To be held at the Alberni Athletic Hall. \$175 entry fee. Contact bruceclucas59@hotmail.com.

## Celebrations Of Life April 25 Gold River

On Feb. 21 at Wahmeesh gym, Jimmy Johnson and Hilary Savoy of the Mowachaht/Muchalaht First Nations are hosting a Celebrations Of Life for their son Collin. The doors in Gold River at the Wah-Meesh Gym will open at 4 pm. Come join us for dinner along with singing and dancing. For more information please contact Hilary at (250)283-2545 or (250)283-2349.

## Flea Market & Loonie Toonie April 26 Hupacasath

AJ's Sports & Promotion Fundraiser. Flea Market starts at 9 a.m. to 3 p.m. Loonie Toonie Ticket Sales Starts: 9 a.m. Loonie Toonie Draws will start at 1 p.m. To be held at the House of Gathering. Follow the balloons. For tables call 753-2513. Hello, my name is Lila Charleson and my spouse is Geno John. We are hosting a flea market & loonie toonie to fundraise for our daughter Amber John's Basketball Camp Fees. This 2009 summer, Amber will be attending basketball camps at Simon Frazer University (SFU), University of British Columbia (UBC) and Seattle Storm's Basketball Camp (WNBA). The basketball camps are being held in June, July and August. These camps will support Amber's passion for the game of basketball by letting her experience: the proper training and skills to develop the basics of basketball and when suitable the chance to advance her skills; the chance to meet new friends, coaches, assistant coaches, trainers and highly-ranked basketball players from BC's Basketball Universities and the WNBA; the anticipation of travelling to different places. Amber also plays basketball locally here in Nanaimo with her school team with the Grade 6 & 7 teams. Amber also plays in a Steve Nash League twice a year. Amber will be at the fundraiser to help raise the funds needed to cover the cost of these camps. We thank you for taking time to read this article and give further thanks to all that turn up to the Flea Market & Loonie Toonie on Sunday April 26 to support our daughter Amber John.

## First Peoples arts Outreach Workshop April 28 Tseshaht

Developing Your Artists Portfolio: To be held at the Band Office (Great Room), 5091 Mission Road, Port Alberni from 9 a.m. to 4 p.m. Lunch and Snacks will be provided. The focus of this workshop will be on introducing the core elements of an artist's portfolio, while providing a framework for presenting oneself as a professional artist. We will also offer practical tips on

developing some of the tools artists need to access a variety of arts funding opportunities, as well as touch on considerations when photographing art work. Registration required. Please contact Jennifer Gallic, NEDC Business Services Officer @ 250-724-3131 or (toll-free) 1-866-444-6332 or email: jennifer@nedc.info. Cost: Free.

## Protecting The Sacred April 30 to May 7 Scwene7am - 6 Mile

International Indigenous Leadership Gathering hosted by t'it'et St'at'imc Territory. Our Focus: Sacred knowledge - embracing the guidance of the ancestors; Sacred lands - respecting the rhythms of Mother Earth; Sacred children - nurturing the young ones, both near and far; Sacred generations - providing for the grandchildren, for all humanity. With Guests: Merepeka Henley, Lee Brown, Isaac Bishara, Frank Austin Many Horses, Felipe Garcia, Donna Goodwater, David Suzuki, Bucky Preston, Art Manuel Angaangaq, Lyberth, Arvol Lookinghorse, Calixta Gabriel Xiquin... Sweats held each morning at 5 a.m. For more info, registration, camping space, or to volunteer contact Gina at (250) 256-7523 or email .

## Eva & Moose Frank Memorial dinner May 23 Ahousaht

Louie Frank Sr. regrets to inform family and friends that he has postponed the memorial dinner for his late wife and son due to the recent passing of his sister-in-law Irene Frank. Originally scheduled for April 17, the celebration has been moved to May 23, 5 p.m. at the Thunderbird Hall, Ahousaht. It will soon be a year since I lost my wife Eva, and at the luncheon after her funeral we said in a year's time we would invite all our friends, family and relatives back here to thank you all for your love and support over our trying times of 2007/08. So now, I personally, together with my family, invite you all to come and join us with a meal of thanksgiving for the lives of Eva and Moose. I know, I've shared time with many of you, both in joy and in sorry and that's the reason I would like to share my joy in having had Eva for five years as a wife and Moose for 49 years as a son. Come May 23 at 5 pm at the thunderbird Hall in Ahousaht. There will be a dinner and a few dances to follow. Travel from Tofino to Ahousaht will be available. We would be greatly honored if you would attend. Thank you for your friendship. Louie Frank and family.

## Tic Kaa Ii Kwink Games July 2 to 5 Zeballos

The Ehattesaht Tribe is hosting the Tic Kaa Ii Kwink (Northern Region) Games 2009 in Zeballos on July 2 to 5. This is our 8th annual games. More information at a later date. Cherie John, Northern Region Games Coordinator.

## Chuck Windsor and Naomi Howard Wedding July 8 Campbell River

Wedding Announcement: Chuck Windsor & Naomi Howard would like to announce their Wedding Day, July 8, 2009 at the Thunderbird Hall, Campbell River BC. Please join us in celebrating. For more information or questions please email: sweetcashes@hotmail.com

## Annual BC Elders Gathering July 13, 14, 15 Terrace, BC

At the Terrace Arena. Groups are already booking rooms in Kitamaat as Terrace is booked up. Contact Group: Nisga'a Nation Elders Association. Address 5200 Skateen Ave. New Aiyansh, BC V0J 1A0. Phone: 250-633-2242 or fax: 250-633-2265



Stan Matthew

## Looking for volunteers

By Jack F. Little  
Ha-Shilth-Sa Reporter

Nanaimo—Stan Matthew, who is originally from the Tla-o-qui-aht First Nation, is looking for volunteers to help him put in 100 hours of service so that he can attain his certificate in the area of hypnotherapy.

Matthew is currently living in Nanaimo and is employed by the Inter Tribal Health Authority as an Outreach Co-ordinator with the First Nations House of Healing.

His late parents were Andrew and Lucy Matthew from Tla-o-qui-aht. Matthew comes from a large family. His siblings include Monica Paul, Phyllis Shaw, Esther and Pam Matthew, and Tony Matthew. He also had three siblings who have passed on.

Matthew's has emerged from a troubled upbringing from when he was a child and has had life changing experiences that have made his life better. He has been on quite a journey in the last 20 years, experiencing personal and professional growth.

Matthew has had a variety of training which has included counseling in trauma and addictions.

Some of his workshops have included providing counseling to children, youth, adults and elders. A few examples include family dynamics, healing with humor and the law of attraction. All of his experiences in these sessions have included children to elder ages.

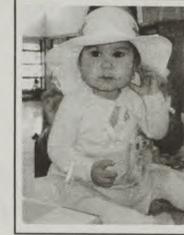
Matthews is well known for his wonderful sense of humor and his engaging methods of bringing others out of their comfort zone in order to join him in bringing laughter to any group setting.

Matthew respects and values helping people and he uses humor as one of the tools to guide his way through sessions of counseling or workshops.

Continued on page 16.

## Birthdays & congratulations

Happy belated 4th birthday to our Danica Mack on April 9th. Baby, we wish you an awesome day. Love you. With tons of love, hugs and kisses, from Mom, Dad, Collin, Miranda, and Baby-Jenn.



"Happy birthday to Jada Ross on May 3. With love, hugs and kisses from Annie, Dave, Dave Jr, Nate & Jen Watts.

Happy birthday to my sweet granddaughter, Larissa Thomas. Happy 1st birthday sweetheart! We love you! Love always, Grandma Jackie and Wilson. Happy birthday to my niece, Larissa Thomas, on April 29. Love you! Hugs and kisses on your special day! From Uncle Matt, Evelyn and Cousin Mathew Jr.

I would like to wish a very, very, very special baby girl. My daughter Mariah Kelsey Emily Mary John a happy 7th

birthday on May 7. I love and miss you baby. Hope you enjoy your special day. I'll be thinking of you and that special day you were born, just like it was yesterday! Love you sweetheart. From your mom (Pauline) and your brother Clarence.

We'd like to wish my two beautiful nieces, cousins Heidi Amos and Lucy Vincent, a happy birthday on May 25. Hope you two enjoy your special day. I love and miss you guys...be careful!

## Uu-a-thluk Capacity Building Intern

Uu-a-thluk is looking for a Capacity Building Intern to work from May 19 to September 4, 2009. The successful applicant will work with the Uu-a-thluk team based in Port Alberni to increase Nuu-chah-nulth participation in careers related to sea resources. Activities will include helping to deliver and plan Uu-a-thluk's community education program, helping to coordinate community seafood harvests and a feast, and assisting with educational presentations. Uu-a-thluk staff will provide training and mentoring in relevant job skills. This position is only available to Nuu-chah-nulth candidates.

The ideal candidate will have the following skills:

- Computer use, including MS Word, Excel, e-mail, and the Internet.
- Strong people skills.
- Strong desire to learn about and promote Nuu-chah-nulth cultural connections to the ocean.
- The ability to work independently and as part of a team.
- The ability to travel, occasionally overnight.

A class 5 licence and access to a vehicle would be an asset for this position. To apply, submit your resume and cover letter to:

Uu-a-thluk, Nuu-chah-nulth Tribal Council,  
Box 1383, Port Alberni, BC V9Y 7M2  
Attention: Norine Messer  
Fax: 250-724-2172  
Email: norinemesser@hotmail.com

Only those candidates short-listed will be contacted for an interview.  
CLOSING DATE: Friday, May 8, 2009.



GAIL T. MORRIS

Gail is from the Ahousaht First Nation. For those who do not know her, here is some information on her lineage. These are the names of her family members: Burma Morris (mother); Maude (Titian) Jones (grandmother); Thomas Morris (grandfather); Pawa (great grandmother) and Jack Morris (great grandfather), Susan Seitcher (great grandmother) and Imscha (sp) (great grandfather). Gail has graduated from the following programs: Associates of Arts Degree, June 2001, Dietetics Technology Degree, June 1999. She has attended Shoreline Community College in Washington. Gail was also the president of The First Nations Club on campus, and received The Student Service Award which only two of two thousand received this award. Currently, she is in the First Peoples Program at Antioch University, in Auburn, Washington, Muckleshoot Tribal College. Gail has completed her undergraduate degree, and has received her teachers certification in grades K-8, and is working on two added endorsements in science and health. At this time, she works at the Office of Indian Education in the Edmonds School District #15. Gail works with American Indians, Alaskan Natives, and other First Nations students and families. Gail is currently in the Masters in Education Program at Antioch University where she will focus on Administration and/or Curriculum Development, eventually getting her certification as a principal. Gail is committed to working in the Native community for life as a life-long learner. Her advice to future students is to do what makes them happy. Gail says, "I am fortunate to be a Nuu-chah-nulth woman, and my goal is to be able to come home and be welcomed to teach Native children in my community. Also volunteer in your community, nothing builds community and credibility like volunteering it also makes you feel good! I encourage other Native learners to do the same in any field they choose and no matter how challenging it becomes, stick with it because the rewards are insurmountable."

From Auntie Pauline Vincent and your cousin Clarence John.

Happy birthday to the cutest little girl in Nanaimo Jada Ross on May 3. Love you! From Annie and Dave.

I would like to wish my sister Natalie Jack and (brother-in-law) Henry Jack and my brother Paul Vincent and (my sister in law) Velina a happy anniversary on May 10. And many, many more to come. Hope all of you enjoy your special day. Love you all. From your sister Pauline Vincent.

Happy birthday to Laverne Williams of Ucluelet East Itatsoos. From your bro Lyle Williams and the Ross families.

April 17: Happy birthday Uncle Dave Watts and Auntie Matilda Joe. Love niece Pearl, Marvin and family. April birthdays—April 5: Happy birthday Auntie Barbara N. April 6: baby Caitlyn Wilson. April 8: Auntie Annabelle R. April 22: Sister-in-law Loretta; April 22: Darius. Hope you all had a great day.

Love from Marvin Sr., Pearl, Lisa, Mike, Marvin Jr., Violet Louise Tutube.

Happy 27th anniversary on April 30 Marvin C. Tutube. Love Pearl.

Happy 2th anniversary to Pearl and Marvin on April 30. From your Uncle Dave and (auntie:) Annie Watts and family.

May 1: Happy birthday Donna Mae. May 3: Uncle Earl T. May 8: Cousin Gina W. May 10: Uncles Herman and Sherman Watts. May 22: Happy birthday cousin Joe W. From Marvin, Pearl, Lisa, Micheal, Marvin Jr., Violet Tutube.

Happy Mother's Day sis Nancy, Ang, Samara, Auntie Wendy, Auntie Barbra, Auntie Annabelle, Sherry R, Annie W., Matilda Joe, Ang Joe, Gerry Joe, Judy Joe. All have a great Mother's Day. Love Pearl, Marvin and kids.

Happy Mother's Day to Pearl Wilson! You have a great day too!

## Photography exhibition

Continued from page 13.

"I became interested in photography through a friend and I love taking pictures of nature, especially flowers and sunsets," said Laura.

Marie is a Grade 9 and attends Ucluelet Secondary School (USS).

"I may be interested in doing more photography and attending university to pursue photography. Currently I am doing it only as a hobby as I enjoy taking pictures of scenery," said Marie.

Phylcia Mickey, 13, is originally from Hesquiaht. Mickey is in Grade 8 at USS. Like a few of her youth club members, Mickey loves to take pictures of nature, especially trees, flowers and birds.

Veronica Thomas lives in Tofino and attends Wickaninnish Community School. She is in Grade 7. Thomas is originally from Ahousaht. Recently Thomas took a picture of two lions while she was at the zoo in Toronto. This picture was a part of the display. Thomas also made the frame that the picture was in. She has only been a member of the

youth club since January and also is 13 years old.

Tamara Jackson, 15, is from Tla-o-qui-aht. She too attends the USS and is in Grade 9.

"I have been involved with the photography club for the last two years and I started when I received my own camera. I really love to take pictures on the beach, especially sunrises and sunsets," said Jackson. She lives in Esowista. She even got her mother Cecelia started in photography.

The Clayquot Sound club has already been featured on the Canadian Geographic Photo Club Web site and recently won the Youth Club of the Month in November of 2008.

If anyone is interested in joining, contact Celine Tuttle at the Make It Happen Society in Tofino at 1-250-725-2533 or email her at celina.t@telus.net. If you are interested in starting a youth photography club in Port Alberni, contact Irene Robinson at the PAFC 250-724-5757 or e-mail her at irobinson@pafriendshipcenter.com.

## Uu-a-thluk Fisheries Intern

Uu-a-thluk is looking for a Fisheries Intern to work from May 19 to September 4, 2009. The successful applicant will work with the Uu-a-thluk team based in one of the three NTC regional offices to increase Nuu-chah-nulth access to and management of sea resources. Activities will include working on a wide variety of fisheries projects and duties, including office administration and field work. Uu-a-thluk staff will provide training and mentoring in relevant job skills. This position is only available to Nuu-chah-nulth candidates.

The ideal candidate will have the following skills:

- Computer use, including MS Word, Excel, e-mail, and the Internet.
- Written and verbal communications skills.
- The ability to work independently and as part of a team.
- Good physical fitness.
- Comfort around the water and in boats.
- The ability to travel, occasionally overnight.

A class 5 licence, access to a vehicle, and knowledge of Nuu-chah-nulth fisheries operations are assets for this position. To apply, submit your resume and cover letter to:

Uu-a-thluk, Nuu-chah-nulth Tribal Council,  
Box 1383, Port Alberni, BC V9Y 7M2  
Attention: Norine Messer  
Fax: 250-724-2172  
Email: norinemesser@hotmail.com

Only those candidates short-listed will be contacted for an interview.

CLOSING DATE: Friday, May 8, 2009

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

## Practicum requires 100 hours of community service

Continued from page 14.

"In order to complete and attain my certificate in the field of hypnosis I am required to do 100 hours of practicum. For the next two to and a half plus months I will be looking for volunteers to fulfill my obligation to complete 100 hours of practicum," said Mathew. His practicum must be completed by May 31.

One of the goals that Mathew has had is to start his own business and this is what Mathew would like to do in the near future.

"For a majority of my life I have been in the field of helping our people deal with trauma, addictions and counseling our people to help them overcome adversity they have faced," Mathew said.

One of Mathew's strengths, which

has helped him to overcome difficult times in his life, has been his down to earth manner that is well balanced by the zany and humorous side of his personality.

"I believe that anyone can achieve their true potential, regardless of age, race, background and different life experiences, and one does this by tackling the tough issues one may have from their past," said Mathew.

He added that one can always learn from the past life experiences if one is willing to open themselves up to counseling and other techniques that may assist them in their personal growth.

Mathew strongly believes in sharing his life philosophies, and encourages self awareness, self identity and a holistic belief that one can recover from their past and move forward into their future.

## Feds sign Maa-nulth

Continued from page 5

The minister announced that the province has decided not to wait for the treaty to go through the legislature. In a gesture of goodwill, de Jong announced that British Columbia will begin the transfer of six parcels of land to the Maa-nulth nations immediately.

Huu-ay-aht receives 35 hectares of waterfront property; Toquaht gets 19 hectares and Uchucklesaht will get 55 acres of land.

Kyuquot/Checklesah receives 1.8 hectares of land and Fair Harbour. Ucluelet First Nation gets 35 hectares of land adjoining Pacific Rim National Park Reserve.

"Folks, we're getting on with it. We're building a new relationship!" said de Jong.

When asked how he feels about seeing the final treaty signed, elder Benson Nookemus said, "Well, it's a good thing to do away with Indian Affairs." He went on to say that his people couldn't do anything for

themselves before because of DIA regulations.

"For example, we had a big storm and hundreds of trees fell around Pachena, and we couldn't touch it until they said we could," he explained. Now, with a final treaty in place, Nookemus looks forward to his people having the ability to do business. "They (DIAND) had too much say in our tribe," he said.

According to a provincial government source the Maa-nulth treaty will provide a capital transfer of \$73.1 million, annual resource revenue payments projected to be \$1.2 million for 25 years and a land package totaling approximately 24,550 hectares to the five First Nations. Additionally, the treaty defines the Maa-nulth nations' rights and title, including ownership and management of lands and resources, and there are provisions for self governance.

There will be no more reserves for Maa-nulth nations, they will own their land in fee simple and tax exemption status will be phased out.

"Adversity does not build character. It reveals it," Mathew said. He himself is a true testament to this teaching which he passes on to clients in a workshop or counseling session.

Mathew is being trained by the Cross Roads Training Institute of Clinical Hypnotherapy and his Instructor is Dr.

Brick Saunderson. If you are interested in volunteering you can contact Stan by email. His email address is smatthew@gmail.com, or you can call him at 1-250-739-4287. Mathew assures that your experience in hypnosis will be safe and he would greatly appreciate your cooperation.

## Mowachaht/Muchalaht First Nation Members

We are in the process of updating our membership's current mailing address, phone number or e-mail.

Please contact Tracy Amos at:  
Toll Free: 1-800-238-2933 at extension 1361  
Or e-mail to [tracy.amos@yuquot.ca](mailto:tracy.amos@yuquot.ca)

## Kakawis Logo and Name Contest

KAKAWIS IS MOVING TO THE NEW BEAVER CREEK SITE IN THE ALBERNI VALLEY. CONSTRUCTION IS EXPECTED TO BE COMPLETED BY NOVEMBER AND THE NEW FACILITY WILL OPEN ITS DOORS BY JANUARY 2010.

KAKAWIS WILL BE CHANGING THEIR NAME AND WE WOULD LIKE TO INVITE ALL ARTISTS AND CREATIVE SPIRITS TO ENTER YOUR SUGGESTED NAMES AND/OR LOGOS.

**\$250.00 PRIZE FOR BEST NAME**  
**\$250.00 PRIZE FOR BEST LOGO**  
**CONTEST DEADLINE - MAY 31ST 2009**

SEND ALL ENTRIES TO:

KAKAWIS FAMILY DEVELOPMENT CENTRE  
PO Box 17  
TOFINO, BC V0R 2Z0

OR BY EMAIL: [execdir@kakawis.org](mailto:execdir@kakawis.org)

**WHO ARE YOU?**

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For more information call:  
1-866-291-7091  
check out [www.fafp.ca](http://www.fafp.ca)  
Or [www.fosterbc.ca](http://www.fosterbc.ca)

## Family members given names, take on responsibilities

Continued from page 1.

"My father was the last warrior who, as a part of his initiation, had to be put up hanging from hooks put in and through his back. I believe him because I saw his scars," said Williams.

There was also a picture of another man who was to be the Beach Keeper. These were all very important roles for the tyee from Che:k'tles7et'h'. Another important part of the curtain is the Thunder Bird, which sits above the longhouse. In the Thunder Bird picture is a picture representing the current tyee ha'wilt' Hy-yoush-tulth.

After lunch T'la-o-qui-aht would have the floor first and would be followed by Too-tah's relatives from Makah Nation.

Moo-chink (Bruce Frank) presented gifts to Too-tah on his family's behalf, as well as his relatives from Makah.

Chief Nook-e-mus (Robert Martin) and his family also thanked Too-tah and acknowledged their close family ties too Too-tah, as well as the sharing of four songs from the tyee ha'wilt' from Che:k'tles7et'h'.

"We still use two of these songs and dances all of the time and we want to publicly acknowledge Hy-yoush-tulth for the generosity of your house," said Chief Nook-e-mus through speaker Ke-kein.

Too-tah then gave all of his children names and announced that he was giving all of his responsibilities away too, this included as the speaker, beach keeper and warrior, which were all titles and responsibilities that he currently had.

Too-tah's oldest daughter Cecelia Arnet received the name Maq-hua-ak-asup; Barney Williams Jr. received the name



Too-tah looks over his curtain and Ke-kein speaks about the family history on it.



The family of Tyee Ha'wilt' Hy-yoush-tulth Francis Gillette (left of Too-tah) adopted Too-tah's family into the Che:k'tles7et'h' nation. The tyee was acknowledged for their generosity and honored with many gifts.

name Nuu-ltha-ma and Ben Williams received the name Cha-chims-sa-nup; his daughter Rose Fred received the name

Winq-uk-is-aksup (woman from kelp beach) and she also took Too-tah's role as the Beach Keeper.

Patrick Williams received the name Ha-stagh-supee which means a bright star; Cherie Williams received the name Tse-quaats (singing woman like a bird) and David Williams received the name Ta-is-sim (holding something up to heaven). Pierre Williams had the honor of receiving the name Too-tah, which means thunder. Pierre also now has the head warrior position, a seat that was had by Barney Williams Sr.

The next two names were John Fraser and Ron Frank who were adopted by the family. Fraser received the name Doogh-mis which means killing people. Frank received the name Ai-yup-wha-akee, (person who makes good, a generous person). Les Johnston, husband of Cherie, received the name Haa-wilt'win-as (a generous welcoming person).

Allan Smith received the name Ken-teet-stup. The name comes from an uncle from Quatsino. Smith also took over the responsibilities as the speaker for the tyee. This was another one of Williams' role that he officially was giving up.

His grand-daughter Ruth Ogilvie received the name Cha-win-is-uk-sup (connected with our land) and grand-son Charles was named Ha-weii-kosh.

Patsy Nicolay took over the role of being the speaker for the tribe.

Ray Samuel Sr. started day two with a prayer song that he and his wife Marie had composed. A few Nuu-chah-nulth singers then sang a couple of fun and entertainment songs.

Kelly John and his family were next to perform. John and his family asked all of the Williams family to stand as his son Dennis and other family members could see who they were closely related to. The community hall was then filled as members of the Williams family stood in a circle.

"It is really important to know who we are related to and I was also amazed at being able to witness our Che:k'tles7et'h' government in action yesterday as Too-tah (Barney Williams Sr.) shared his knowledge and wisdom with us all," said John.

Ke-kein spoke for the host Too-tah and thanked John for standing up his family and for sharing a few of his family's songs and dances.

Pat Charleson Sr. spoke and also thanked Too-tah for the invitation to witness the naming and celebration of life ceremonies.

"I have known Barney since my school days. Over the many years I have learned a lot from him, especially in fishing. I had the privilege of helping him to build boats and eventually I built my own boat," said Charleson.

Charleson also said that he was honored to witness Too-tah's history and said he will never forget what Too-tah has done for his tyee ha'wilt'.

Too-tah was much moved and he then said a few words.

"I would like to thank you all for your kind words you have all said to me. Sharing is very important to me and all of my family. We are all connected in some way. I am very blessed to have a large family and I have told all of my children that I have relatives all over Nuu-chah-nulth," said Too-tah.

It was stated that Too-tah has over 200 grand-children and also that it was his birthday. Everyone sang happy birthday to Too-tah then lunch was served to all of the guests.

The Nicolay family then performed, led by Hii-yup-shilth (Jimmy Nicolay), along with Ha'wilt' Bill Oscar. Oscar thanked the host Too-tah for all that he had done for the tyee and the Che:k'tles7et'h' people and said that he had heard his message of being a sharing person, especially when it comes to adoption.

Oscar said that he has adopted people and many other Che:k'tles7et'h' community members have also. Ray Samuel and a few of his family members sang a couple of songs and explained their family ties.

The host was next and they performed a song that Ke-kein and Barney Williams Jr. had composed. Family members danced and after the song and dance Too-tah presented the ha'wilt' and special guests with money as family members handed out gifts. It was also announced that the songs recently composed by Barney Williams Jr. and Ke-kein will go with the curtain along with the 12 shawls to the tyee ha'wilt' Hy-yoush-tulth.

Barney Williams Jr. then called on Nicolay's name is now T'loo-pin-ak-sup. This too was one of Williams' roles that he has handed over.

Ray Samuel Sr. started day two with a prayer song that he and his wife Marie had composed. A few Nuu-chah-nulth singers then sang a couple of fun and entertainment songs.

Kelly John and his family were next to

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**June 1:**  
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NAAF.CA

**Submissions for the next Ha-Shilth-Sa are due by May 1.**

**Mowachaht/Muchalaht**  
Community Celebration with Special Guests

A Celebration Signing between  
Mowachaht/Muchalaht First Nation and  
Covanta/Green Island Energy on:  
May 23, 2009  
Wahmcesh Gymnasium  
Isaxana Reserve  
@ 2pm to 6pm  
Dinner will be served!

PLEASE RSVP BY MAY 8, 2009 To:  
**MOWACHAHT/MUCHALAHT**

100 Oowatin Rd Isaxana  
Phone: 250-283-2015  
Fax: 250-283-2335  
E-mail: [tracy.amos@yuquot.ca](mailto:tracy.amos@yuquot.ca)

## Nation lays groundwork for community justice

By Denise Titian  
Ha-Shilth-Sa Reporter

**Hittatsoo**—With treaty implementation just around the corner and social problems still impacting the community, Ucluelet First Nation (UFN) reached out to its people to find community-based solutions to address justice issues.

More than 20 concerned members, mostly elders, attended the workshop held March 25 and 26. It was facilitated by Angela Wesley of Wes-Can Advisory Services.

"We're here to talk about a justice council and justice issues," she told the group as she opened the workshop dubbed "Taking responsibility for



Elder Barb Touchie discusses ideas about community justice during a workshop held in Hittatsoo on March 25 and 26. addressing our justice issues."

herself and her mother. Marjorie White is of HUU-ay-aht ancestry and has lived in Vancouver for most of her 73 years.

Wesley told her audience that her mother's roots come from Ucluelet First Nation. Marjorie has extensive experience in justice issues from her years of work in the corrections system and community services in Vancouver.

White worked 15 years with the Circle of Eagles Lodge, a halfway house for aboriginal men newly released from prison. She is knowledgeable about the resources available for people in the justice system and for those working in prevention and administration of community-based justice programs.

Tyson Touchie said his community has made previous attempts to deal with its justice issues. Some plans were developed for the community-based justice program by a now-defunct committee of a past UFN council.

Today's workshop, he said, is a continuation of that work which has now

become very important in light of the fact that UFN is very close to implementation of their treaty.

Another equally important reason for creating a community-based justice system is the youth. Touchie pointed out that the mainstream court system does not work for the young people. The people want a system that helps its youth move toward a healthier, happier lifestyle; one that incorporates traditional methods of correction.

Following introductions Wesley invited the group to help develop a UFN justice model by sharing what they know about traditional justice, what they've learned over the years about the contemporary justice system and how the two systems can be integrated into one that can be used in the community.

Participants were asked what they thought their justice issues are.

Ray Haipee said he wants the community rid of the drug and alcohol dealing that he says is destroying the younger generation. Other members agreed, saying they wanted the drug dealers and bootleggers in their community to stop what they are doing.

The elders shared ideas on how to prevent criminal activity and discussed alternatives to current corrective measures taken by the courts.

Tyson Touchie said his community has made previous attempts to deal with its justice issues. Some plans were developed for the community-based justice program by a now-defunct committee of a past UFN council.

Today's workshop, he said, is a continuation of that work which has now

Continued on page 19.



Frank Brown of Bella Bella is the subject of the film Voyage of Rediscovery, which tells the story of his banishment on an isolated island and how the experience changed his life around.

## Young man experiences traditional native justice

By Denise Titian  
Ha-Shilth-Sa Reporter

**Bella Bella, B.C.**—When Ucluelet First Nation hosted a workshop to discuss community justice they were treated to a powerful and uplifting story about a young Heiltsuk man, Frank Brown.

The film Voyage of Rediscovery was made in 1990 and tells of a First Nations community approach to traditional justice. It features Frank Brown, then, a troubled youth entangled in the justice system and on the road to self-destruction. It tells how family members, led by his uncle, turned young Frank around with a community-led, cultural model of correction.

Brown grew up with poor, alcoholic parents. When he was only eight years old, his father died in an alcohol-related boating accident. Frank began acting out and soon found himself in trouble with the law and with his people at Bella Bella.

"I was at the point where I didn't care anymore, not about myself or anyone else," he said in the film. Brown had been arrested after leading a group of youths in an armed robbery. He said he was beyond feeling hurt and would challenge others, saying "Bring it on. You can't really touch me."

He went on to say that getting to this frame of mind is what makes people dangerous.

"I should have been dead or in jail," he said.

Facing incarceration in the lower mainland, Frank's Uncle Robert, who considered Frank an adopted son, proposed to the judge an alternative approach to dealing with the troubled

youth. The judge agreed and allowed Bella Bella elders to 'banish' him to live in isolation on an island for eight months.

Once there Brown was forced to learn to care for himself and to look inside of himself in order to heal; in isolation he was able to come to terms with his past and reconcile with his family and community. The experience, he said, changed his life.

Ten years later the community was invited to take part in a quxua or washing off ceremony. During the ceremony Frank recounted his experiences on the island through dance and he apologized to those he hurt and thanked those that helped him.

The community, in turn, acknowledged that Brown's negative past is just that — the past, where it is to be left. He would move forward onto a healthier, more stable future with the support of his family and community.

The latter part of the film shows Brown's contribution to cultural revival in Bella Bella.

Angela Wesley, facilitator of the Ucluelet First Nation Justice Workshop, said she likes to call Frank Brown the father of the canoe journeys that take place every summer along the West Coast. She said it was he who spearheaded the first canoe journeys from Bella Bella.

Today Frank Brown is a motivational speaker.

Voyage of Rediscovery was made by Frank Brown and Phil Lucas. To order your copy, contact Moving Images Distribution, 606-402 W Pender St., Vancouver B.C. V6B 1T6 or call 250-245-2015 or email canoe1993@gmail.com. The purchase price is \$50.

## Both tenants and landlords have rights

By Anita Francoeur  
KUU-US Homeless Coordinator

Whether you are a first-time renter or experienced, finding the right place takes time. When looking at prospective rental, ask the following questions: Are the utilities included? What type of lease is required? Can you make changes? Why are the current tenants leaving? Are pets or smoking allowed? What is the neighborhood like? What security systems are in place? Do not forget to estimate the cost of extras such as laundry. Are appliances included? Is any form of provincial rent control in place? If not, what are the landlord's plans for future rent increases?

Questions a landlord can and cannot ask: Any landlord will want to figure out if you will be a good tenant, but only certain questions are allowed. A landlord needs to assess your ability to pay rent in a timely fashion, and to keep the premises in good repair. Be prepared to answer questions about personal credit and previous rental experiences. A landlord may also expect you to share references and contact information of former landlords. A landlord can ask you about your source of income, how many people will be living with you. Do you smoke? Could you provide written permission for a credit check?

A landlord cannot ask you if you plan to have more children, your ethnic background, religion, or sexual preference, or if your family will be visiting. A landlord cannot legally ask for your Social Insurance Number or marital status.

A rental agreement must stipulate the obligations of both parties, including when rent is due, who is responsible for utilities and other costs and maintenance of the property. Some agreements also stipulate whether parking is provided, if pets or smoking are allowed, and who is responsible for activities like shoveling snow and cutting grass. A tenant or landlord can obtain a standard rental agreement from most provincial authorities.

Tenancy (lease) agreements in writing are mandatory. A landlord is obligated to give the tenant a copy of the agreement within 21 days and a condition report within seven days of signing.

KUU-US updates a housing registry for use by landlords and tenants. For more information, call 250-723-4050.

KUU-US Crisis Line Society operates a number of programs in the community. The AHRI (Aboriginal Homeless Response Initiative) program includes a homeless coordinator who works with landlords and tenants, who experience barriers to housing. To provide awareness around the issues of homelessness, articles submitted will cover a variety of housing topics: support services and education on landlord/tenants rights and responsibility.

## Visions for a brighter future as treaty implementation nears

Continued from page 18.

Artist Art Cootes is mentoring three or four members, teaching them to carve.

"There's a singing and dancing group and they are all making a difference; those are things we need to build on and it would be nice to build a place, a community centre, where we can continue building on these things," Touchie said.

One elder said she is opposed to the practice of banishing offenders from the community. Not only does this practice separate parents from children, she said, but it also seems to make the offender more angry and resistant to changing negative behaviours.

The discussion turned to traditional forms of policing, correction and prevention. Tyson Touchie remembered how there were people designated to do the community policing and how their authority was respected.

"In old times, these people had the authority to monitor the community and to take people aside to correct them before things became serious," he said, adding it would be good to revive these traditional roles with the full support of the community.

Eugene Touchie pointed out that traditional justice models varied from community to community. Ha'wiith had the ultimate authority in deciding punishment for offenders; in one place people could face execution for their wrong-doings, he advised.

Today, not only are these punitive measures not feasible, but attitudes toward the hereditary system have changed.

"People don't think the same about the ha'wiith as they used to, they don't respect their authority they way they used to," he said.

The people agreed that they want to take care of their justice issues inside the community and to help the offenders change their ways so that they may integrate into the community in a healthy way. They say their justice system needs to recognize that people caught up in the justice system are just that, people, not case numbers.

Eugene Touchie has worked with the RCMP and says their methods of dealing with First Nations have not been culturally sensitive. They could be doing simple things, he said, like driving through the community to make themselves visible to the people.

"They could take a little time to play with the kids; this would show people that they're not the big, bad authority figures that people should be scared of," he added.

Wesley praised the people for their knowledge and experience. Not only did they share what they've learned about traditional justice methods, but they also asked questions and came up with new ideas, she told them.

Open floor discussions brought forth many examples of what the community is dealing with and produced a wide variety of ideas on how those things may be resolved. Marge suggested that a new justice council may need to have subcommittees to deal with specific issues like spousal abuse or substance abuse. A subcommittee could be tasked with finding ways to revive a cultural justice model.

The group agreed that in order for a community justice model to work it would need the full support of the people. Individuals that are assigned to police the community need to have them standing firmly behind them in order for



their authority to be recognized and respected.

Smaller working groups discussed how UFN might reactivate traditional justice roles and how best to deal with the drug and alcohol issues.

RCMP members were on hand to lend support to the working groups and to talk about their roles in Aboriginal communities.

Cst. Jay Donahue is one of four members working in Aboriginal Policing Services out of Port Alberni. Sgt. Chris Bear is an Advisory NCO (non-commissioned officer) of Aboriginal Policing in charge of Vancouver Island. Cpl. James Anderson is the Ucluelet Detachment Commander and Cst. Stephen Miles is the First Nations policing member covering Ucluelet and Toquaht First Nations.

Miles was pleased to take part in the community justice exercise saying the goals of the community is consistent with the detachment's Aboriginal

Performance Plan and with the Letter of Expectation. The local RCMP has an agreement with UFN to provide enhanced policing at Hittatsoo. In their agreement is a letter outlining what UFN's expectations are of the detachment with respect to their community.

Miles thanked UFN for inviting the RCMP to their workshop and said he looked forward to sharing information that could help to resolve problems in the community.

The RCMP offers a variety of programs aimed at prevention. DARE and the Party Program are geared toward school students in an effort to show them the dangers of using drugs and alcohol.

Bear said the roles of community police officers have changed over time. They are becoming more integrated into the community and get involved in recreation programs and anything else that helps build ties in communities.

In the Pulling Together program they invite community youth to join them in summer canoe journeys and Bear has been known to split wood for an elder just to help out.

"Safe homes, safe communities" is the RCMP motto and Native communities are their top priority, he said.

In the final exercise Wesley asked the groups to come up with description of the kind of people they want on the Ucluelet First Nation Justice Council and what their roles will be.

Each group delivered well-thought out ideas about their vision of their Justice Council. Ideas generated from the workshop will be incorporated into a report for UFN and could be used as guidelines or a work plan for a newly formed Justice Council.

People went away from the exercise feeling hopeful that they could come up with a new, more positive alternative to the court system, one that could help the community to heal.

## Tlu-piich Games to be revived

By Jack F. Little  
Ha-Shilth-Sa Reporter

Port Alberni—Mark your calendars. The Tlu-piich Games will be revived and are scheduled for the long weekend in August. The last Tlu-piich Games were held in Port Alberni in 2004, but there has been much discussion about bringing the games back.

The Tyee Ha'w'ith of HUU-ay-aht First Nation, Naas-iis-mis (Derick Peters), made a commitment on behalf of HUU-ay-aht for \$10,000 to go towards the Tlu-piich Games for 2009.

Naas-iis-mis initiated the discussions in his community and brought forward the recommendation to the Nuu-chah-nulth Tribal Council executive and directors.

Tseshah First Nation then indicated its willingness to assist. They will host the first meeting of the First Nation volunteer representatives that may want to be part of the planning process. The date is yet to be formalized.

A games co-ordinator and assistant will be hired. Richard Lucas Sr. was the first coordinator of the games, then called the NTC Indian Games. They were held in 1982.

Other coordinators of the games have included Edd Samuel, Irene Robinson, Jackie Adams and April Charleson. Eunice Joe was the coordinator in 2004. A committee is struck to assist in the planning and organizing.



Photo from the first Tlu-piich Games in 1982 shows great participation.

Sport, culture and recreation has been the main theme of gathering the Nuu-chah-nulth-aht as well as other First Nation teams and community members over the course of the games' rich history. The youth have been front and center with events such as track and field, softball, soccer, volleyball and three on three basketball.

Culture has been integrated with such games as lahal.

Another popular event has been the Tlu-piich or Indian Games Princess competition, where both a junior and senior princess has been selected each year.

Bob Daily Stadium has been booked and other venues will be booked when the committee decides what sports will be offered.

Richard Lucas was the co-ordinator for the games for 14 years and is happy that the games will be revived.

"I think that it is great as it is

something that I believe that has been missing for not only all Nuu-chah-nulth, but also other First Nations, such as Squamish, Lytton and other First Nation communities who looked forward to the games," said Lucas.

"One of our main goals for the games was getting all of our Nuu-chah-nulth communities, our families and provide both recreational and cultural activities for them," said Lucas.

Chief Councillor Robert Dennis of HUU-ay-aht is a strong supporter of the revival of the Tlu-piich Games as he has both been a volunteer as well as a participant for many years.

"I would love to see the Tlu-piich Games also continue as there has been a great benefit to many athletes over the past. Competition with our youth, as well as our adults, is healthy for our communities. It is a dream for me to keep the dream alive for the Tlu-piich Games," said Dennis.

## Ahousaht's Wild Side Trail gears up for a facelift

Planning for the revitalization of Ahousaht's Walk on the Wild Side Trail is well underway with the posting of four jobs for Ahousaht band members to work on the trail this summer.

Postings for the positions are going up in Ahousaht this week and interviews are expected to take place the week of May 11. The supervisor and three crew will take part in a week-long training

program in Kamloops, where they will meet other crews from all over the province. Work on the 10 km trail is expected to take place June 8 for 16 weeks.

During that time, the crew will work on fixing boardwalks on the trail, clearing brush, building new footpaths, installing toilets, building tent platforms, improving drainage, and creating maps and trail markers. They will also be identifying invasive plant species and identifying important ecological features along the trail.

BC Parks is working with the BC Conservation Foundation to hire, train and supervise the crew. Other partners for this aspect of the Wild Side Trail project include the Ministry of Environment, and, potentially, Coulsen Forest Products.

BC Parks will be delivering a truck-load of materials and supplies for the trail building. And if Coulsen is logging in the area this summer, they have promised cedar for boardwalks and helicopter support.

Many other partners, both in government and in private organizations, have worked to make this happen. BC Ministry of Aboriginal Relations and Reconciliation have been instrumental in bringing together BC Parks and the Conservation Corps. BC Transmission Corporation has also given tremendous support through Ahp-cii-uk.

The Walk the Wild Side Trail Working Group is part of the Ahp-cii-uk Initiative which brings together partners from corporations, government and other organizations to work on projects for self-sustainability and a better future. Currently, Ahp-cii-uk is active in Ahousaht, Ehattesaht and Tseshaht.

The Wild Side Trail restoration and building project is only one aspect of the work the group is coordinating. Other projects in the developmental stage include the building of tourism kiosks in Tofino and Ahousaht, a welcome figure for the trail in Ahousaht and a tour boat cooperative. A meeting was held on April 20 to discuss these in more detail and another article will follow.

## Longhouse-style building site blessed at university

By Serena Solomon

Reprinted with permission from The Daily of the University of Washington

Tyson Johnston, general manager for First Nations at the University of Washington (UW), has few fond memories of his early college days.

"One class in Kane Hall was the size of my village," he said.

Johnston came to the UW from a small village that is part of the Coast Salish tribes.

Often, Native American students come from close-knit communities where culture is a pillar of strength, but there is little evidence of Native American culture on the UW campus. The UW is hoping to change that.

On April 10, a ceremony was held to bless the ground on which a Native American longhouse-style building will stand—if plans stay on schedule—within four years. Construction is to begin in late 2011.

"People have been talking about this for 30 years," said Charlotte Côté (Tseshaht), assistant professor of American Indian Studies.

Friday's blessing ceremony was the first step in creating a home away from home for Native American students at the UW.

"We want to bring different generations in to see we are encouraging their culture," said David Iyall, assistant vice-president for advancement for the Office of Minority Affairs and Diversity (OMAD).

Named the House of Knowledge, the structure will be similar in design to a traditional longhouse with a large gathering hall, but will also accommodate facilities such as a computer lab and kitchen.

The longhouse blessing ceremony was followed by the annual Tribal Leadership Summit, where leaders focused on a new partnership between the UW and the 22 local tribes.

Later the same evening, the Hec

Edmundson Pavilion was transformed into the host site for the biggest student-run event on the UW calendar—the three-day First Nations at UW Annual Spring Powwow.

The powwow included traditional dance and drumming competitions, showcasing not only Native American culture, but performances by the Polynesian Student Alliance, Filipino American Student Association and UW Capoeiristas.

"Since our community is not here, we create it ourselves," Johnston said.

According to statistics from OMAD, Native Americans make up 1.2 per cent of undergraduate enrollment at the UW, with only 54 per cent going on to graduate. This is compared with a university average graduation rate of 74.8 per cent.

Sheila Edwards Lange, vice-president for minority affairs, said there are many reasons for these low figures, including poverty and a historically difficult relationship between Native Americans and educational institutions.

"In part, higher education was a way to separate Native Americans from their culture," said Lange, referring to instances in which boarding houses and universities were sometimes used to forcibly assimilate Native Americans into a standardized American culture.

The powwow, summit and longhouse are all part of an effort to demonstrate that young Native Americans are being encouraged to find support in their heritage while continuing their education.

Kris Hohag, admissions outreach counselor for OMAD, is hopeful that events such as the powwow and the construction of a longhouse-type building on campus will help unify and strengthen the bond that already exists in Native American culture, helping students finish college.

"I hope to see a long, healthy, strong balance between UW and the tribes," Hohag said, "where the university learns from us, and we learn from the university."

## I love peanut butter sandwiches

Heaven's arms of darkness gently cradles beautiful, majestic looking stars for all the world to see ... and down here their magic reflects off the ocean of people.

Descending into the depths of darkness I was able to see this magic easily flowing from heaven, through my brighter mom, making me stronger and my burdens feel lighter.

This magic also has shown me grandma was truly picked back up by the arms of heaven and leaving in her void an elegance she generously shared.

Abra cadabra Gramma ... hocus pocus momma ... I'll be as agile as I can be with this magic you have shown me, that elegantly flows from heaven, gloriously shining over still water ... ah! La Peanut butter sandwiches!! Happy Mother's day Skibba! Thanks for everything

Chops AKA Eugene Antoine  
2009

The NTC Post-Secondary Department is updating the Graduation Records & we encourage all NTC funded P/S graduates to visit our website @ [www.nuuchahnulth.org](http://www.nuuchahnulth.org) and fill out the Graduation Update Form and be entered in a draw to,

Win a \$100  
Wal-Mart Gift Card

For more information and to fill out the form visit us online @ [www.nuuchahnulth.org](http://www.nuuchahnulth.org) or call (250) 724-5757

Draws will take place monthly and only those who have submitted completed forms and required information will be eligible.

## Carole James and the NDP Recognizing Aboriginal Rights

Carole James and the BC NDP will work for respect, recognition and accommodation for aboriginal title and rights.

Unlike the Campbell Liberals, we support the UN Declaration on the Rights of Indigenous People. We support improvements to the BC treaty process and shared decision-making on economic development and resource management.

The NDP has long experience working for justice for First Nations, and Carole James knows first-hand the problems faced by aboriginal communities. Only the NDP will get government services back on track for all British Columbians.



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## Mental Health Tiiç'aaq̓ Fight fair and square

Submitted by Andrew Kerr  
Mental Health Worker

One of the relationship myths we find is that if the other person really cares, they should know what you are thinking without your having to say it. This is a damaging and unfortunate assumption.

Every individual has their own needs, beliefs, values and concerns unique to them. Expecting someone to have mind-reading capability is unfair and unproductive, because more often than not, you are going to be disappointed and angry when the individual fails to live up to that unrealistic expectation.

It is much better to be honest and direct in expressing what you need and want. The other person may not be able or willing to provide what you request, but at least they have a chance and a choice in addressing your concerns and needs.

Inevitably, individuals will have disagreements because we are all so unique. However, this recognition does not mean that fighting and loss go hand-in-hand. In fact, couples who fight fair by being respectful and focusing on the immediate issue at hand versus "throwing in the kitchen sink," often find that the successful

navigation of disagreements leads to healthier and deeper commitments to their relationship.

Unfair fighting includes name-calling, ignoring or shutting out your partner's view, belittling and discounting another's feelings in attempts to win. Ironically, those who choose to fight this way always end up on the losing end even when they think they have won.

Some basic ground rules for fair fighting include:

Maintain a spirit of goodwill. Remember: you care about this person.

Avoid attacks and keep the focus on behavior, not personality. Share your feelings honestly and listen to your partner's feelings as well.

Focus on the present and let go of the past. Concentrate on what you can change or modify, not on past disappointments that have no solutions.

Keep an open mind and recognize that, ultimately, you want to develop healthy strategies and patterns for dealing with any conflicts that arise in your relationship.

After the discussion is over, reaffirm your respect and affection for each other and express your appreciation for the other person's listening and discussion of the issue.

### Nuu-chah-nulth Tiiç'aaq̓ (Mental Health)

Name:	Job Title:	Telephone:	Cell#:
<b>ALL REGIONS</b>			
Louise Tatoosh	Tiiç'aaq̓ Supervisor	724-5757	731-6623
Delavina Lawrence	NIMH Clerk	724-5757	
Kim Rai	Tiiç'aaq̓ Assistant Supervisor	724-3939	720-7882
Ray Seitcher	Quu'asa Senior Counsellors	724-3939	726-6338
Linda Gomez	Quu'asa Coordinator & Resource Support	724-3939	720-5999
Charlotte Rampanen	Quu'asa Liaison Counsellor	724-3939	720-9735
Andrea Amos-Stoney	Quu'asa Urban Counsellor	724-3939	720-1527
Kim Erickson	Quu'asa Child & Youth Counsellor	724-3939	
<b>SOUTHERN REGION</b>			
Richard Lucas	Acting Huupistulth, (Prevention Worker)	724-5757	720-5358
Dave Zryd	Clinical Counsellor (contract)	723-9329 Fri-Tseshaht: 724-1225 Fri-Hupacasah: 724-4041	
Josephine Johnston	Quu'asa Counsellor	724-3939	731-5968
<b>CENTRAL REGION</b>			
Ann Murray	Huupistulth (Acting Prevention Worker)	725-3367	726-5370
Anita Charleson	WCFN Counsellor	725-3367	726-5422
Margaret Bird	Clinical Counsellor (contract)	Msg. 725-3367	
Vacant	Quu'asa Counsellor	725-3367	
<b>NORTHERN REGION</b>			
Andrew Kerr	Huupistulth (Prevention Worker)	283-2012	
Phillis Scott	Clinical Counsellor (contract)	Msg. 283-2012	
Rick Lebeau	Clinical Counsellor (contract)	Msg. 283-2012	
Dennis John	Quu'asa Counsellor	283-2012	

**FAX NUMBERS**

Southern Region	724-6678
Central Region	725-2158
Northern Region	283-2122
Quu'asa Office	724-3996

Quu'asa Office:  
5120 Argyle Street  
Port Alberni, BC V9Y 1V2

Revised 03-19-09

## Health and Wellness

### Hearts at Work hosted for Tseshaht members

By Jack F. Little  
Ha-Shilth-Sa Reporter

**Tseshaht**—On April 15 Tseshaht hosted a community event with the Nuu-chah-nulth Nursing Program called Hearts at Work. It was open to community members and staff from the Tseshaht and Nuu-chah-nulth Tribal Council offices. Of the 60 people who attended, 33 of them took the Cardiovascular Risk Assessment test.

Gloria Fred was one of the coordinators of the event. Fred is the Primary Health Care Assistant for the Tseshaht First Nation. Fred has been working in this department since January 2009. The theme was Hiisteak Shilth-iis Teech-Maa which means "Coming from the heart."

Staff from the NTC Nursing Program, as well as the Canadian Mental Health Association Port Alberni Branch, also participated.

Joanna Lemay from the New Horizon Centre also participated. Lemay is a Bounce Back Community Coach. The Bounce Back Program is a program to help people with chronic physical conditions and assists families to learn skills to manage their moods.

Fred and Matilda Atleo, Healthy Living Coordinator, were both pleased with the turnout for the Hearts At Work event.

"I was really pleased with our turnout as there was quite a variety of ages, from children to youth, adults to elders, that took part. Awareness is the key to a healthier lifestyle and becoming educated about how one can eat and live healthier can only help," said Fred.

"I too was very pleased with the turnout. I believe we had 33 participants

do the Cardiovascular Risk Assessment (CRA) and from this they will become more aware of the importance of their health and nutrition habits," said Atleo.

In her program as the Healthy Living Coordinator Atleo also said that to date they have screened about 470 people who have done blood work and tested for diabetes.

At the moments there are no plans to have other sessions in other Nuu-chah-nulth communities. However Fred would like to see this done again in Tseshaht in the future.

"One of our main goals for our membership is to have more educational workshops and events as I feel it is important to educate our young teenagers and adolescents about the importance of their health," said Fred. Providing educational workshops can help in the prevention of illness, especially chronic illness.

"I believe that in just going through the process of doing the CRA, participants start to think about the importance of their health, such as nutrition, stress, physical activity and their family health history," said Atleo. Participants were asked to register, fill in a brief questionnaire and then go through the various booths which were set up.

This included seeing a nurse and getting their blood sugar tested, getting their heart rate monitored, taking the Cardiovascular Risk Assessment, information on nutritional foods, Bounce Back, smoking risks and also a stress test. This took an average of about one hour to complete.

A healthy lunch was also provided by Margaret Robinson. Each participant will also go over their results with a nurse to discuss findings.

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

Bernie, First Nations counselor

HELP SOMEONE YOU KNOW. CALL 1-800-BANTING

CANADIAN DIABETES ASSOCIATION ASSOCIATION CANADIENNE DU DIABETE  
[www.diabetes.ca](http://www.diabetes.ca)



## In Memory

In loving Memory of Mom  
Veronica Dick  
April 15, 1922 - April 22, 1997



In Our Hearts  
We thought of you with love today.  
But that is nothing new.  
We thought about you yesterday.  
And days before that too.  
We think of you in silence.  
We often speak your name.  
Now all we have is memories.  
And your picture in a frame.  
Your memory is our keepsake.  
With which we'll never part.  
God has you in his keeping.  
We have you in our hearts...  
Miss you lots, love from Catherine T. Watts & Family

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

Registering events are very important!

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

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



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

Ditidaht First Nation

**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

Hesquiaht First Nation

**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

Huu-ay-aht First Nation

**Ka:yu:k't'h/Che:k'tes'et'h'**  
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PO Box 1118 Port Alberni, B.C. V9Y 7M7

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**Ucluelet First Nation**  
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PO Box 699 Ucluelet, B.C. V0R 3A0

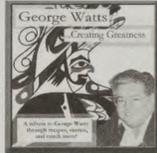


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**FOR SALE:** Autotel- GL2035. Great for remote areas, fishing vessel. Priced at \$550.00. Call Ron at 250-923-6972.  
**FOR PURCHASE:** Blue beads. \$2.50 per bead. Lovely replicas. Please call 250-248-4486 or e-mail winchee@shaw.ca.

**Misc.**

**HOUSE RENOVATIONS:** Phone Bill Webster 250-723-5624.  
**FOR SALE:** "George Watts - Creating Greatness" books: \$20 each. All sales proceeds go to George Watts Scholarship Fund. Call Caledonia at NEDC: 250-724-3131  
**FOR SALE:** 12 X 65' Mobile Trailer (or looking for a piece of land to move on to). Also for sale 27" TV - \$75., 20" TV - \$25., 13" TV brand new - \$50. Phone 250-720-0962  
**FOR SALE:** Couch and love seat, entertainment unit and coffee table. Call 250-723-4096 after 5 pm.  
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**FOR SALE OR RENT:** Great commercial opportunity. Great location by Tseshaht Market on Pacific Rim Highway. Also ideal for office, etc. Asking \$80,000 or rent for \$1,000 a month. Call Richard Watts, 250-724-2603 or 250-731-5795.  
**LOOKING FOR** donations to buy a headstone for the late Sidney D. Mack and Lawrence J. Mack. Call Bernice Mack-Newnham 250-723-0905.



**For Purchase**

**FOR SALE:** 2005 Ford Windstar. Asking \$7,000.00. Serious enquires only. 250-745-6237.

**FOR SALE:** Cedar weaving by wii-nuk Mary Martin. 1-250-716-9991 or cel 1-250-668-9118.  
www.cedarweaving.com  
cedarweaving@shaw.ca



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**ROOMS FOR RENT IN NANAIMO.** Close to Vancouver Island University. \$500 per month. phone: (250) 716-9991 Cell: (250) 668-9118

**Services**

**EMPLOYMENT:** Weekend/On-Call Resource Care Worker Ooh-ah-tluk-kuu-wil Society Youth Resource Home. Drop Off Resume/Pick up Application Package at 4890 Beaver Creek Road, Port Alberni, BC.  
**WANTED:** Free music cds. Will pick up. Call 250-723-8085.

**FOREVER MEDIA:** Do you have old VHS Tapes that you want turned into DVD's? Forever Media can help you do that; I can also serve as a Computer Consultant (Computer Repairs, Setup, etc.). Grant Watts, Forever Media Computers: Technician, Consultant and Digitizer of analogue media (vhs and audio tapes). 250-918-8508 email forevermedia@gmail.com

**REPREZENT DESIGNS:** First Nations Graphics. Specializing in Native Vinyl Decals. (Custom Made/All Sizes). All types of Native Graphics. Celeste Howard. Email for quotes and prices. reprezent.designs@gmail.com

**FOR SALE:** Hesquiaht Place of Learning has some new tables a chairs available for sale. Shipping charges will apply. The tables are 60 length X 30 wide X 24 high: \$275 each. The desks are adjustable. \$53.35 each. Call 250-670-1191; e-mail: spuds\_18@hotmail.com  
Rebecca Atleo Principal: Hesquiaht Place of Learning  
**CAR FOR SALE:** 1986 Firebird. 2 door, seats up to 4 people, white, flip up headlights, good condition. Also, included are 4 spare tires (2 large tires for the back). I need a larger vehicle for grandkids. For more information, contact Lavigne Jack at 250-286-3393 or cell 250-202-5560.  
**RENTAL AVAILABLE:** Office space for rent on reserve. Contact 724-4041 ext.

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250-720-3780

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Owner Operator  
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**Artists**

**Cedar Weaver:** Baseball caps, bridal floral bouquets, for sale. Traditional hats, headresses, bracelets for trade. email whupelth weaver@shaw.ca  
**ARTIST:** Anne M. Robinson. Cedar bark jewelry, artwork, including cedar roses, taking orders 723-4827.  
**Authentic basket-weaving grass,** picked and processed by Linda Edgar of Nitinaht, 3 corner, sharp and swamp grass and cedar bark. Please call 741-4192 in Nanaimo.

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

**Gordon Dick**  
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**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.  
**PACIFIC BALANCE SEAL OIL** your source of OMEGA 3. Both Omega 3 and Omega 6 are essential fatty acids (EFA's) (the good fats). Available from Faith and Richard Watts @ (250) 724-2603 (cel) 731-5795.

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**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.  
**FOR SALE:** Creosote Timbers: 36' x 13" x 14", 23' x 13"x14", 41' x 12" x 7", 18"x12"x7" and odds and ends. Call Willy at (250) 735-072.

**CLASSIFIED ADS**

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**FOR SALE:** Hair for sale. Phone Georgina at (250) 294-0185  
**FOR SALE:** House at 399 Esowista. Secluded location. Sold with bed and breakfast business. \$225,000. (250) 725-3482.

**FOR SALE:** Native Beadwork: Chokers, Anklets, Bracelets, Keychains, Earrings and also fancy Chokers, moccasin pins or earrings. E-mail me at muriel\_malcolm@hotmail.com  
**FOR SALE:** Deer hides. \$10.00 each. Excellent for drum making. 724-2932.  
**FOR SALE:** Silk screening company. Can do up to 500 shirt per day. Can do four to eight colors. Call Billy Keitlah at (250) 731-9943.

**FOR SALE:** Cowichan Toques. Great Christmas gifts. \$30.00 ea. or 2 for \$40. For more information, contact Yvonne Tatoosh at 250-723-1935.  
**SERVICES OFFERED:** Everyone needs a break. Will do housekeeping, yard work, shopping, cooking and babysitting. Seniors discount @ \$8 per hour and \$9 per hour cash only. Mary Anne 250-720-0962.

**Wanted**

**WANTED TO BUY:** DVD movies at \$3 each. 723-1465

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

**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.

**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 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.

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

**FOR SALE:** 1988 GMC 1 ton crew cab; new tires, new clutch, new starter, new batteries, \$3,500 o.b.o. Phone: (250) 726-2949, or cell:(250) 726-6287.

**FOR SALE:** 1989 Ford F-150. Blue 5-spd. 4X4 V8 351 Motor, tinted Window, P/W, P/L, Lift Kit, New Trans, New Clutch, New Muffler, New Rear End, New Battery, New Starter/Alternator. LOTS INVESTED BUT MUST SELL \$1500 OBO. (250) 724-1683.

**Services Offered**



**Up to 50% off** all framed Native Art prints. Picture framer on site - 808 Douglas St., Victoria, BC. Call Witchita at 250-381-0050.

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

**ELEGANT ADVANTAGE DECORATING AND CATERING SERVICES:** Tracey Robinson @ home:723-8571. 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 travel trailer towed or moved. By the km and by the hour. Call 250-724-5290.

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

**TSAWAAYUUS ELDERS:** Are requesting volunteers to come and share your time with us. Singing and drumming, native dancing, storytelling, crafts of any kind and crib players. Come and share some special times with us. If you are interested, please contact Bunt Cranmer at 724-5655.

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

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**Lost and Found**

**LOST:** At Junior All Native Championships during Spring Break: one blue gym bag containing Reversible blue and white, Ditidaht Hawks Jersey with Cherie on blue side and number 13 also long-sleeve Wolfpack shirt. This jersey is brand new and we would like the return of it please. Contact Phyllis Shaw at 250-745-3253 (home) or 250-745-3223 (work) or email phyllis\_shaw\_74@hotmail.com  
**LOST:** Drum with whale painted on it. On Jan. 28 at party at Maht Mahts Gym. Call (250) 745-3483.

**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:** A hummingbird carved by Butch Dick on a black cord [necklace] at the Evelyn Marshall potlatch on October 25th in the Alberni Athletic Hall. Contact : 250-598-0502.

**LOOKING FOR MY SPEED BOAT:** 18 1/2 foot, colour is white with orange stripe, hard top, in board out board motor, 14K31371, leave a message for Henry Charlie at 723-1984 or 670-2355.

**Employment**

**SPEAKER AVAILABLE:** I'll be available for Workshops and public speaking for people who live with F.A.S.D. (250) 315-2188. I was born with this Sept. 26, 1969. Tim Manson.

**Marine**

**FOR SALE:** Area "G" A1 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. Wire - 5010 Mission Rd. Phone - 723-9894.

**FOR SALE:** 48' Fiberglass Troller. Area F license. Very reasonably priced. View at sellyourboat.ca. Phone (250) 380-3028.

**FOR SALE:** F-225 hp Yamaha 2002 outboard motor. Dealer maintained. 250-735-1724.

**FOR SALE:** 24-ft herring skiff. Great shape. 250-735-1724

**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. \$23,000. (down from \$25,000). Any offer will be considered. Call (250) 723-1496.

**BOAT FOR SALE:** 1 - 32 foot fiberglass, 180 horse Isuzu motor, radar and colour sounder. Serious inquiries only. Boat 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).

**To advertise in Ha-Shilth-Sa call (250) 724-5757**

# Youth Council Delivers "Final" Youth Conference

**Nashuk**  
(meaning "inner strength and resiliency")



The Nashuk Youth Council, along with their support team, reached out to 150 people at their last conference in Tahsis.

"I have learned more about how to respect myself, others, and everything around me."  
-Belinda Lucas.

Although Uu-a-thluk's youth council officially wrapped up their third and final youth conference on April 2, the Tahsis event won't be their last. Now known as the Nashuk Youth Council (meaning "inner strength and resiliency"), the youth will continue their important work building bridges and re-connecting Nuu-chah-nulth youth to their ocean roots.

"The youth want to continue sharing the teachings that help us get through our hardships and guide the work we do," said cultural facilitator, John Rampanen. "They want to organize a large conference for March of 2010."

After planning and assisting with two previous conferences, members of the Nashuk Youth Council had developed their organizational, facilitation, and presentation skills. Mentored directly by Rampanen and Uu-a-thluk's Capacity Building Coordinator, Norine Messer, members of the youth council also earned graduation credits for their hard work.

Thanks to that experience, they were ready to take the lead delivering the Tahsis conference. Their role included setting up the room to house the 150 participants, facilitating parts of the workshop, and presenting throughout the day.

To start things off, Stanley Lucas Jr. and Belinda Lucas sang a family song to the audience. Members of the council then took the audience through nananiqsuu haahuupa (Sharing the Grandparents Teachings), a cultural history workshop developed by Rampanen.

At lunchtime, everyone shared a feast that

included p̄uuʔi (halibut), śacup (chinook salmon), k̄'aak̄'aac̄ (prawns), ȳiʔisi (clams), oysters, haaȳištup (black chiton), k̄'aq̄mis (herring roe), and ʔuunum (elk). The caterers preparing the food generously donated their labour costs towards the Captain Meares' 12th grade graduation fund. (According to students who attended from the school, they are the first all-Nuu-chah-nulth graduating class in 38 years.)

At the end of the day, Brendan Smith from Kyuquot First Nation thanked the youth council for inviting his family to the workshop and sang for the audience. He later commented about one aspect of history that impressed him: "What got me is that while the men were hunting whales, women had a role in telling the hunters where the whales were."

This excitement about Nuu-chah-nulth culture didn't surprise members of the youth council.

"One thing that the Nashuk Youth Council does is to talk about how we shape our lives today," said Vanessa George. "I am excited that the conferences teach youth our message, sharing the teachings of our grandparents and inspiring them to use traditional ways ..."

"It's been helping me learn more about past culture and how things have changed," said Michelle Charleson. "We've learned about all this and now we're teaching it to others."

"I have learned how to communicate with others, and to be able to speak out to a group of people... In ways, I have learned more about how to respect

myself, others, and everything around me," said Belinda Lucas.

Prior to the final conference, the Nashuk Youth Council had another opportunity to put their skills to work. Addressing the Uu-a-thluk Council of Ha'wiih at a February meeting, they asked to continue organizing youth events for Nuu-chah-nulth communities. The Council unanimously supported their activities.

Vanessa George was one of the youth who presented to the Ha'wiih: "The best thing I learned from our Nashuk Youth Council is that inspiration is everywhere. I have been inspired to do my first native design on my blouse. I now know what I want a career in business and to own an art gallery..." she said.

The Nashuk Youth Council is looking for interested youth across Nuu-chah-nulth territories to take part in future activities. For more information, contact the council by email at [nashuck-youth-council@livc.com](mailto:nashuck-youth-council@livc.com) or visit them on Facebook at [nashuck-youth-council](http://nashuck-youth-council).

Between October of 2008 and April of 2009, the Nashuk Youth Council delivered three workshops in Nuu-chah-nulth communities, introducing over 350 Nuu-chah-nulth and non-Nuu-chah-nulth youth to Nuu-chah-nulth history, culture, and our connection to the sea.

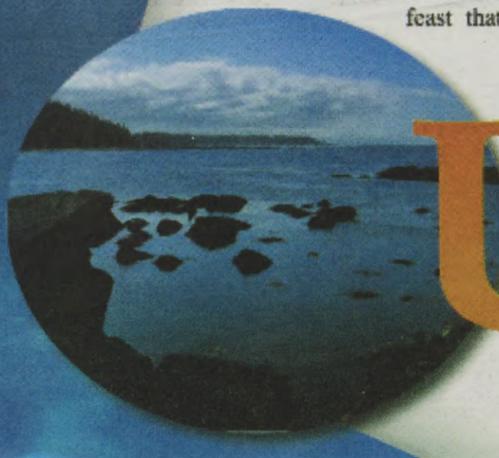


Dawn Tatoosh and Tanis Adams prepare the cedar house for workshop participants.



Victoria Wells, Diane Gallic and John Rampanen were recognized by the Youth Council for their support and assistance.

www.uuathluk.ca



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