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haašit'sa "Interesting News"

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Denise Titian

Katherine Robinson, Mike Watts and Richard Watts of the Tseshaht Market board of directors are joined by Tseshaht Chief Councillor Les Sam and Nuu-chah-nulth Economic Development Corporation Board Chair Ida Mills to celebrate the market's win of NEDC's Outstanding Business Achievement Award.

Home improvement and tourism ventures take top NEDC honors

By Denise Titian
Ha-Shilth-Sa Reporter

Tofino—Nuu-chah-nulth Economic Development Corporation (NEDC) handed out their three top business awards at a catered luncheon in Tin Wis' Calm Waters Dining Room Oct. 23.

Alberni Colour Corner Ltd., owned by Huu-ay-aht member Val Bellwood, took home the Nuu-chah-nulth Economic Development Corporation's Business of the Year Award.

Band-owned businesses, Tseshaht Market and Tin Wis Best Western took home the remaining two prizes.

Emcee Jennifer Gallic introduced NEDC board member and Hesquiaht elder Simon Lucas who said an opening prayer before Barb Audet welcomed guests to Tla-o-qui-aht traditional territory on behalf of their ha'wiih.

NEDC Chair Ida Mills also welcomed guests before calling upon long-time board member Vi Mundy of Ucluelet First Nation, who recently announced her retirement from the board. She was given a gift in recognition of her dedication and service to NEDC.

Mundy, who served 15 years on the board of directors, accepted her gift with a happy smile. She thanked Mills and

the other board members for their kindness. Mills said she was sad to hear Mundy was leaving and expressed her appreciation for the work Mundy did before bidding her a fond farewell.

NEDC Business Development Officer Dan Samuel then presented the Best Cultural Business Award, which goes to businesses that demonstrate the preservation and promotion of First Nations culture. The award went to Tin Wis Best Western Resort, with its renewed commitment to focus on First Nations' culture in order to promote its already successful business.

Opened by Tla-o-qui-aht First Nation in 1994, Tin Wis Best Western is owned by Tla-o-qui-aht First Nation and managed by their board of directors. Since its inception the board has dedicated at least some of the resorts features to reflect the culture of Tla-o-qui-aht.

The resort is undergoing renovations, giving each room a distinct First Nations décor. In addition it has developed more First Nations cultural activities, like carving and language workshops on site.

"This award means the most out of all the awards we've received," said Tin Wis General Manager George Atleo. "We recognized 10 years ago that sharing our history, culture and tradition is key to our success," he continued.

Tin Wis employs 90 workers, most of

whom are First Nations.

"Not only do we provide jobs for our members, but also for First Nations people from everywhere," Atleo said.

Tin Wis board member Barb Audet said they decided to focus on promoting culture and Tin Wis has been putting on many workshops in their covered shelter.

"We've got lots of artists and we'd like to promote them. It's what the tourists want to see," she said.

The Outstanding Business Achievement Award went to Tseshaht Market in recognition of its overall success and longevity.

A hub of activity on the Tofino Highway, Tseshaht Market has been in business for more than 30 years. It is owned by Tseshaht First Nation and managed by a board of directors.

Tseshaht Market board member Katherine Robinson pointed out that business success can be very difficult for First Nations because of their size and lack of resources.

"We are fortunate for our location right on the busy highway to the West Coast," she noted.

Accepting the award on behalf of Tseshaht First Nation, board member Mike Watts first thanked Tla-o-qui-aht First Nation for allowing the awards ceremony to take place at their home.

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Hupacasath consults community

By Debora Steel
Ha-Shilth-Sa Reporter

Port Alberni—Hupacasath was putting its cards on the table on Oct. 30 as it hosted its second community consult on the Tsu-ma-as Transformation Centre Project. The meeting was held in the great room at Tseshaht's administration building and was very well attended.

The plan to construct a new building at the Clutesi Haven Marina site brought together an interested and diverse set of user groups to discuss a number of concerns.

High on the list was traffic flow in an already congested area of town. Parking was an issue for the people who moor their boats at the marina.

A self-described historian wants the current marina building left as is and the surrounding green space kept intact.

The Tyee Club representative was worried about the club's displacement from the area, and wanted other sites considered for construction of the project.

In attendance to hear the comments was Hupacasath Chief Councillor Shaunee Casavant and members of the Hupacasath community. Tseshaht council is also an interested party, so members who sit on a committee considering the initiative were in attendance, as were some Tseshaht citizens.

Facilitating the discussion was Pam Shaw who opened the meeting by saying that the Hupacasath wanted to clear up some of the misconceptions about the project that had been "flying around town."

The interpretive centre that had been planned for the site—"that's over," she said.

A couple of years ago the Hupacasath had a project in mind that would showcase their culture and traditions. The funding that would help build that project came from a group known as ICET, the Island Coastal Economic Trust.

The problem with the funding, however, was that, if accepted, the project could not contain a revenue generating component, like a restaurant or a gift shop.

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DEADLINE:

Please note that the deadline for submissions for our next issue is **Nov. 12, 2010.**

After that date, material submitted and judged appropriate **cannot be guaranteed placement** but, if material is still relevant, will be included in the following issue.

In an ideal world, submissions would be typed rather than hand-written.

Articles can be sent by e-mail to hashilthsa@nuuchahnulth.org (Windows PC).

Submitted pictures must include a brief description of subject(s) and a return address.

Pictures with no return address will remain on file. **Allow** two - four weeks for return.

Photocopied or faxed photographs **cannot** be accepted.

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Although we would like to be able to cover all stories and events we will only do so **subject to:**

- Sufficient advance notice addressed specifically to Ha-Shilth-Sa.
- Reporter availability at the time of the event.
- Editorial space available in the paper.
- Editorial deadlines being adhered to by contributors.

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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 Nuu-chah-nulth individuals or groups.

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Parking, traffic among main concerns

Continued from page 1.

It was decided that the Hupacasath could not support a monument. Said Casavant the Hupacasath would find themselves owning a beautiful building that couldn't be maintained.

Recently, the grant offer from ICET lapsed and the \$1.7 million that was on the table from that organization is now no more.

Shaw said there is still an equal amount of money available from other sources and so the discussion of what to build on the site continues.

Shaw described the piece of land in question as a key piece of real estate in Port Alberni, so Hupacasath wants to create something that is good for the city and for the entire valley.

There have been suggestions that another marina be built at another site along the river, and it's an idea "that has some legs," Shaw says, if people come together in partnership.

However, for the piece of land in question, Hupacasath hopes to build a site that will be a part of an economic engine that moves the city forward into the future.

Casavant said that the Alberni Valley has seen some difficult economic times of late, and there are people whose lives are crashing in around them that need some hope.

The hope is to build something that will hook into the burgeoning tourist trade and to stop the traffic for a while along the corridor that ushers tourists through Port Alberni along to other destinations on the far West Coast.

Shaw displayed an architect's drawing that showed what the building might look like. The architect is Labor Trubka Associates. This is the same company that designed the jaw-dropping Tseshaht Administration Building. The design for the Tsu-ma-as building is equally stunning. The facility comes with a \$4.4 million price tag.

After a round of introductions, Casavant addressed some of the concerns she had heard from participants.

The people that moor their boats had expressed the feeling that they were being pushed out in favor of the initiative.

On the contrary, said Casavant. The



Hupacasath Chief Councillor Shaunee Casavant listens to statements from user groups about building the Tsu-ma-as Transformation Centre at the Clutesi Haven Marina site.

Hupacasath wants to create something that would enhance their lives at the marina.

Another fear was of another tsunami. The Clutesi Haven Marina survived the tsunami of 1964, and any building that occurs at that site should have flooding issues kept top of mind.

Casavant agreed that it was a consideration, and explained that the name Hupacasath meant people who built their houses up high. She said the key to tsunami protection was to get to the right people who knew about such construction.

There was concern expressed that, according to the architect's drawing, the entire green space was being used with a single level construction. A suggestion was made to build up, rather than out. The current marina building is a two-storey construction, so it wouldn't be out of place along the river area for a two-storey building to replace it.

Bob Cole, described himself as a lightening rod, and has voiced concerns in the past about the salmon festival and boat launch parking.

The Hupacasath hopes their plans will work towards a revitalized salmon festival, and will help the city live up to its newly acquired title of "Ultimate Fishing Town." There was discussions that the current boat launch needed some reconsideration and repair.

This was a situation however outside Hupacasath's control and fell at the doorstep of the Port Authority.

At the Oct. 30th meeting, Cole said the

traffic flow along River Road was already a "monster". He said it wasn't up to the Hupacasath to solve this problem because of this project. The intersection in front of the marina at Beaver Creek Road was a dangerous one, people seemed to agree. A pedestrian bridge over River Road was suggested.

Casavant said a traffic survey would be required before the project could go forward.

Parking issues remained a concern, and secure parking was another level of that.

Tseshaht Councillor Dennis Bill said having a project like the Tsu-ma-as centre built on the site would likely improve security in the area as there would be an around the clock presence at the building.

Port Alberni citizen John Mayba said that First Nations seem to be one of the main drivers of economic development in the valley, and he supported the project. He said the only thing for certain in the future is more economic uncertainty.

Tseshaht member Anne Robinson wanted people to understand that consideration for the project had not been brought to the Tseshaht people yet and therefore the membership hasn't agreed to be involved.

In closing the discussion, Casavant suggested that a working group be formed, and promised that Hupacasath's ears will remain open to all comments and suggestions.



Ha-Shilth-Sa belongs to every Nuu-chah-nulth person including those who have passed on, and those who are not yet born. A community newspaper cannot exist without community involvement. If you have any great pictures you've taken, stories or poems you've written, or artwork you have done, please let us know so we can include it in your newspaper. E-mail hashilthsa@nuuchahnulth.org. This year is Ha-Shilth-Sa's 36th year of serving the Nuu-chah-nulth First Nations. We look forward to your continued input and support.

Kleco! Kleco!

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New facility a success story of consultation

By Debora Steel
Ha-Shilth-Sa Reporter

Port Alberni—The Gathering Place at North Island College's Alberni campus was officially opened on Oct. 29. The structure is a stunning one in its use of magnificent stripped logs for its support poles and beams. Its location is in a place of honor at the front entrance of the school.

The Gathering Place is meant to encourage and support Aboriginal participation in college programs by making Aboriginal students and prospective students feel at home within the institution. The structure will not only be available for traditional aboriginal ceremonial use, however. The community at large will also be encouraged to use the facility for their special events.

The college's regional director Tom Weegar played emcee for the grand opening of Gathering Place. He welcomed many dignitaries to the ceremony, including Hupacasath's Chief Councillor Shaunee Casavant, MLA for Alberni-Qualicum Scott Fraser, and college leadership, including President Dr. Jan Lindsay.

Weegar described the local First Nations communities of Hupacasath and Tseshaht as wonderful partners in the project. Both communities were consulted by the college before the project went ahead and were instrumental in the creation of the Gathering Place design.

Open houses were held at stages of the project's development to ensure that the facility would be truly a homegrown initiative that the larger community could embrace as well.

Said Tseshaht band councillor Luke George, who also works as the college's First Nations education advisor, it was the first time in memory that permission was asked of Tseshaht to allow the construction on their traditional lands, which



Gathering Place at North Island College was officially opened on Oct. 29. The facility will provide emotional and spiritual support to Aboriginal students.



Hupacasath Band Councillor Warren Lauder was acknowledged for his efforts on the Gathering Place project.



North Island College President Dr. Jan Lindsay thanks Ron Hamilton for his involvement in the Gathering Place project, and for blessing the logs used in construction.



The Haa-huu payak Dancers and Singers enchanted the crowd gathered for the grand opening of the Gathering Place, located on the Alberni campus of North Island College.

they share with Hupacasath.

So on board were the two communities, that the trees that were used in the project were felled from within their territories, felled by their people, and peeled by the First Nations as well; a monumental task given the size of the logs used.

Ron Hamilton sang a prayer chant to

begin the Oct. 29th grand opening. He said the chant that day would help bring participants to an attentive place as they did their important business. Hamilton would later be acknowledged for blessing the trees before they were harvested for the project.

Tseshaht band councillor Erma Robinson also offered a prayer.

President Lindsay said she was honored to be part of a day that the college was opening "such a beautiful facility." She explained that North Island College operated in the territories of 36 First Nations. Ten per cent of the college's student population self-identified as Aboriginal.

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Tla-o-qui-aht citizens paddle for wild salmon

By Debora Steel
Ha-Shilth-Sa Reporter

Vancouver—The canoe of Tla-o-qui-aht ha'with Haa yu ah (Chief Ray Seitcher Jr.) joined the Paddle For Wild Salmon flotilla as it made its way to Vancouver.

The flotilla launched from Hope on Oct. 20 with the blessing of A-in-chut, Shawn Atleo, National Chief of the Assembly of First Nations. It made its way down the Fraser River to arrive in Vancouver on the opening day of the Cohen inquiry on Oct. 25.

The Cohen Commission is seeking to understand why there has been a decline of wild salmon stocks in the Fraser River over the last number of years. The run has experienced discouraging returns, except for this year when 35 million sockeye found their way back to the river to spawn.

Tla-o-qui-aht citizens joined paddlers from Homalco, Cowichan Valley, and Washington in Victoria on Oct. 23 to cross the Salish Sea to meet up with the flotilla and take part in a planned rally at the steps of the Vancouver Art Gallery.

Biologist Alexandra Morton and Kwiksutaineuk-Ah-Kwaw-Ah-Mish First Nation Chief Bob Chamberlin led the group to show support of the Cohen inquiry and its important work, and to encourage the commission to fully address the impact of fish farms on wild salmon migration routes and the health of wild salmon stocks.

Chamberlin said he wants the Cohen Commission to demand the disease and medication records of every single fish farm in operation in B.C.

Fish farm operators have a high paranoia of disease migrating from one farm to another, so it's reasonable to assume that disease will affect wild salmon stocks, Chamberlin added.

At the rally, Terry Dorward-Seitcher, a Tla-o-qui-aht band councillor, said his decision to paddle with his relatives sprang from a desire for more

accountability from the fish farm operators. He said he had a lot of concern about antibiotics being released by the fish farms into Tla-o-qui-aht territory. He hopes to see a recommendation that fish farms move to closed containment systems to protect wild salmon stocks.

There were seven people in the scit-sha canoe and at times the trip across the Salish Sea proved "pretty hairy," Dorward-Seitcher said. The group joined a march that left from Vanier Park in Vancouver, went across the Burrard Bridge and along West Georgia to the law courts.

Outside the place in which the Cohen Commission was hearing testimony, the procession blocked traffic for a while, with people singing and chanting.

"I say 'Wild', you say 'Salmon'." Chamberlin directed outside the courtroom.

"Wild."
"Salmon."
"Wild"
"Salmon."

"I say 'No', you say 'Fish farms,'" Chamberlin continued, and the participants were noisy and enthusiastic in their response.

Chamberlin, Morton and a delegation of others entered the courtroom with a deer hide covered with signatures, supporters from along the wild salmon migration route. They called it the sacred salmon scroll and Chamberlin hoped to deliver it to the commission before heading off to the rally.

After a brief discussion



Terry Dorward-Seitcher holds up a Tla-o-qui-aht banner during the rally for wild salmon held at the steps of the Vancouver Art Gallery on Oct. 25. He had taken part in the Paddle for Wild Salmon, having crossed the Salish Sea by canoe from Victoria.



Henry Charlie from the Musqueam Nation, biologist Alexandra Morton, and Kwiksutaineuk-Ah-Kwaw-Ah-Mish First Nation Chief Bob Chamberlin intended to present the sacred salmon scroll to the Cohen Commission during the opening day of the inquiry into the decline of salmon stocks in the Fraser River.

about whether the scroll could be brought into the court (security considered it a placard, while the protestors considered it a document), Morton, Chamberlin and a handful of others were allowed to stand with it at the back of the courtroom for a short while.

Media were not allowed to enter the courtroom, but were directed to an cham-

ber where a small television was set up to view the proceedings. Neither the wild salmon delegation nor the scroll was acknowledged and the group quickly exited the room to speak with media. The scroll was rolled and slung over Chamberlin's shoulder.

Continued on page 15.



Participants of the rally on Oct. 25 carried signs and placards to demonstrate their view that wild salmon stocks require protection. One protester took to stilts and walked among the crowd dressed as a salmon skeleton with wings.



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Assembly of First Nations National Chief Shawn Atleo spoke of truth and healing at a gathering held in Vancouver Oct. 26. It brought together First Nations, government and church leaders to discuss the public education initiative that comes as part of the mandate of the Truth and Reconciliation Commission.

Indian residential school legacy the focus of gathering

By Denise Titian
Ha-Shilth-Sa Reporter

Vancouver—Hundreds of people representing dozens of interest groups gathered at Chief Joe Mathias Center Oct. 26 to discuss Indian residential school legacies and the Public Education Initiative.

Hosted by the Indian Residential School Survivors Society (IRSSS), the gathering of First Nations, government and church leadership focused on ways to move beyond Prime Minister Stephen Harper's historic 2008 apology to residential school survivors, and into a new era of reconciliation.

The Public Education Initiative (PEI) forms part of the Indian Residential School Truth and Reconciliation Commission's (TRC) mandate to host seven national gatherings across Canada to promote awareness and public education about the residential schools System legacy and its impacts.

The Oct. 26 forum provided input from the interested parties in the BC region to the TRC Commissioners to help them carry out their work.

The first half of the day saw introduc-

tions of and presentations by Aboriginal leaders, the provincial government and Truth and Reconciliation Commissioners. Aboriginal leaders on the guest list included Assembly of First Nations Regional Chief Jody Wilson-Raybould; Union of BC Indian Chiefs Grand Chief Stewart Phillip; First Nations Summit Chief Douglas White; Grand Chief Ed John; Squamish Nation Chief Ian Campbell and Assembly of First Nations National Chief Shawn Atleo.

Chief Atleo praised the Squamish Nation and Chief Ian Campbell, thanking them for the spiritual protection they offered all the people at the beginning of the day. He pointed out that the three Truth and Reconciliation Commissioners are all witnesses themselves, all having gone to residential school.

He also talked about the importance of listening to the elders and their teachings. He remembered his own grandmother, Elsie Robinson, and what she said to him a year before her death, when the Prime Minister of Canada apologized to the country's aboriginal people.

Continued on page 17.

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Chief Councillor Shaanee Casavant of Hupacasath has volunteered to assist in the preparation and collection of any incident reports. **If you think you have been treated badly, or have witnessed poor treatment of others, please provide details by contacting her by phone at 250-723-8555.**

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- Where- name of hospital, Doctors office, Department, Floor etc.
- When- date and time of the incident

If you want immediate help while in the WCGH you can request to see the Nuuchahnulth First Nations Hospital Liaison Worker, Pearl Dorward.



NEDC celebrates business accomplishment

Continued from page 1.

"I love what I do and there are tons of reasons for its (Tseshaht Market) success; we have the support of the community, chief and council, staff, and our customers, the neighboring relatives who stop by," he said.

Watts went on to say that their business success also comes from organizations like NEDC and others that support business development. He congratulated the other recipients before introducing Tseshaht Chief Councilor Les Sam.

Sam, whose livelihood is his own construction business, said he helped to construct the first Tseshaht Market. He said it was late George Watts' vision to create businesses for Tseshaht that would generate jobs and profits.

The first Tseshaht Market burned to the ground shortly after it opened, but a bigger, better store was built shortly afterward and the business has been profitable since the early 1990s.

"Young people get early work experience there," said Sam, adding that young people from other First Nations have also worked for the market.



Tin Wis Best Western in Tofino won the Best Cultural Business Award on Oct. 23rd. The awards are given annual from the Nuuchahnulth Economic Development Corporation. Tin Wis is owned by the Tla-o-qui-aht First Nation.

The business has been so successful that they are now offering two \$2,500 post-secondary business scholarships which will be presented every year in memory of George Watts.

The NEDC 2010 Business of the Year Award went to the business that demonstrates excellent financial viability, customer service and innovative practices. The award went to Benjamin Moore Alberni Colour Corner Ltd., owned and operated by Valerie Bellwood of Huu-ay-aht First Nation. Established in 2005,

Bellwood took over a paint business and drew in customers by expanding products and services, providing friendly service and advice to her clients and drawing publicity by coming up with popular ideas like Ugliest House Contest. The 'winner' of this contest was a disabled person who won a complete facelift for the exterior of his home and promoted the business in a way that gives back to the community.

Besides a wide variety of paints and stains, Alberni Colour Corner has in stock custom blinds, and floor coverings ranging from carpets, area rugs, hardwoods and more.

Bellwood was emotional as she accepted her award. She credits her business success to customer service.

"I love working with our customers and making them happy," she said before thanking NEDC.

In addition to the usual business awards, NEDC also recognized budding Nuuchahnulth business persons with two Business Planning Awards. This is the second year for these awards.

The NEDC has offered a series of workshops to First Nations people con-

templating starting their own business. The second place Business Plan winner attended the workshops and developed his winning plan based on what he learned.

Dennis Hetu of Toquaht First Nation based his business plan on the esthetics business. He said he had the idea floating around in his head for four years but never had the courage to put it to paper.

"I've learned a lot and I feel very lucky to have attended those courses and I'm grateful to NEDC," he said. "My advice to new entrepreneurs: take advantage of NEDC resources," he said.

Winning first place in the Business Planning competition was Jessica Jack and Vanessa Hamilton-George whose brainchild is an environmentally-conscious graphics company. The young women develop promotional materials that showcase the beauty of Clayoquot Sound and the Alberni Valley.

Hamilton George says her key to success was to choose a career that they both knew and loved, something they both have a passion for.

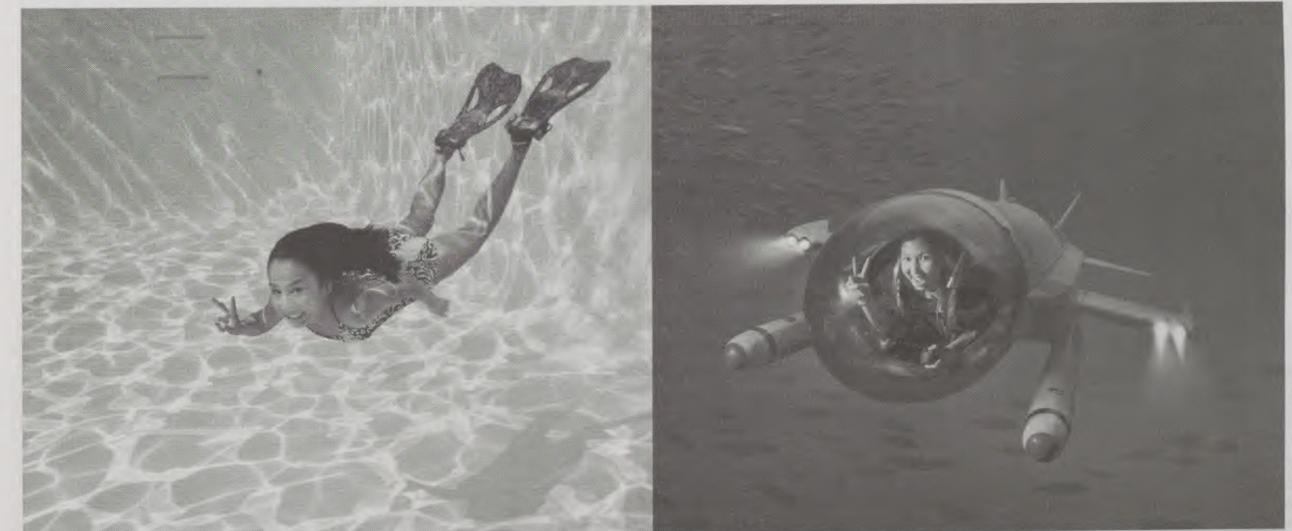
She also advises that education is the key to success, adding she will be going back to school. Her dream is to attend the University of Victoria and earn a Master's degree in business, following in the footsteps of her late great grandfather, Earl Maquinna George.



Val Bellwood, owner of Benjamin Moore Alberni Colour Corner Ltd. which won Business of the Year.



NEDC Board Chair Ida Mills bids a fond farewell to retiring board member Vi Mundy.



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Nuuchahnulth Employment and Training Program

To obtain more information and a copy of the survey

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 F: 250-725-8289
tatiana.chorney@nuuchahnulth.org

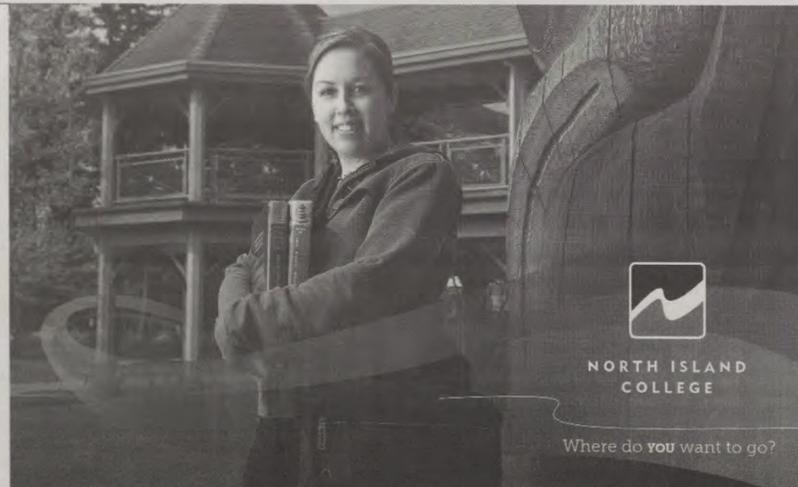
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NORTH ISLAND COLLEGE

Where do you want to go?

New show to open at Ahtsik Gallery

Ahtsik Native Art Gallery is hosting a show of art forms that create sounds traditionally used in Northwest Coast First Nations culture.

Rattles are used for prayer chants of cleansing, blessing and healing.

Whistles and clappers are used in ceremonies.

Drums are used in celebration with dancing.

Singing with the drum directly ties to keeping First Nations dialect alive.

These art forms are an important part of our cultural roots in passing on tradition, names and cultural identity. These were as a gift of communication from the creator.

Artists continue to keep our culture alive to pass on and proudly share with the public and collectors.

The collection of

artists participating are Gordon Dick and Wayne Dick and Patrick Amos of Nuu-chah-nulth, Gary Minaker-Russ and Alex Spence of Haida Gwaii, Jorge Lewis of Coast Salish, Erich Glendale, Raymond Shaw and Chris Cook III of Kwakwaka'wakw, Ray Sim and Dorothy Jarvis of Tsimshian and Patricia Sloop of Blackfoot people.

The art mediums in the show are sterling silver, copper, beef bone, antler, red cedar, yellow cedar, alder, and hide.

Traditional and innovative styles are represented in the form of rattles, painted drums and a huk huk.

Gallery Hours are from 10:30 am to 5pm. Gallery is closed Tuesdays and Wednesdays.



Killer whale by Erich Glendale



NTC staff had fun dressing up for Halloween on Oct. 29, but there could be only one winner of the office costume contest. Rosie Marsden took the honors. Presiding judges were Florence Wylie and Simon Read.



In memory of those who gave their lives so that we may live in peace

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North Island

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Chris Zamora & Sarah Bonar

Birthdays & congratulations

James Michael Maurice Adams
Born: Monday Sept. 15, 1997 at 9:55 p.m.
At old West Coast General Hospital



It is difficult to make the transition from parenting a child to parenting a young adult. Many parents are not only used to taking care of their children, but also take satisfaction in doing so right down to making their beds and fixing all their meals and supervising their homework. It can be tough enough to share the responsibility with teens, let alone recognize and accept that teens will eventually have full responsibilities for their lives.

It's difficult for me to accept James' growing independence. It's hard to feel unneeded! And yet it's a fact that human beings normally seek to become independent.

As they mature they want to be more able to make decisions for themselves, who their friends will be, how they'll spend their time, what they will wear, what they eat and drink and when they'll turn out the lights at bedtime.

They're learning how to make decisions and run their lives.

Independence and responsibility go hand in hand. Our son is a teenager! I know in my heart I don't have to worry about him. He is a good boy, caring, loving, patient, kind, good, and faithful, peaceful, joyful, and self-controlled: these nine fruits that ripen my son's life. My son was born on his Nan "Mr. Adams" birthday.

James Adams. D.O.B Sept. 15, 1990
James Michael Maurice Adams. D.O.B Sept. 15, 1997

There are many people I would like to thank, but first I will start off by thanking

the Creator for blessing us with a beautiful gift!

Thank you Matt Seitcher, Eric-Leo Seitcher Adams, Cory Hanson for taking James out hunting, Terry Seitcher Sr, Jim-Bo and Woody Adams, John Rampanen Jr and Papa John for taking James out fishing, and his late Grandpa Sam Adams Sr for taking him out duck hunting. He often remembers those memories.

Thank you especially to his Grandma Mabel for always talking to him. James' older sisters Birdie, Margo and Karatun Anne for telling him right from wrong. He lovingly says "I don't have one mom, I have four."

His big brother Eric-Leo for always taking him under your wing, which would have made their big bother J.R. so proud! We know he is watching over us with pride. James brothers Dave and Cory for also stepping up. James' big Sietcher and Adams family for all the love and laughter, making our son who he is today. Many thank yous from the bottom of our hearts.

Love always and forever
Karen and Fred Adams
(proud parents of a teenager)

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Remembering those who sacrificed Remembrance Day November 11 2010

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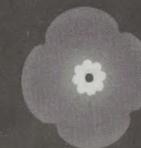


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Raise awareness for Diabetes in your community National Diabetes Week November 15 to 21

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Ehattlesaht swears in newly elected chief and council

Zeballos Hall was full for the October 16, 2010 Quarterly Ehattlesaht Meeting. The meeting marked a turning point for Ehattlesaht. Appreciation was spoken for all the hard work the previous council did and a new ceremony was performed to officially welcome the new council.

Ehattlesaht Hawiiah congratulated and welcomed new council members Chief Rose-Ann Billy, Councillor Lyle Billy, Councillor Ashley John and Councillor Ernie Smith. Earl Smith shared a story about how Queen's Cove was developed through Ehattlesaht community spirit. Smith concluded his story by thanking Chief Billy "for what you're going to do as Council; you're going to bring back that spirit."

Hawith Ahneetsnas (Tom Curley) said he takes a lot of pride in seeing two young ladies get elected to Council. He felt that they would form a good team with two men who were elected as the men each had previous experience being

on Council. Ahneetas instructed to the muschroom in his powerful voice, "Let's work with them, let's not fight against them, that's what Ehattlesaht is all about - think BIG. It's us that makes them strong. I just want to make sure we keep that focus."

Councillor Smith read aloud the Oath of Office & Confidentiality so that all the band members could hear what the new council members were committing to. The swearing in concluded with the newly elected chief & council each signing an Oath of Office that was posted on the walls for all to see and read. Ehattlesaht Hawiiah witnessed the signing and there was much applause from all the members present.

As a member of the Council of Ehattlesaht Chinehkint, each agreed to uphold the Code of Ethics and Conduct adopted by the Membership, and agreed to conduct themselves by the ethics and conduct standards set out.

IRS claimants information

The Independent Assessment Process (IAP) is a claimant-centered, non-adversarial, out of court process for the resolution of claims of sexual abuse, serious physical abuse, and other wrongful acts suffered at Indian Residential Schools (IRS).

If you or someone that you know are going through this process or will be going through this process, they need to be aware that there is a Resolution Health Support Worker available to assist you before and after your hearing, and during your hearing to guide you.

We would like you to also be aware that when you have hearing with the Adjudicator you do have a choice where you would like to hold this hearing and also to know that if you have this hearing off reserve you will be taxed on any dollars awarded by the Adjudicator.

Any Questions please call

Resolution Health Support Worker Sheila Nyman

Business: 250-390-3123 Fax: 250-390-3119 Cell: 250-713-6933

ATTENTION:

HESQUIAHT FIRST NATION MEMBERSHIP

POLLING STATIONS FOR NOVEMBER 12, 2010 ELECTIONS
WILL BE:

LOCATION	ADDRESS
VAN FRIENDSHIP CENTER	1607 East Hastings Street, Vancouver BC
Victoria Blue Ridge Inn-Cottage	3110 Douglas Street, Victoria BC
Nanaimo-Travelodge	96 Terminal Avenue North
Port Alberni Tyee Village Boardroom	4151 Redford Street
Hot Springs Cove	Cultural Building

Poll Stations will be open from 8:00 a.m. to 8:00 p.m.

Please bring identification with you as the Polling Clerks may not know who you are. You will be asked to sign for your ballot.

Thank you.

Lisa Sabbas, Deputy Electoral Officer

DIABETES and You

Signs of Diabetes and High Blood Sugars

- Thirsty, dry mouth
- Tired, sleepy
- Peeing a lot, up in the night to pee
- Weight changes
- Slow healing time
- Frequent infections (boils, bladder infections, yeast)
- Infections, colds and flu)
- Blurred vision, headaches
- Hands and/or feet issues (tingling, burning, pain or numbness)
- NO SIGNS – many people do not have any of the above and feel fine even though the sugars are too high!



What Do I Do?

If you have any of the above signs, or think you may have Diabetes, visit your doctor and ask for a blood test (simple test done at the lab).

Who Should Get Checked?

Anyone with any of the above signs; Aboriginal people; people with diabetes in their family; anyone who has ever been told their sugar is a little high; women who had diabetes when they were pregnant or gave birth to big babies over 9lbs.

Does Diabetes Go Away?

NO. Diabetes is lifelong but it can be controlled with a "HEALTHY" lifestyle.

Can Diabetes be Prevented?

YES - type 2 diabetes can be prevented. Living a healthy lifestyle, eating healthy food and being active can prevent diabetes for yourself and your children.

Diabetes ~ What You Can Do?

Healthy Eating

- Eat three meals every day
- Think before you drink
- Limit sugar, fat and salt
 - eat less sweet, sugary foods
 - eat less fried, greasy, junky foods
 - eat less salty foods
- Eat more fibre
 - fruits, vegetables, beans, whole grains
- Eat more fish and seafood

Active Living

- Be active... your way... everyday

Testing

- Know your numbers
 - blood sugars
 - blood pressure, A1C

Medicine

- Pills and/or insulin

VIHA Aboriginal Health has created two diabetes DVD's that educate in a fun, meaningful way. The first DVD is *Sweet Success with Diabetes* featuring the zany and feisty Mrs. Pudding. The second DVD is called *The Sweetheart Disease* and features Dr. Pomposity and Mike the Mechanic. Both videos are a great way to learn about diabetes and how it can be prevented and treated.

To place a DVD order:
Visit: www.viha.ca/aboriginal_health/
Call: 1-250-370-8914



Diabetes Awareness

Mad new cooking skills in Hot Springs Cove

By Melody Charlie
Community Health & Wellness Worker

Hotsprings Cove has been one very busy community lately.

You may be familiar with the Healthy Cooking classes (also known as Food Skills for Families) that happened in some of the communities this past year through the Canadian Diabetes Association.

Well unfortunately the funding through them has been discontinued due to government cut backs. The communities that previously participated in these were very fortunate to have received the classes free of charge.

Having to pay for the classes with added transportation costs never stopped the community of Hot Springs Cove from bringing nutritionist Hanne Bruhwiler in to facilitate the Healthy Cooking Classes. Thankfully with funding through the Clayoquot Biosphere Trust and the Hesquiaht Band, members of the community were able to learn and share through hands-on cooking of

fresh, wholesome foods while benefiting their health.

Along with cooking once a week, the community also participated in an eight-week Parenting Class that took place each Thursday with Sarah Hogan of the West Coast Community Resources Society.

The community wrapped up the parenting and cooking programs with a special grad ceremony on Oct 27.

The participants of the Healthy Cooking Class wanted to show off their mad new cooking skills, so they prepared one very healthy, colorful, nutritious lunch for the ceremony that the community thought was delicious.

Participants were given certificates, along with personalized jackets and aprons for their achievements!



Budget cuts at the Canadian Diabetes Association left a lack of funding for the Healthy Cooking Classes offered in some communities last year, but that didn't deter Hesquiaht First Nation. They pieced together some band funds with monies from the Clayoquot Biosphere Trust to bring a nutritionist to the community to facilitate some healthful classes in cooking colorful meals.

Type 1 Diabetes

Type 1 diabetes is a disease in which the pancreas does not produce insulin. If you have type 1 diabetes, glucose builds up in your blood instead of being used for energy.

The cause of type 1 diabetes remains unknown. However, it is not preventable, and it is not caused by eating too much sugar. The body's defense system may attack insulin-making cells by mistake, but we don't know why. People are usually diagnosed with type 1 diabetes before the age of 30, most often during childhood or their teens.

Signs and symptoms of diabetes include the following:
Unusual thirst
Frequent urination
Weight change (gain or loss)
Extreme fatigue or lack of energy
Blurred vision
Frequent or recurring infections
Cuts and bruises that

are slow to heal
Tingling or numbness in the hands or feet
Trouble getting or maintaining an erection

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

Diabetes Risk Factors

Have a parent, brother or sister with diabetes. A member of a high-risk group, including Aboriginal descent. Have health complications that are associated with diabetes.

Gave birth to a baby that weighed over 4 kg (9 lb) at birth. Or had gestational diabetes (diabetes during pregnancy). Impaired glucose tolerance or impaired fasting glucose. Have high blood pressure. Have high cholesterol or other fats in my blood. You are overweight (especially if weight carried around the middle). You have been diagnosed with: Polycystic ovary syndrome. Acanthosis nigricans or schizophrenia.

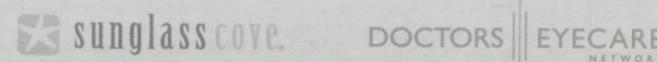
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Diabetes is the leading cause of blindness in working age Canadians. Managing diabetes is a collaborative approach – Optometry's role is to detect changes in the retina (back of the eye) that can lead to blindness. At Valley Vision Optometry Clinic, we use a retinal scanner to identify these changes and record them in a computer image. Timely referrals will save your sight. For peace of mind, schedule your diabetic eye examination today.



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Construction of the Big House at Tsaxana near Gold River is progressing well. This picture was taken by community health nurse Jeannette Pattison on the day they were placing the logs.



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The Port Alberni Friendship Center is now accepting applications for the second phase of the Aboriginal Training for Employment Program (ATEP). This 9 month program offers life skills, training, upgrading and work placements.

For more INFO contact Duane Burke at (250) 723-8281 or email dburke@pafriendshipcenter.com



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Community & Beyond

Evan Touchie Legacy Tournament
Nov. 5 to 7
Ucluelet

A Tournament of Health: Men's and Junior. Boys basketball at Ucluelet Secondary School Gym. Contact Melody Charlie by email at melodycharlie@mac.com for more info.

Memorial Potlatch
Nov. 6
Port Alberni

Memorial potlatch in memory of Amanda E. Peter. Hosted by Marilyn Peter and family of Ditidaht First Nation. Parents of Amanda-Marilyn Peter & Neil F. Sell. Potlatch scheduled for Saturday, November 6, 2010, at noon @ Maht Mahs Gym. Thank you. From Marilyn Peter

Artisans Faire
Nov. 6 and 7
Port Alberni

Join us at the Italian Centre on Saturday from 10 a.m. and on Sunday from 11 a.m. Local artisans come together to showcase their work. Great time to purchase Christmas gifts from talented talent.

Farm Work Bee/Barbecue
Nov. 10 and 17
Port Alberni

10 a.m. to 2 p.m. on the Hupacasath Farm land. Corner of Heath and Heslip Rd. RSVP to Jen or Steven at 250-724-7308 or email wfw@shaw.ca

First Nations Christmas Craft Fair
Nov. 20
Snuneymux

To be held from 9 a.m. to 4 p.m. and the Snuneymux First Nation Community Kitchen (Bighouse Kitchen), Longhouse Road (off Cedar Road). Come out and start (or finish) your Christmas shopping. \$20 per table. Call Angie to book 250-740-2308.

Young Entrepreneurs Symposium
Nov. 22 to 25
Vancouver

Register for the symposium, the premier event in Canada for young

Aboriginal entrepreneurs and aspiring entrepreneurs.

Ahousaht Islanders Men's Hockey
Nov. 26, 27, 28
Port Alberni

To be held at Maht Mahs Gym. Entry fee \$350 per team (can host up to 10 teams) Men's only. Concession, 50/50, Raffles will be available. You may contact Gena Swan 250-670-2447 home 250-670-9531 or email islanders58@hotmail.com or Larry Swan @ 250-670-9535 (wk).

ADSS First Nations Fundraiser
Nov. 27
Port Alberni

ADSS First Nations Steering Committee 3rd annual loonie toonie fundraiser. November 27 at the Hupacasath House of Gathering 5500 Ahahswinis Dr. Doors open at 9:00 and draw begins at 1:00 p.m.

Makah & Friends Art Show & Sale
Dec. 5
Seattle, WA

Time: 10 a.m. to 6 p.m. Wilson Pacific (Indian Heritage School) 1330 North 90th St 98103 Sunday 2010 Traditional foods will be served. Sunday December 5th, 2010 Time: 10-6. We support the Indian Arts & Crafts Act. Contact Gary Stevens (206) 852-5178 Contact day of the event: (206) 799-5719 MAPS & UPDATES: afsc.org/Seattle Wilson Pacific (Indian Heritage School) - 1330 North 90th St-Seattle, WA 98103 No Admission

Sewing Circle
Every Monday Evening
Port Alberni

Seeds hosts a sewing circle every Monday evening at 6:00 at the Seeds building 5001 Mission Rd

Adult Graduation
Ongoing
Port Alberni

Seeds has ongoing registration for adults who want to graduate. For more information call Sheena at 778-421-2450.

Birthdays & congratulations

November 18th - We would like to Wish our 'Papa Dave Tate' a Very Happy 70th Birthday. With all our love, From your grandchildren, Mercedes (Merci) and Dakota (Wanamo, Kota)

Grandfathers are fathers who are grand, Restoring the sense that our most precious things Are those that do not change much over time. No love of childhood is more sublime,



Demanding little, giving on demand, Far more inclined than most to grant the wings Allowing us to reach enchanted lands. Though grandfathers must serve as second fathers,

Helping out with young and restless hearts, Each has all the patience wisdom brings, Remembering our passions more than others, Soothing us with old and well-honed arts

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Tender for a 2 year Contract for Harvest Vessels for Mainstream Canada

Mainstream Canada has an opportunity for interested parties to bid on a 2 year contract for harvesting services for the West coast of Vancouver Island in the Tofino- Clayoquot area. This Letter is intended for the use of bidding on this contract opportunity.

- Harvest Vessel(s) for the Tofino- Clayoquot area of operations
- All vessels must be able to meet or exceed ISO 14001, 9001 and 18001 requirements of Mainstream Canada
- Vessel(s) requirements for this tender must have a minimum capacity to hold 100,000 kg Round Weight Estimate (~220,000 lbs) of product. Preference given to a service provider that can hold 120,000 kg RWE or more.

- Pertinent information;
Stunners
- Each boat will need to have a minimum of 4 stunners in use, plus one stunner on the table.
 - Each vessel will be required to have back up stunners and parts on the boat in case of mechanical breakdowns to the existing stunners and harvest equipment.
- Cooling system
- Each vessel will be required to have a chilling system that will be able to chill the product to a temperature of 2 degrees Celsius in 2 hours or less post harvest completion.
- Contingency Plan
- Each vessel must file a contingency plan with Mainstream Canada that details the means by which they will ensure that the vessel/contractor will be able to meet harvest commitments in the event of mechanical breakdowns.
 - All contingency plans filed with Mainstream Canada must be current.
- Quality Assurance
- Mainstream Canada will provide one Harvest Quality Supervisor (HQS) per vessel to ensure quality control of our product and that ISO standards are maintained.
 - All vessels are to supply enough personnel to ensure they can do the following work.
 - Pull seines
 - Shallowing the seines, and pens as needed
 - Vessel crew must be able to perform harvest duties on the boat; stun table, bleeding, cleaning and disinfection of equipment.
 - Mainstream Canada holds the right to demand that the contractor implement any changes necessary to increase and/or protect quality of our product
 - Mainstream Canada may enforce predetermined penalties on the contractor for failure to comply with ISO requirements and operating standards
- Off Loading of Vessels
- The vessel crew/contractor is responsible for all aspects of off-loading the vessel at the processing plant as it pertains directly to the vessel and its holds.

Terms of Bidding
All bids must be in by 5 pm December 15, 2010 including a proposed contingency plan, in writing my mail or e-mail to the contact info below. During January 2011 Mainstream Canada will review proposals, request clarification or additional to take an informed decision. Mainstream will decide the winner of the tender by February 15, 2011. Tender packages are available but bidders will be required to sign a confidentiality agreement with Mainstream before receiving the package. All bids received and discussions with bidders will be held in confidence. All bids submitted by qualified bidders will be considered by Mainstream Canada, however, the winning bid may not necessarily be the lowest bid received.

Office Contact: Mainstream Canada, PO Box 142, 61 4th St. Tofino B.C. V0R 2Z0, (250) 725-1255, Fax(250)725-1250 Contact Chris Ledger

Birthdays & congratulations



I would like to wish my brother Glen G George a Happy 48th B-day on November 5th, 2010 (and many more) from his family in Nanaimo. Love you bro, Rita, Dave, Jesse, Shell, Kira, Brooke and Vin's family, and Alenasue.

Happy 14th birthday to our son, Seth Recalma, on October 27th! Love from Mom, Dad, and Margs.



November 18: I would like to wish my Dad, David Tate Sr. a very Happy 70th Birthday. Enjoy your day Dad, love you!



"A Poem for my Dad" "Happy Birthday" means much more than have a happy day. Within these words lie lots of things I never get to say. It means I love you first of all, then thanks for all you do. It means you mean a lot to me, and that I'm proud of you. But most of all, I guess it means that I am thinking of your happiness on this, your day, with pleasure and with love. With Love, From your youngest daughter, Karen Louise and Son-in-law Andrew.



Happy birthday TI'ehasim on November 1st (Henry Marshall Sr.) on the left DAD When I look back on the time we spent together and how much you taught me no matter what the weather. I always admired all the things you were able to do, I feel so lucky to have a dad like you. Thank you for everything. HAPPY BIRTHDAY Love your children Len, Linda, Sharon, Ron, Steven, Henry Jr., Ann, Rita & all your grandchildren.



Mr. Adams We love you me Adams and we often think of you on this day

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

Tender for a 2 year Contract for Sea Freight for Mainstream Canada West Coast Operations

Mainstream Canada has an opportunity for interested parties to bid on a 2 year contract for Sea Freight services for the West coast of Vancouver Island in the Tofino- Clayoquot area. This Letter is intended for the use of bidding on this contract opportunity.

- Sea Freight Vessels(s) for the Tofino- Clayoquot area of operations
- All vessels must be able to meet or exceed ISO 14001, 9001 and 18001 requirements of Mainstream Canada
- Vessel requirements for this tender must have a minimum capacity of,
 - 220 tons of Bulk Feed minimum
 - 10,000 Gallons (37,854 Liters) of Diesel minimum
 - 2,000 Gallons (7571 Liters) of Gas minimum
 - 5,000 Gallons of bulk water

- Pertinent information;
- Mainstream Canada services 14 Remote Sea Sites out of their Tofino facility in the Clayoquot Sound year round.
 - Locations Range from Warn Bay all the way to Dixon Bay in Shelter Inlet.
 - Our Sea Site locations range in storage capacity from 45 Tons to 300 tons of feed
 - A monthly break down of feed freight estimates will be provided in the Tender packages.
 - A monthly break down of fuel freight estimate will also be provided.
 - A detailed list will be provided of all Mainstream locations.
 - All vessels and crew must meet or exceed Transport Canada Standard Requirements.
 - Mainstream Canada holds the right to demand that the contractor implement any changes necessary to increase and/or protect quality of our product
 - Mainstream Canada may enforce predetermined penalties on the contractor for failure to comply with ISO requirements and operating standards

Terms of Bidding
All bids must be in by 5 pm December 15, 2010 including a proposed contingency plan, in writing my mail or e-mail to the contact info below. During January 2011 Mainstream Canada will review proposals, request clarification or additional to take an informed decision. Mainstream will decide the winner of the tender by February 15, 2011. Tender packages are available but bidders will be required to sign a confidentiality agreement with Mainstream before receiving the package. All bids submitted by qualified bidders will be considered by Mainstream Canada, however, the winning bid may not necessarily be the lowest bid received.

Office Contact: Mainstream Canada, PO Box 142, 61 4th St. Tofino B.C. V0R 2Z0, (250) 725-1255, Fax(250)725-1250 Contact Chris Ledger

Fisheries - ca'ca'ruk

Tommy Joe: From fishing to planning

For all of my life, natural resources have been my source of making a living in one way or another.

When I was six years old, I started my fishing career catching perch down at the dock. The fish company used to buy them off the kids.

I would also sell my catch door-to-door, when the fish plant was not taking them. A side effect of this experience was that I turned into a fairly good salesman at an early age.

Food fishing and harvesting marine resources commercially has been part of my life for longer than I can remember. We lived in a small community by the sea with no electricity for cold storage. The ocean was literally our supermarket.

During winter, my mother and aunt used to harvest roots as a source of vegetables. We canned all our fish, meats and vegetables. We also smoked fish until dry enough to last the winter.

When I got older, I worked for the Department of Fisheries and Oceans at the Carnation Creek Research Station. Salmon fry and smolts were trapped and biological and physical data collected in order to establish winter habitat.

This work put me in contact with the scientific community, which helped me



Tommy Joe's current vessel is M.V. Summer Wages which has a commercial gillnet license. Joe is the Marine Planning Coordinator for the Huu-ay-aht Nation.

gain a better understanding of our environment. My only regret is that I never got to thank all the individuals that took the time to teach me numerous things about our environment. The ignorance of my youth didn't allow me to see how

valuable this education was at the time.

In my mid teens, I started commercial fishing and discovered that's what I really liked doing. The pay was also very good. Since then, I participated in the commercial fishery in one form or another every year. I mostly trolled and gillnetted for salmon and also long-lined dogfish. I was a deckhand for 20 years.

I also worked in forestry, planting, thinning, girdling, shake blocks, surveying etc... I soon discovered forestry was not my real interest. The ocean was calling!

I purchased my first fishing boat, M.V.

Three Stars, in 1998. Owning a boat involves not only learning: mechanics, electronics, equipment purchase, hiring help, selling the catch, bookkeeping etc... but also lots of planning. I learned that proper planning leads to a successful fishing season!

The *M.V. Silver Clipper* was the second boat I owned for six years. My 34-ft. current vessel, *M.V. Summer Wages* has a commercial gillnet license.

I collected gooseneck barnacles in Trevor Channel for two years in the 1990s. This was a lucrative harvest for many people! From 2001 to 2009, I harvested shellfish and carried out husbandry work on Huu-ay-aht First Nation aquaculture tenures in Numukamis Bay.

In addition, I also coordinated the work of a team of clam diggers and ensured deliveries of clams and oysters. However, this work took a large toll on my body and I can no longer harvest shellfish commercially.

I now work for West Coast Aquatic as the Marine Planning Coordinator for the Huu-ay-aht First Nation. I hope to provide my varied work experience to help in the project known as the Tsawalk Partnership.

This project will provide a plan identifying various marine uses in the Nuu-chah-nulth First Nations traditional territories. I will focus on the marine plan in Hu-ay-aht traditional territory in Barkley Sound.

Having been on the ocean all my life and seen up close the many uses (and abuses) in the area, helps me with this project!



...are the topics that we have heard from you as broad issues that you want to talk about!

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Upcoming sessions are:

- November 8th, Ucluelet, Ucluelet Community Centre, Activity Room #2
 - Nov. 9th, Tofino, Darwin's Cafe
 - November, 23rd, Port Alberni, Gyro Youth Centre
 - Dates in Bamfield to be scheduled
- There are two sessions per day:
1 p.m. to 4 p.m. and 7 p.m. to 9 p.m.



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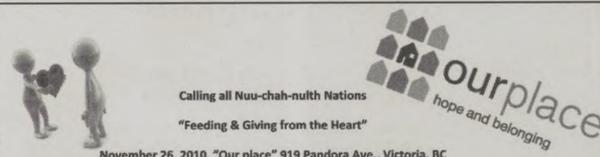


Nuu-chah-nulth Nursing Program

Seasonal Flu Clinics

Upcoming clinics will be scheduled in your community November & December 2010.

Please contact your local Community Health Nurse or Home Care Nurse for further information.



Calling all Nuu-chah-nulth Nations
"Feeding & Giving from the Heart"

November 25, 2010, "Our place" 919 Pandora Ave., Victoria, BC

We are issuing a challenge out to each Nuu-chah-nulth Nation to come forward with a major donation of food to help feed the homeless in Victoria (more info below). If we could get one Nation to come forward with the turkeys for the dinner, one with potatoes, one with vegetables etc., we could really show our unity as Nuu-chah-nulth and help those in need as many individuals are from our very own communities.

We are gathering in Victoria, BC at "Our Place" to feed the homeless. We are providing them with a nice hot meal, traditional foods and other. We are looking for donations of clothes and food donations, as well as non perishable food items. We are calling for all families, individuals, houses and communities to contribute items to help out in this event. It's our time to give back to those who need it the most. Feeding people is a huge part of who we are as Nuu-chah-nulth so we are asking you to donate what you can. Goods such as seasonal clothing, socks and footwear, towels, blankets, sleeping bags, knapsacks, feminine hygiene products, toothbrushes and toothpaste, shampoo, combs, canned and dry packaged foods, and coffee. Other items may include Art supplies and carving tools for the art program, drums and/or traditional items for use in our ACE group (Aboriginal Committee of Empowerment) and journals and pens for use in the writing group.

Foods such as turkeys, roast, fish, bread to be cooked for meal we are feeding the group would also be greatly appreciated.

Financial donations are accepted as well towards this event. For more information or if you would like to donate you can contact Kumu-uxmit, aka Curtis Dick by phone 250-670-9531 or 250-720-7832 or Ken watts by phone 250-720-6000 or email k_watts@live.ca. We also have a Facebook page/event titled "Feeding & Giving from the Heart".

Thank you all and hope to see us come together and make this a great success, so spread the word for a great cause.

Curtis Dick and Ken Watts

Who: Calling all Nuu-chah-nulth volunteers
What: Feeding and giving to the homeless
Where: "Our Place" 919 Pandora Ave. Victoria, BC
When: November 25, 2010
Why: BECAUSE WE CARE!



Nations mourn the loss of Tofino paramedics

By Denise Titian
Ha-Shilth-Sa Reporter

Tofino—Immediately after receiving word that an ambulance went missing on Highway 4, Tla-o-qui-aht First Nation responded by sending out their Search and Rescue Team.

"Our response was quick and (we were) out at the (Kennedy Lake) immediately," said Tla-o-qui-aht Chief Councillor Elmer Frank.

"Our reaction was to demonstrate our respect that we have for those two attendants that saved many of our people... Their responses to our emergencies were prompt. In turn, we showed the same response," he added.

Jo-anne Fuller, 59, and Ivan Polivka, 65, died Oct. 19 after the ambulance they were in left Highway 4 at the Kennedy Lake cliff and tumbled 60 meters down the rock face. The vehicle came to a rest in the lake under about six meters of water.

The two were returning from West Coast General Hospital in Port Alberni where they had dropped a patient off at about 4:30 a.m. They were reported missing at 7:30 a.m. when they failed to return to their Tofino station. The wreck was located about two hours later and the bodies of the paramedics were recovered later that day.

According to Chief Frank, he and his

council, along with the band Search and Rescue team, went to express their condolences to the BC Ambulance Services staff and the families of those that lost their loved ones.

"At the debriefing at the Tofino Ambulance station, we had told those that were there from BC ambulance services that we will help out in any way that we can to help with the memorial service," said Chief Frank, adding he is still unsure what, if any, role his nation will play.

"This tragic loss will not only be felt by the families involved, but also the communities of Tofino, Tla-o-qui-aht, Ahousaht and Hesquiaht. It is a significant loss and they will be missed by all," he said.

More than 5,000 people are expected to attend the public memorial service scheduled for Nov. 6 at Tofino. Tents and a stage will be erected at the Wickaninnish Elementary School field as emergency services personnel arrive from around the world.

Jo-Anne Fuller was the Unit Chief at the time of her death. She served 23 years as a paramedic in Tofino and had recently celebrated becoming a grandmother. Her best friend, Ivan Polivka, was a paramedic in Tofino for 14 years. Recently widowed, he had planned to sell his Tofino home and retire to his beloved Yukon where he owned a cabin.

Autopsies have been completed, but cause of death had not been released.

Salmon protection rally

Continued from page 4.

When asked if he was disappointed with the welcome the delegation and the scroll received, Chamberlin said that the group's goal was to be respectful and act with dignity. The scroll, he said, was a declaration to encourage the Cohen Commission to do as thorough a job as possible.

Chamberlin said the Department of Fisheries and Oceans and Minister Gail Shea have no real understanding of what is happening with wild salmon, and that disturbs him because they are making decisions on conservation and commercial and sports fishing opportunities.

"We cannot be lulled to sleep from this year's run," said Chamberlin.

He said the minister has been blaming global warming and a lack of food for the dismal returns of years gone by, and this year there was a historic return of sockeye to the Fraser River.

"This tells me that DFO doesn't know what is going on," Chamberlin said.

He also said he is tired of DFO being dismissive of his concerns and of governments "propping up and perpetuating" the fish farm industry against First Nations' wishes.

Chamberlin said Norway had signed on to the United Nations Declaration on the Rights of Indigenous Peoples, so it was hypocritical of that country to allow its fish farm industry to carry on operations in Canada against First Nations' interests.

Mainstream Canada is a fish farm company operating in BC waters and is part of the Norwegian-owned Cermaq Group.

Ahousaht First Nation has a lengthy history of working with Mainstream and allows fish farms in its territory. The First Nation is benefiting from the operations there, through employment, wild salmon enhancement, and other financial

and economic spinoffs.

Chamberlin was quick to point out that he has no quarrel with Ahousaht and its decision to allow fish farming activity in their territory.

He said he respects the right of nations to make decisions regarding their own territories and he expects that that respect will be reciprocal. Say yes in Ahousaht: "Great." But say no in another's territory, and that should be respected too, said Chamberlin.

In March, Ahousaht and Mainstream celebrated the renegotiated protocol agreement that outlines the relationship and responsibilities of the two entities and fish farm operations. Cermaq's CEO Geir Isaksen had flown in for a feast in the First Nation community.

At that time he called upon those that would oppose fish farms to sit with him and discuss solutions rather than stand on the sidelines and name call.

"We are not in this to destroy the wild stocks or nature," said Isaksen. "That would be meaningless. No one can sustain a business in the long run if that's what happens."

He said "I think that we need to be aware of this controversy, but I'd like to have an open discussion based in whatever facts we can find."

When told that Isaksen wanted an open discussion on fish farm concerns, Chamberlin countered, saying he had traveled to the Cermaq Annual General Meeting for the past four years, and while he was welcomed into the room, they would not make time for him. Chamberlin said that his farm fallow plan had also been dismissed.

Chamberlin wants discussion, but it has been meaningful engagement, he said, and that's not been offered to him.

Sports and Recreation

Ahousaht contributes to help build Athletic Hall

By Denise Titian
Ha-Shilth-Sa Reporter

Port Alberni—Eighteen months after a fire leveled the 50-year-old Alberni Athletic Hall, construction crews are racing to put the finishing touches on the replacement facility so that it can open its doors for the first basketball tournament of the season on Nov. 12.

Construction committee member Kirk McGiffin was on hand Oct. 22 to give the media a tour of the facility and to accept a \$10,000 donation from Chief John O. Frank on behalf of the people of Ahousaht. He was proud to say the construction of the new hall is on time and on schedule.

Outside, the unfinished new Alberni Athletic Hall has a warehouse feel to it with its aluminum exterior and unfinished entrance ways, but committee members say it will look much more inviting when the post and beam entrances, donated by the Central Region First Nations, are installed and landscaping is completed.

The new entranceway will be made from wood harvested in the central region and milled by their forestry company, Lisaak Forest Resources, located at the Tofino/Ucluelet junction.

Once past the glass double doors visitors will see a large reception area, much like the old hall had, with a kitchen on the far side. The new kitchen will be about double the size of the old one, but will not be finished in time for the first tournament. Kitchen component funding is still arriving and the kitchen



Ahousaht Chief Councillor John O. Frank (second from left) present Athletic Association representatives Ken Bradley, Denny Grisdale, and Kirk McGiffin with a cheque for \$10,000.

should be completed shortly after the first tournament.

There are showers and restrooms both up and downstairs, and the entire facility is handicap accessible. A chairlift will be installed in the stairwell for those wanting bleacher-level seating.

A lounge area is roughed in upstairs, with windows that look down onto the gym floor. It will feature an electric fireplace framed in local river rock.

In the gym the walls are paneled in red cedar and alder. McGiffin said they were not required to apply fire retardant to the natural wood paneling because the new facility is framed in metal and concrete and has a sprinkler system.

The gym floor is made of eastern maple, the only wood that was not local, but is Canadian.

hall burnt down.

But the new building, despite not being made of wood, will bring benefits that the old hall couldn't. The cost of insurance is considerably less for the metal and concrete building than it was for the old wooden hall. And with double the required amount of insulation in the ceiling, heating and cooling costs for the hall will be dramatically reduced.

According to long-time Alberni Valley resident Denny Grisdale, the latest Alberni Athletic Hall is number three. The original hall, actually a smaller community hall, stood in the parking lot of the one that burned down. He remembers it being used for basketball tournaments, weddings and dances, but it was too small.

In 1958 the larger Alberni Athletic Hall was built and served the community, and surrounding communities for more than 50 years.

It is for that very reason Ahousaht felt compelled to make a contribution toward the construction of a new hall. "We feel a part of the family of the people of Alberni and we have lots of members living here," said Chief Councillor John O. Frank. "It is really important to support this project, this big asset," he added.

Chief Frank pointed out that many Ahousaht members rented the old facility for their sports tournaments and potlaches.

"The old Alberni Athletic Hall supported us in our needs and now we are here to support it," he said.

"Losing the old Alberni Athletic Hall was almost like losing a loved one," he said.

Bleacher seating space will be the same as in the old hall, room for 700, but there is more floor space giving the new hall a seating capacity of 1100.

The wooden bleachers are not installed, yet but they too will be made with local hardwood. The yellow cedar, hemlock and fir are being stained and finished.

Also upstairs is a boardroom, meeting space that the society can rent out.

Even though it isn't yet finished the new facility is already booked its first three weekends in a row, said Ken Bradley, vice-president of the building committee. After the basketball tournament, there will be a badminton tournament and a Chamber of Commerce event.

The new facility is shaping up nicely given the fact that ground was broken May 14, exactly one year after the old

Basketball challenge a hair-raising experience

By Debora Steel
Ha-Shilth-Sa Reporter

Ucluelet—"Let's play some ball."

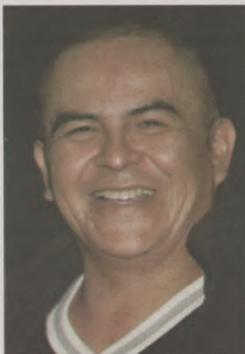
And with that statement, the long-awaited challenge between the Tla-o-qui-aht First Nation chief and council and the young basketball players of the TFN Kings and First Ladies was underway.

Three 20-minute sets of fast-paced hoops action took place on Oct. 20 at the Ucluelet recreation centre. Chief Councillor Elmer Frank led the charge for the elected leaders, and hereditary chief Bruce Frank organized the match, and played on the young people's side.

Beyond that contribution, Bruce Frank also promised to shave his head if the team could raise \$2,500. The game not only showcased the skills of all the players involved, but, more importantly, it raised funds for new uniforms for both the boys' and girls' teams.

It's the second year of play for the under-17 junior boys, and the first year for the girls. Bruce's fundraising promise was fulfilled that night, with Lisaak Forest Products ponying up \$1,000 toward the goal, Creative Salmon matching that donation, and Tla-o-qui-aht council and a few individual donors putting the fundraising over the top.

In game play the two teams seemed up for the challenge. Tla-o-qui-aht is a



Bruce Frank's head was shaved to raise money for team uniforms for the players.



Band Councillor Catherine Frank charges the net in the basketball challenge on Oct. 20



Leo Manson was a force to be reckoned with when he took to the court, despite having not laced up the Air Jordans for more than 40 years.



Tla-o-qui-aht's Chief Councillor Elmer Frank is down and out at the break during the fun challenge Oct. 20 between the nation's council and the TFN Kings and First Ladies boys and girls basketball teams.

young council and had the legs, for the most part, to keep up with their younger, more energetic opponents.

The big surprise of the night came from one of the older players on chief and council's team, however. Leo Manson displayed some impressive shooting despite having not played a game of basketball in 40 years, he said.

A second Leo, this time on the King's/First Ladies side, was equally effective with his skills. Leo Torres-Clark was accurate and moved easily and quickly around the court, and his oppo-

nents, to rack up the score for the challengers.

The game eventually went to the Kings and First Ladies, but not without a fight, with the Tla-o-qui-aht leadership holding their own against the junior squads.

"It was an honor playing with you

guys tonight," said Elmer Frank, after he caught his breath after the exertion. He wished the Kings and First Ladies good luck in the upcoming basketball season. "We will be there to support you," he said.

Continued on page 17.

Residential schools and public education

Continued from page 5.

"They're starting to hear us," Atleo said Robinson told him.

Atleo spoke of the important traditions, sacred ceremonies, which were kept alive by the elders despite the fact that they were outlawed by the Canadian government. He also thanked the ones that work on residential school issues. "Only by coming together can the truth be told and the healing can begin, not only for those that attended, but for all Canadians," he said.

George Abbott, the provincial Aboriginal Relations and Reconciliation minister leading up to the gathering, had planned to be at the event, but was replaced the day before in a cabinet shuffle.

Newly-appointed Minister Barry Penner was not available, but his assistant deputy minister, Arlene Paton, was in attendance to talk about the province's role in the truth and reconciliation process.

Paton said she was shocked at how few British Columbians know the true history of aboriginal people and residential schools. She said that by working together to increase the understanding of what happened would form a strong basis for reconciliation.

She went on to say that the province is committed to a new relationship and demonstrates that through the New Relationship Transformative Change document.

During the lunch break delegates were invited to visit the information booths set up along the perimeter of the room.

There were healing information resources, along with facilities and resource people to provide spiritual care to those in need. There was church staff on hand sharing photographs and information from several Canadian Indian Residential Schools, including those in Ahousaht, Alberni, Alert Bay, Kuper Island and Mission.

Truth and Reconciliation Commission Chair Justice Murray Sinclair described the work that he and his colleagues do.

"We are not a government commission, but one that was agreed upon by survivors, government and the churches," he explained. The courts found the church and government could be sued (for what happened to students in residential schools) so the parties agreed to work things out amongst themselves," he added.

"This is not an aboriginal problem," he said of the residential school legacy, "but it is a problem for all of Canada because all Canadians are affected by it."

Speaking about the degradation and abuse suffered by the children at these institutions, he said, "Not only were we told we were inferior, but they (non-native children) were told they are superior."

He explained that the racism that abounded back then also affects non-native society, many of whom now come from a position of entitlement.

"They tell us to stop acting like we own the place and even the courts ignored us," he said, adding that the law was founded on racism.

He said Canada has a shameful past of mistreating many groups of people, including the Japanese.

"If we can come to a place of meaningful reconciliation, then we can have a Canada we can all be proud of," said Sinclair.

He suggested work needs to be done in the communities to rebuild pride.

"First and foremost, we need to give

self-respect back to our children, teach them how to be proud of who they are," he said, adding it took 130 years to get to this point and it will take at least that long, if not longer, to change it.

Commissioner Marie Wilson talked about what reconciliation is. "We do not travel all over Canada with a definition of what reconciliation is," she said. "Reconciliation and healing is as individual as the person and it means many things. Our role is to inspire reconciliation," she added.

Wilson called the residential school legacy a collective shame; one that affects all Canadians.

Samaya Jardey, executive director of the IRSSS, talked about the history and impacts of Indian residential schools.

"What are we going to reconcile?" she asked. "150 years of dark history...all of us, because were one family, one heart, one mind."

"We want to say bring balance back and right those wrongs. It was legislated into Canadian law, parents had no choice (but to send their kids to residential school) and some were jailed," she continued.

Jardey said as many as 25- to 60-per cent of the children died in those places prior to 1906, and the numbers didn't improve much after that.

"The government knew and the public at large knew. It was well-documented the abuse the children suffered," she said.

Yvonne Rigby-Jones is the executive director for Tsow-Tun Le Lum. She said her husband is one of the pioneers seeking justice for the abuse he suffered at the hand of Arthur Henry Plint at Alberni Indian Residential School. But good work is being done at Tsow-Tun Le Lum

and other treatment centers with multiple generations of families coming in search of a better, healthier life, she said.

According to Rigby-Jones, much of their work is undoing the 'dumb Indian' mentality that many clients come in with.

She expressed concern over funding for treatment centers.

"I'm glad leaders are here because much more work needs to be done. Every time someone gets stronger here they go home and bring strength there," she added.

Robert Joseph spoke as an elder panelist. He warned people not to over-think the definition of truth and reconciliation.

"This (TRC) was set up because survivors wanted to tell our stories, to allow us to heal and, case-by-case, to forgive," he explained. "We need to acknowledge the harm we've done to ourselves and to others in an attempt to alleviate the pent-up feelings: the pain, the rage, the trauma," he advised.

Elder Louise Smith of Kitamaat read from a prepared statement that included a cleansing prayer. It was lengthy but it was powerful. It talked about forgiving those that hurt, humiliated and crushed the spirits of innocent young children. And it talked about self-forgiveness.

The scenarios conveyed in the prayer seemed to bring the survivors back in time and reduced several to tears.

The elder's panel was followed by a church panel and youth panel, which spoke of intergenerational effects of the residential schools.

The TRC continues to visit communities all across Canada, collecting statements, listening to people and educating Canadians about the shared history and legacy of the residential school system.

NIC and student support

Continued from page 3.

This is the third highest percentage of Aboriginal participation in a learning institution in the BC college system, she said.

Gathering Place would help welcome Aboriginal students to the college and support their success in a facility that reflects both their culture and their history.

Lindsay said Aboriginal students could struggle with being isolated from their families and communities. The facility, she hopes, will provide the emotional and spiritual support required as the students make their adjustments to formal education and a new community away from home.

Hupacasath Councillor Warren Lauder thanked North Island College for initiating the project and for including the Nuu-chah-nulth in the processing of the trees. He said it was wonderful to see them showcased in such a way to display the trees' true glory.

Port Alberni city councillorwoman Cindy Solda was at the event representing Mayor Ken McRae. She said the Gathering Place was a testament of what a community can accomplish when it works together.

She explained that the logs used in the facility haven't been treated so they will age in the same manner as the welcome figures at Victoria Quay.

Solda talked briefly about the stories that matriarch Kathy Robinson told her about First Nations treatment in the educational institutions of days gone by. She said she could hardly believe the mistreatment being described.

The Gathering Place facility was in indication, Solda said, that "we have come a long way," down the road from that dark time, though she acknowledged there was a long way still to go. The step forward with Gathering Place was a significant one, she said.

To round out the event before a lunch was served, the Haa-huu-payak School students demonstrated their skill in dancing and singing. Their performance enchanted the crowd gathered together to celebrate the completion of the spe-



Though the chief and council side of the Tla-o-qui-aht challenge put up a good fight, it was youth that reigned victorious in Ucluelet on Oct. 20.

Basketball uniforms

Continued from page 16.

An emotional Bruce Frank was obviously very proud of the teams. He said they played with their hearts and while they needed the uniforms that would be purchased with the funds raised that night, it was still a struggle to get gym time in Tofino to practice. This will be another challenge the teams will have to deal with during the coming basketball

season.

After the speeches it was time to shave Bruce's head. Kings, First Ladies, Tla-o-qui-aht leadership and representatives from the donors took turns doing the honors. At the end of the night, Bruce was bald, but the team had the funds they needed to place a uniform order with the manufacturer.

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Rosie Marsden, NTC Indian Registry Administrator

Correction

In the article "Louie/Swan family names six family members" which appeared in the Oct. 21, 2010 issue of Ha-Shilth-Sa, Ren Louie's new name was incorrectly spelt Wickaninnish. The correct spelling in this case is Wikinannish.

Also, the first spelling of Barb Louie's name, Na-nah-hinyic, supplied to Ha-Shilth-Sa, was also incorrect. The correct spelling, provided by Lea Louie, is Nana himyis.

Ha-Shilth-Sa apologizes if this error has caused any embarrassment to the family.

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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.

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Volunteer

HELP WANTED: Need work experience? The Port Alberni Friendship Center is seeking interested applicants for Volunteer positions including: Reception and Youth Workers. We are seeking individuals that are reliable, committed, flexible and of good character. Hours per week may vary. If you are interested, please contact Jeff at 723-8281 to pick up a Volunteer Application Form.

Lost and Found

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

LOST: Gold necklace with a 1in X 1in Indian design butterfly pendant. Last seen on my niece at the Ucluellet Secondary School in March. Please call Jeannine Adams @ 670-1150 or email ballgr@hotmail.com. Thanks.

FOUND: A shawl was left at the House of Himwitsa. Please pick up your shawl at the House of Himwitsa. Lewis George, House of Himwitsa Ltd.

FOUND: at the Jerry Jack and Colleen Pendleton Memorial Potlatch, a mesh bag containing shawls, a drum and misc. jackets. Contact jerry43307@hotmail.com

Uu-a-thluk

TAKING CARE OF

Tsawalk Partnership Update



Tsawalk team members pictured here in Tofino.

The Tsawalk Partnership is in full swing after a busy season of events, public education, and contests. A coastal planning initiative spearheaded by West Coast Aquatic (WCA), the partnership officially launched its activities on International Oceans Day back in June. Since that time, it has been full steam ahead.

"Tsawalk means 'one' in Nuu-chah-nulth and draws from the guiding principles of *hishukish ts'awalk*, meaning 'everything is one,'" says Director of Marketing and First Nations Engagement, Kelly Poirier.

"The Tsawalk Partnership is about the power of one, because we know how much energy flows when people and communities speak with one voice, develop a plan, or do one good thing. It builds on both our individual and collective strength to carve out our future."

Tapping into the tremendous energy and good work being done on the west coast, the Tsawalk Partnership is also creating an impressive list of accomplishments of its own. Following the Oceans Day barbeque at Victoria Quay in Port Alberni, Tsawalk staff partnered with Uu-a-thluk and First Nations to help organize harbour clean-ups in Ucluelet, Anacla, and Tofino.

Tsawalk staff also hosted information booths at Ukee Days, the Port Alberni Salmon Festival, and the Alberni Valley Fall Fair, in addition to the Pacific Rim Whale Fest, and Ahousaht Sports Days.

"Education and information booths are super opportunities to engage citizens," says Poirier. "They inform people about our project in fun ways, and let them know how they can contribute to the Tsawalk Partnership spirit."

Most recently, Tsawalk staff posted an online questionnaire on Facebook and the Tsawalk website requesting opinions on coastal planning and management. In exchange for spending time filling out the survey, participants became eligible for an impressive roster of prizes, including cash.

Besides the public events, Tsawalk staff have been busy behind-the-scenes visiting communities and gathering information that reflects community values and visions. To continue the partnership spirit and get a sense of how coastal residents want to move their visions forward, Tsawalk hosted an education forum in Tofino in

partnership with the Clayoquot Biosphere Trust.

"We are also hosting a series of community dialogue sessions that will centre around issues

such as pollution, ocean acidification, and ecosystem health," Poirier adds.

Because the Tsawalk Partnership relies heavily on user engagement and community support, local organizations like Uu-a-thluk, First Nations, the Clayoquot Biosphere Trust, and Ecotrust have helped the partnership forge its current path. Other groups such as local businesses and educational institutions have also helped move the Partnership towards its goals.

"All contributions make a difference to the project's success," says Poirier. "All of the feedback and contributions around knowledge and resources will ensure the resilience of the Tsawalk Partnership, as well as the resilience of our coastal communities in the long term."

For more information about the Tsawalk Partnership and activities in your community, contact Kelly Poirier at 250-724-3600.

Ahousaht children learn about the Tsawalk Partnership at Ahousaht Sports Day.



What's Your Act of Tsawalk?

West Coast Aquatic would like to know about one thing you are doing to help the ocean. To tell them about your 'Act of Tsawalk,' visit www.westcoastaquatic.ca/tsawalk and share your story.

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West Coast Aquatic staff (left to right) Kelly Poirier, Jocelyn Dick, Warren Robinson and Jake Martens, along with Kahlilah Rampanen at the Ocean's Day BBQ.