



Ha-Shilth-Sa



Contributing nations:



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

Vol. 38 - No. 8 - April 21, 2011

haašit'sa "Interesting News"

Canadian Publications Mail Product
Sales Agreement No. 40047776

Seeing the Humanity Within One Another

"Addressing the stereotypes and assumptions, what was, what is, and what can be?"

(NTC/RCMP Round Table Participant)

It all started with the NTC Social Issues Forums. Several years ago the Nuu-chah-nulth Tribal leadership made a courageous decision to begin the dialogue on the broad range of social issues that impact the membership within the 14 member First Nation communities. Social issues data collected from community Vision Circles identified priority topics that included a need for dialogue on self-responsibility, self-awareness, self-involvement, education and self betterment. It was expressed by the youth initially, and affirmed by the community members at large that they wanted to see change in a healthy way in our communities. NTC Social Issues Facilitator, Shelley Royendyk, was tasked to identify, assist and continue working at building connections between First Nations and external agencies, i.e. schools, restorative justice programs, Crown Counsel, Probation Services, Corrections Canada, and the RCMP.

After the 2010 Social Issues Forum, site visits to RCMP detachments within Nuu-chah-nulth territories were held. After reporting out on the meetings with detachments and officers next steps were endorsed at the last NTC AGM. One of these next steps was to host a two day Round Table Forum to enhance the dialogue and further develop relationship building along with a mutual sharing of best practices. On April 11, and 12, 2011 the RCMP participated in a joint forum held in Campbell River, along with First Nations representatives, Ahousaht Traditional Policing team members, Youth Sober Summer Founder, NTC Mental Health Program Staff, and NTC Executive. The roundtable was coordinated by Shelley Royendyk, Social Issues Facilitator and facilitated by Vice President, Priscilla Sabbas-Watts. The group was welcomed into the territory by Chief Dan Henderson, of the local First

Nation who offered a prayer and good wishes for a productive meeting on the important topics that were to be covered.

On day one participants looked at the strengths and weaknesses within the relationship between RCMP and Nuu-chah-nulth Nations. Nuu-chah-nulth and RCMP issues and priorities were shared among the table. Some of the concerns shared by the RCMP included stereotyping of officers, stereotypes or bigotry between First Nations and police can go both ways. It is important for all of us to work towards breaking down the stereotypes we have towards one another. Other issues seen quite often are the lack of capacity, especially with more remote and isolated communities. For example, certain requirements under the Labour Code require boats to be run by two officers in open waters, similarly for logging roads - 2 officers must attend a call.

This is timely, takes the resources out of the community and it isn't very cost efficient. However, changing the labor code isn't an option so how can we come up with innovative solutions? Another issue of concern for the RCMP was the lack of reporting incidents. If they don't know about an offence that has been committed, they cannot address it.

Some of the concerns shared by the NTC reps included, the historic negative relations between First Nations and the police and RCMP, participant Terry Dorward, Tla-o-qui-aht representative talked about the incident of a community member that the RCMP thought was drunk when the member was having a stroke, he referred to another incident whereby a member of his nation died in the police cells. He went on to say, "it is hard for our people to trust the RCMP". Our Nuu-chah-nulth members that live away from home also see a lot of abuse to our people by the RCMP in this time. Hesquiaht member Barb Wells added to the discussion stating, "Police brutality does exist, I have witnessed it many times, it is very real. There are many issues that our people have to face because of it". Other issues that were identified from the NTC Mental Health

Kyuquot's first treaty baby is born



Kyuquot's first treaty baby Adam Cecil Matthew Jack Wilson with his grampa

By Denise Titian,
Ha-Shilth-Sa

Campbell River - Kyuquot's first baby born under treaty made his grand entrance a day after the Maa-nulth treaty went into effect.

The baby's impending arrival was announced at the Kyuquot Treaty celebration on April 1 by Legislative Chief Tess Smith. He was named Adam, a fitting name for Kyuquot's first treaty baby boy.

Adam Cecil Matthew Jack Wilson was born in Campbell River General Hospital on April 2 at 1:24 a.m. Proud mother Mary Ann Short said he

was a little overdue and she was anxious for him to join his four siblings.

"I guess I'm excited," she laughed, "people kept telling me to wait until the 1st of April." Adam was due March 28 but labor pains didn't start until the early morning hours of April 1 as her people back home in Kyuquot were resting after treaty implementation celebrations a few hours before.

After more than 20 hours of labor, baby Adam made his debut weighing a healthy 10lb .05oz.

Adam's proud parents are Mary Ann Short and Richard Wilson. His grandparents are Marilyn and Frank Short and Corine and Robert Johnson.

staff members Linda Gomez and John Gomez of the Quu'asa Program, expressing the need for more sensitivity and cultural training for RCMP. The described situations that they deal with on a daily basis, "there are men and women who have mental illness, FAS, post-traumatic stress disorder and detachment issues. The standard system of justice doesn't meet the needs of these people".

NTC President, Cliff Atleo spoke passionately about what we as First Nations people have had to endure, "We cannot overlook the historical treatment

of First Nations people in this province, it was illegal to be in possession of alcohol, the Potlatch was outlawed, there was a lot of mistreatment and racism towards our people, and I believe that there are still some elements of this attitude that has been passed down throughout the years within the RCMP today".

The afternoon on day one was full of discussions aimed at identifying solutions that could be resolved internally and where collaborations with partners may have mutual benefits for both First

Continued on page 5

Inside this issue...

Honor Roll student learns valuable lessons	Page 2
NTC President - health care service	Page 3
Grey whales in our back yard	Pages 4
NCN coloring book launched	Page 7
Community & Beyond	Page 10

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

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

Ha-Shilth-Sa newspaper is published by the Nuu-chah-nulth Tribal Council for distribution to the members of the NTC-member First Nations, as well as other interested groups and individuals. Information and original work contained in this newspaper is protected by copyright and may not be reproduced without written permission from:

Nuu-chah-nulth Tribal Council
 P.O. Box 1383,
 Port Alberni, B.C.
 V9Y 7M2.
Telephone: (250) 724-5757
Fax: (250) 723-0463
 Web page: www.hashilthsa.com
 facebook: Hashilthsa Ntc

2011 Subscription rates:
 \$35.00 per year in Canada and \$40 per year in the U.S.A. and \$45 per year in foreign countries. Payable to the Nuu-chah-nulth Tribal Council.

Manager/Editor/Reporter
Debora Steel (Ext. 243)
 (250) 724-5757 - Fax: (250) 723-0463
debora.steel@nuuchahnulth.org

Administrative Assistant
Annie Ross-Watts (Ext. 226)
 (250) 724-5757 - Fax: (250) 723-0463
annie.watts@nuuchahnulth.org

Reporter
Denise Titian (Ext. 240)
 (250) 724-5757 - Fax: (250) 723-0463
denise.titian@nuuchahnulth.org

Audio / Video Technician
Mike Watts (Ext. 238)
 (250) 724-5757 - Fax: (250) 723-0463
mike.watts@nuuchahnulth.org

Client Services Representative
Holly Stocking (Ext. 302)
 (250) 724-5757 - Fax: (250) 723-0463
holly.stocking@nuuchahnulth.org

DEADLINE:
 Please note that the deadline for submissions for our next issue is **April 29, 2011.** After that date, material submitted and judged appropriate **cannot be guaranteed placement** but, if material is still relevant, will be included in the following issue. In an ideal world, submissions would be typed rather than hand-written. Articles can be sent by e-mail to hashilthsa@nuuchahnulth.org (Windows PC). Submitted pictures must include a brief description of subject(s) and a return address. Pictures with no return address will remain on file. Allow two - four weeks for return. Photocopied or faxed photographs cannot be accepted.

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

LETTERS and KLECOS

Ha-Shilth-Sa will include letters received from its readers. Letters MUST be signed by the writer and have the writer's full name, address and phone number on them. Names can be withheld by request. Anonymous submissions will not be accepted. We reserve the right to edit submitted material for clarity, brevity, grammar and good taste. We will definitely **not** publish letters dealing with tribal or personal disputes or issues that are critical of Nuu-chah-nulth individuals or groups. All opinions expressed in letters to the editor are purely those of the writer and will not necessarily coincide with the views or policies of the Nuu-chah-nulth Tribal Council or its member First Nations. Ha-Shilth-Sa includes paid advertising, but this does not imply Ha-Shilth-Sa or Nuu-chah-nulth Tribal Council recommends or endorses the content of the ads.



Honor Roll grandson learns valuable lessons

By Denise Titian,
 Ha-Shilth-Sa Reporter

Port Alberni – Deavan Grant-Paul only recently made the leap from elementary school to middle school but with the love and support of his adoring grandparents, he is thriving and excelling in his new surroundings.

Monica Paul's eyes lit up as she told Ha-Shilth-Sa how her grandson has made the honor roll two terms in a row. Paul and her husband Tim are raising Deavan along with his baby brother.

The eleven year-old attends E.J.Dunn Middle School in Port Alberni. He's a young man of few words but in a strong, confident voice announced he earned two A's and the rest B's on his last report card. He takes the usual courses: English, Social Studies, Math and Science but he's discovered a love for Band.

When asked what instrument he plays he shrugged and answered, "It's just a flute." But his grandparents beamed as they told how he played Happy Birthday on his flute to his grandfather recently. He can also play O Canada on the flute.

He plans to give the guitar a try. "His teacher recognizes he's very keen when it comes to injustices. He is sensitive when people are not being treated right," Tim shared.

In fact, Deavan's home room teacher, Mrs. Wright, was so impressed with Deavan's level of empathy she awarded him with the Excellence in Social Responsibility certificate.

The Pauls credit Deavan's stable, stress-free home life for his success, but Deavan says he does well because he listens to his teacher and does his homework right away, as soon as he gets home.

"We teach him to always go the distance, to do your level best and exceed expectations," said Tim Paul. Grant-Paul has not decided what he wants past sixth grade. For now he's just enjoying his first year in middle school.



Monica Paul, Deavan, Tim Paul along Deavan's baby brother

Summer starts May 2!

Nanaimo to Port Alberni
 Daily 10:05 am - 4:45 pm
 Fri/Sun 7:15 pm

Port Alberni to Nanaimo
 Daily 10:30 am - 2:30 pm
 Fri/Sun 5:15 pm

Port Alberni to Tofino
 Daily 12:20 pm - 7:00 pm
 Fri/Sun 9:30 pm

Tofino to Port Alberni
 Daily 8:00 am - 12:00 pm
 Fri/Sun 2:45 pm

Daily Victoria Express
 Departs Victoria: 8:00 am
 Departs Port Alberni: 10:30 am

Call 1.866.986.3466 or book online and Save!

TOFINO BUS.COM
 Island Express



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 37th year of serving the Nuu-chah-nulth First Nations.

We look forward to your continued input and support.
 Kleco! Kleco!

Legal Information

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

Port Alberni Red Cross Loan Cupboard

Submitted by the NTC Home Care Nursing Dept.

The Red Cross Loan Cupboard is a volunteer organization which provides assistive equipment and mobility aides on a temporary basis for clients in need.

Equipment is loaned out for a period of three months at no fee with the understanding the equipment will be returned at that time.

As the Red Cross Loan Cupboard is a non-profit organization, they rely on donations of money and used equipment to make their program possible.

The Red Cross Loan Cupboard is a well-used resource in our communities and provides many with the aide they need following surgeries, injuries, or a decrease in range of motion due to declining health or the aging process.

If you have any gently used equipment that is no longer needed, please donate to Red Cross Loan Cupboard.

Located at 5100 Tebo Ave. (The old Klitsa school site.)
 Phone: (250) 723-0557.

POYNER BAXTER LLP
 Lawyers

Residential School Claims

If You Have Questions About:

- ✓ Common Experience Payments
- ✓ Individual Claims
- ✓ The National Residential Schools Settlement

CALL US...WE'LL ANSWER YOUR QUESTIONS

Toll Free 1-866-988-6321

PERSONAL SERVICE...GUARANTEED

RESIDENTIAL SCHOOL COMPENSATION AND HEALING

TIME IS LIMITED TO APPLY!

THE GOVERNMENT OF CANADA HAS IMPOSED A TIME LIMIT ON WHEN YOU CAN FILE A CLAIM FOR HEALING AND COMPENSATION FOR SEXUAL AND PHYSICAL ABUSE THAT WAS DONE TO YOU AT RESIDENTIAL SCHOOL.

FOR INFORMATION, PLEASE CALL SCOTT HALL, LAWYER

1 - 8 0 0 - 4 3 5 - 6 6 2 5
 VICTORIA - TOFINO - UCLUELET
 - PORT ALBERNI - NANAIMO -
 DUNCAN - PORT HARDY

NTC President working to bring health care service delivery closer to home

By Denise Titian,
 Ha-Shilth-Sa Reporter

NTC President Cliff Atleo is a member of the First Nations Health Council representing Nuu-chah-nulth-aht. He has been actively involved in the Tripartite First Nations Health Plan (TFNHP); something he strongly believes will bring more and better health care services to first nations people across Canada.

During the NTC Disability Access Committee Fair held late March, Atleo showed a video presentation that outlined the history of first nations since contact. The presentation explained how health services to aboriginal people in Canada are being eroded through federal and provincial government policies.

"Aboriginal people have contributed billions of dollars in provincial sales tax ever since its inception," he pointed out. "Every time you've bought something from Zellers or any store off reserve you're paying BC sales tax, yet the province always tells us we're the responsibility of the federal government," he said.

According to FNHC the six health authorities in BC together control around \$11.3b worth of health service funding and therefore the majority of health resource dollars in the BC region, yet BC first nations have very little control over how health care programs and services are designed and delivered by the federal and provincial governments to their communities and people.

The First Nations Health Council is involved in developing the Tripartite First Nations Health Plan as a means of redefining health care services to aboriginal people by bringing health governance closer to home.

"We're waiting for BC and Canada to sign off on the (TFNHP) agreement. Our First Nations have yet to endorse it but the Health Council endorses it and recommends it goes to all the chiefs throughout the province," said Atleo.

According to Atleo, if the TFNHP is endorsed, First Nations will become responsible for policies that govern health care in province. "People are watching how we're going to do," said Atleo. "Nowhere else in Canada is this being done. It opens the door to start turning things around," he added. "Once the three parties initial off on the agreement we will have two years to create this new first nations governing health authority," he continued.

Atleo has been meeting with health care representatives from Nuu-chah-nulth nations who have formed a working group. They are working on moving the plan forward by doing things like developing a Nuu-chah-nulth Health Plan. The plan needs to be comprehensive with a focus on prevention and health care needs in the future.

"We will have the opportunity to create our own health clinics and pharmacies staffed with good doctors, nurses and dentists. Those opportunities will arise throughout the province in different locations," he explained.

A new first nations health governing body could take on the delivery of some or all of the programs and services currently delivered by Health Canada First Nations and Inuit Health (FNIH) as well as other agreed upon federal and provincial health services. In order for this to take place, first nations need to decide which programs and services will be transferred, a timeline for this transfer and the financial resources required to effectively implement such a transfer.

Atleo urges Nuu-chah-nulth people to learn about the initiative and to support it. He offered to go to any community to tell them more about it.

There is FNHC website that allows people the opportunity to ask questions or give feedback. Participant feedback will be compiled into a consensus document for Vancouver Island. Decision makers will determine eventual outcome.

NUU-CHAH-NULTH TRIBAL COUNCIL

GRADUATION CELEBRATION
 (Grade 12)

SATURDAY JUNE 18, 2011

Hupacasath House of Gathering

Port Alberni
2:00 P.M.

FOR MORE INFORMATION CALL EILEEN HAGGARD, 724-5757.

Graduation application forms can be picked up from your band office or the Nuu-chah-nulth Tribal Council office. If are living away from home you can download the application off of the N.T.C. website - www.nuuchahnulth.org Ucluelet First Nation grads please contact your tribal office for celebration information. Chuu!

Grey Whales in Our Back Yard

By Maria Barker, Uu-a-thluk Species at Risk Coordinator

I've heard questions from many people wondering whether or not they will miss the opportunity to see grey whales near Tofino if they miss the annual Whale Festival. Although spring is the best season to watch grey whales migrating through our neighborhood, whales are around the west coast of Vancouver Island at any time of year—not just for cameo appearances for nine days every March.

The grey whales' history along our coast is deeply rooted in Nuu-chah-nulth First Nations and post-contact culture, and has shaped many kinds of industry extending from the heyday of the oil and blubber trade to scientific research and tourism. For Nuu-chah-nulth-ah, these whales were considered sacred long before the reality of harpoon guns and commercial whaling, and before people started to look at spouts on the horizon, wondering how many barrels of oil they were about to achieve as a result of their kill.

When Nuu-chah-nulth Nations hunted a whale, nearly every part of the animal was put to use—primarily the oil, blubber and meat, but also the bones, baleen and tough tissues. Some young men would prepare for five years or more to become a whale hunter and hunt from ocean-going dugout canoes.

According to Barbara Touchie, a Ucluelet First Nation elder, "The oil was used in cooking and as a fire starter, the meat for food, and the bones for clubs and combs. Whale vertebrae served as chairs, sinews were used to bind harpoons, and whale oil was also a trading commodity. Finally, the water in which the blubber was boiled was converted into glue." Today mainstream culture is coming around to the Nuu-chah-nulth cultural perspective that whales are sacred.

There are two genetically distinct populations of grey whales, eastern and western. There was also an Atlantic grey whale population, but that one is now extinct. The greys we are familiar with are known as eastern Pacific grey whales.

After many weeks in an intense feeding frenzy—filtering gulps of mini marine life—Eastern greys leave their summer feeding grounds in the arctic and head for the warm waters of Mexico. During their migration, and while in Mexican waters, they live off of fatty reserves for the



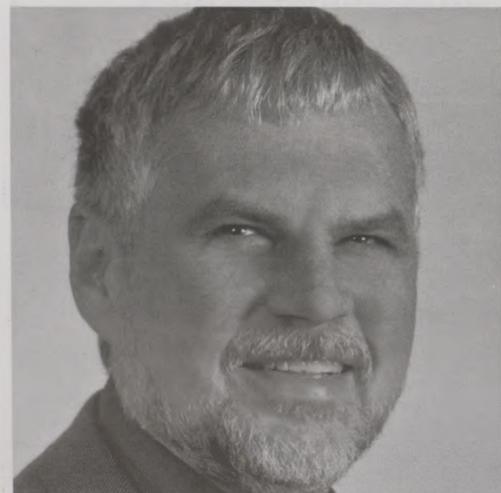
Although spring is the best season to watch grey whales migrating through our neighborhood, whales are around the west coast of Vancouver Island at any time of year

coming months until they can return to the great nutrient-rich, cold-water grocery store. All of this fuss and starvation is for the sake of getting their groove on—mating and giving birth.

On their return voyage, eastern greys travel northbound within 5kms or so from shore—at times grazing right alongside rocky headlands—and head up toward Arctic seas seeking food, before turning southbound again. That's an annual migration much longer than most other mammals, upwards of 16,000 km or more roundtrip. It's suspected that by sticking to shallow seas, near-shore migrating grey whales can navigate using acoustic cues by listening to the surf. Sea floor contours, ocean currents, possibly the earth's magnetic field, and even the 'taste' of familiar rivers and bays may also help to guide them. Fortunately for us, not all grey whales follow the textbook routes we have mapped out for them. A few hundred whales have been calling Clayoquot Sound home for months out of the year, and for years of their lives. These whales are known as 'residents,' or part of the Pacific Coast Feeding Group. They provide residents and visitors to the west coast the opportunity to see whales throughout the spring and summer.

Being able to see grey whales regularly in our waters is a testament to the success of conservation efforts for these animals. According to the Committee on the Status of Endangered Wildlife in Canada (COSEWIC), commercial whaling critically reduced the eastern Pacific herd to roughly 2000 individuals by the late 1800s. With the help of public pressure, grey whales were finally protected from commercial whaling by an international agreement by 1947. This agreement helped grey whale populations return to pre-whaling proportions—upwards of 20,000. Unfortunately, the western Pacific grey whales have not fared so well, largely due to human factors including ongoing hunting, oil exploration, offshore mining, toxic spills, and industrial noise. Roughly 130 animals remain—one of the most endangered baleen whale populations in the world. Very little is known about western grey whales. In an attempt to better understand their migration patterns and their breeding grounds, U.S. and Russian scientists tagged a male western grey in Russian waters last October. Flex, as he was nicknamed by the scientists, crossed the Bering Sea and Gulf of Alaska, passed Vancouver Island, and kept on

trucking. His last known position was about 25-30 km off the coast of California. Although the overall eastern grey whale population appears healthy, there are concerns regarding the stability of the smaller resident populations, like the ones seen in Clayoquot Sound. For these reasons, eastern grey whales are still listed as a special concern by COSEWIC. There are currently more than 65 species at risk (listed under COSEWIC) within Nuu-chah-nulth territories. These include marine mammals, fish, reptiles and invertebrates, as well as seabirds, terrestrial mammals and birds, plants, and lichens. Some of these species earn less of the limelight than grey whales, but when you live in a place like the wild west coast—where whale sightings can sometimes seem commonplace—it's hard to imagine that they too are considered a federally and globally recognized species at risk. And they're right here in our back yard, any time of year. Marla Barker is the Species At Risk Coordinator for Uu-a-thluk (Nuu-chah-nulth Tribal Council fisheries). She hopes you'll get out on the water to spot yourself a spout!



Working to protect and preserve our forests, rivers, fish and wildlife
It's time - Vote Green!

X Jespersen, Myron

www.MyronJespersen.ca
Authorized by the Official Agent for Myron Jespersen

Seeing the Humanity Within One Another continued from page 1

Nations and RCMP. There were many suggested solutions from the round table participants – for example from the Nuu-chah-nulth reps; RCMP need to be more visible at First Nation community events, a transition period for new officers coming into our communities where the previous officer introduces the new one into the community, and explore alternative solutions to 'throwing people into the drunk tank', such as creation of Sober Centers. From the RCMP reps – make time to talk to the RCMP officers when you see them. If they are scheduled to be in your community, stop in for an informal chat and a coffee, extend invitations to community and cultural events as sometimes the officers are unsure of what they can attend and what may not be appropriate to attend, and develop community consultative groups to address the issues of safety and justice within your community.

Day two of the roundtable was about sharing best practices. Kurt John did a presentation on Ahousaht Traditional Policing. He spoke about the importance of trust and how the community trusts the Traditional Police because they are members of the community and because they are supported by and work under the authority of the Ha-wiih. While questions arise from time to time about liability and safety the support of the Ha-wiih and the traditional principles that the traditional policing work within significantly increase safety within the community. It also allows those who are involving themselves in self destructive behaviour to be referred to appropriate services offered by the Nation, such as traditional advice from elders or drug and alcohol counselling.

The Youth Z-Team founder, and Yucluthaht member, Mitchell Touchie spoke of his positive personal experience with the RCMP and the profound affect it had on him. He made a promise to himself to not drink for the summer – and began to use social networking tools such as facebook, and blogging to share his experience and thoughts with other youth to create change. The idea caught on and a number of other youth decided to join him. At the end of the summer the community acknowledged the youth for their

commitment to creating a health community. That small group of youth then turned into the Z-Team, a youth group that organizes various activities for youth on the Westcoast. After a successful youth conference run by the Z-Team interest in being a part of positive change grew even more and they have now evolved into the West Coast Youth Council.

Constable Kyle Ushock had also been scheduled to present, however due to short staffing at the Ucluelet detachment was unable to come. Constable Ushock and the Ucluelet detachment formed a partnership with local drug and alcohol counsellors in town and members within the Yucluth community to address youth/underage drinking. If a youth is found to be intoxicated they are given a "ticket" that gives them the opportunity to seek counselling and learn about the dangers of underage drinking.

The community presentations were very well received by all parties involved and many questions were asked. Linkages were also made between communities to learn more about the initiatives and how they could potentially be used elsewhere. Vice President Priscilla Sabbas-Watts expressed, "Building on and sharing best practices is something that I really wanted to see come out of this forum. Our nations are the best equipped to help one another. Not only does it strengthen our communities it build the unity among our nations when we share with each other the good work we are doing and the lessons learned throughout the process."

Next steps identified by the participants included words of encouragement to one another, along with a commitment to not lose the process and to keep it moving forward. The nations present were urged to contact their local detachments to have the monthly briefs on the calls attended and issues needing to be addressed within their respective communities. Also, NTC Vice President Priscilla Sabbas-Watts committed to having a nation contact list available as soon as possible for the detachments that serve Nuu-chah-nulth communities. Cliff Atleo, NTC President's words summed it up pretty accurately, "we need to step outside some of the rigid boundaries, it's called relationship building!"

DO YOU HAVE A COMPLAINT TO MAKE?

If you, a friend or a family member have faced discrimination, abuse or wrongdoing at the hands of a police officer and you don't know how to report it or are scared to report it, you can contact the Commission for Public Complaints at 1-800-665-6878. These calls are not handled by the police and they can assist you in filing a formal complaint.

Well, this is "Interesting News" www.hashilthsa.com

EMPLOYMENT OPPORTUNITY
City of Port Alberni – Parks and Recreation
Summer Assistant – Recreation Programs

The City of Port Alberni is accepting applications for Summer Assistants in a variety of programs. Candidates are required to have a minimum of 1st year college or university in a related field and related experience. As a requirement of the job, applicants must have a current CPR-Level C (within the last year), Standard First Aid (within the last two years) certificates, unrestricted Class 4 Drivers License and may be required to have a current NLS (National Lifeguard) certificate.

Rate of pay is per CUPE, Local 118, Collective Agreement.

Resumes with a covering letter with proof of required qualifications and references will be received until 4:30 p.m. Monday, May 16th by Theresa Kingston, Manager of Human Resources and Community Development at Echo Centre, 4255 Wallace Street, Port Alberni, B.C. V9Y 3Y6. We regret that only those applicants selected for interviews will be contacted.

EMPLOYMENT OPPORTUNITY
City of Port Alberni
Finance Department – Accounting Clerk/Payroll Clerk (Casual)

The City of Port Alberni is accepting applications for an Accounting Clerk /Payroll Clerk to work on a casual on-call basis at various times on weekdays at City Hall. This position involves accounting and payroll work, including receiving, recording and balancing payments for all types of City accounts and services, processing enquiries and providing information on accounts payable/receivable transactions, preparing and processing payroll, maintaining and reconciling information related to payroll including benefit plans, etc. Candidates are required to have a minimum of Grade 12 education and successfully completed 2nd year of a recognized accounting program (C.A., C.G.A. or C.M.A) and related accounting/payroll and clerical experience. Successful applicants will be required to complete a criminal record check.

Rate of pay is per CUPE, Local 118, Collective Agreement.

Resumes with covering letter and proof of qualifications will be received until 4:30 p.m. on Monday, May 16th, 2011 by Theresa Kingston, Manager of Human Resources and Community Development at Echo Centre, 4255 Wallace Street, Port Alberni, B.C. V9Y 3Y6. We regret that only those applicants selected for interviews will be contacted.

Administrative Professionals Day

April 27, 2011



SUBSCRIBE TODAY

NAME: _____
 MAILING ADDRESS: _____

ARE YOU A MEMBER OF A NUU-CHAH-NULTH NATION?

Citizenship has its benefits and one of those benefits is that you can get Ha-Shilth-Sa delivered to your home for free, courtesy of your Nation. Call, email or fill in this form and send us your information.

****Citizens of Ahousaht, Huu-ay-ahit and Ucluelet do not qualify for this offer. Subscription rates apply. Contact your individual band office for information on how you can receive the newsletters published by these nations.****

What Nation are you a member of?: _____

Phone Number: _____

2011 Subscription Rates:

\$35.00 per year in Canada
 \$40 per year in the U.S..
 \$45 per year International.

Payable to the Nuu-chah-nulth Tribal Council. Send cheque or money order to: Nuu-chah-nulth Tribal Council Attention: Ha-Shilth-Sa Subscriptions P.O. Box 1383, Port Alberni, B.C. V9Y 7M2. Fax: (250) 723-0463 Email: hashilthsa@nuuchahnulth.org For information call: (250) 724-5757



Take the first step to help Aboriginal Children and Youth journey home.

Become a Foster Parent

Frequently Asked Questions

What is Foster Care?

Fostering is a family opening its home and sharing its love, nurturing and caring for children who temporarily cannot live with their own families. It is about helping children return to their own home or move to a new permanent home. It is about family helping others within their community.

Who can Foster Aboriginal children?

To become a foster parent, you must be over 19 and have the maturity to provide care and guidance to children and youth. Singles, couples, or families can all become foster parents.

Will I receive financial assistance for children in my care?

Yes. You will receive a payment intended to cover expenses such as board, food, clothing, recreation, etc.

Which Foster Homes are needed most?

Youth, sibling groups, children with special needs, and children from the ages of birth to five years of age.

USMA NUU-CHAH-NULTH FAMILY AND CHILD SERVICES

Contact Resource Social Workers:
 Phone: 724-3232 or 1-877-722-3232

Join us on facebook: Search Hashilthsa Ntc or view us online at www.hashilthsa.com

Nuu-chah-nulth Coloring Book Launched

What do humpback whales and sea otters have in common? Apart from being listed as "species at risk" by Canada's public registry, they also appear in a new coloring book produced by Uu-a-thluk. Featuring the work of two Nuu-chah-nulth artists—Kelly Poirier and Joseph Louie—the coloring book combines traditional knowledge with original artwork.

"We wanted to talk about species that were important to Nuu-chah-nulth people, but also about the culture and stories associated with those species," says Uu-a-thluk biologist, Katie Beach. "Our goals for the project were to provide an opportunity for young Nuu-chah-nulth artists to collect traditional knowledge and use that knowledge to help depict important species. We also wanted to provide Nuu-chah-nulth school kids with culturally appropriate learning tools."

The result is a fourteen page booklet featuring ten different species. Both artists' renderings reflect traditional northwest coast style, though with distinct flavours. The accompanying text also gives a glimpse into Nuu-chah-nulth traditional teachings and history.

"I was trying not to choose the obvious things... in terms of cultural significance," says Poirier. "Some species get a lot of attention because they're big. People have an emotional attachment to them. But if we think about the teaching *hishuk ish ts'awalk*, there are species that play an equally important role in the ecosystem but who don't get the same attention in terms of our management or our cultural storytelling."

To find out more about how Nuu-chah-

nulth view those lesser-known species, Poirier began by talking with cultural teachers. She was surprised to find the stories hard to uncover.

"It seems like the teaching stories that are associated with animals focus on those big heroic species, and there are not a lot of people left who can tell stories [about the lesser-known ones]." Still Poirier persisted, combining what she discovered through conversations, with information she gleaned through a literature review and other research.

"One of the cultural teachers I consulted for stories told me that previously, people went out, observed nature, and saw how those species behaved. Then they made up a story." Although Poirier wasn't able to "hang out with humpbacks" or some of the other creatures she drew for the coloring book, she did gather images of the animals in nature and as depicted in traditional art works. The end result is a tool that's useful to educators and fun for kids.

"Letting kids see something they haven't seen before or thought about serves a function. We might not eat it or harvest it commercially, but it still has value," Poirier says.

Katie Beach agrees. "The book is important because it gave Nuu-chah-nulth artists the opportunity to collect traditional knowledge and then use that information to create art. It also provides kids with culturally appropriate learning tools about important marine species, and is easily accessible for educators online." To see a digital copy of the coloring book and print out coloring pages, visit



by Chii-ith-oom-qua (Kelly Poirier)

http://www.uuathluk.ca/web_sara_colouring_book.pdf.

Special thanks to the Aboriginal Fund for Species at Risk and the Clayoquot Biosphere Trust for making this project

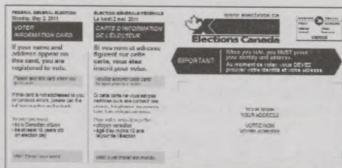
possible. Special thanks also to Joseph Louie and Kelly Poirier for their commitment and artistic visions, and to Poirier for her layout and design skills.



I CAN CHOOSE TO MAKE A DIFFERENCE, I CAN VOTE!

MONDAY, MAY 2, IS ELECTION DAY

DID YOU RECEIVE THIS CARD?



YES - then you're registered. The card tells you where and when to vote. Take it with you when you go to vote.

NO, or you found an error - contact Elections Canada now.

YOU CAN VOTE BEFORE ELECTION DAY.

- **At the advance polls** on Friday, April 22; Saturday, April 23; or Monday, April 25, from noon to 8 p.m.
- **By mail or at your local Elections Canada office**, if you apply by 6 p.m. on Tuesday, April 26.

TO VOTE, YOU MUST:

- be a Canadian citizen
- be at least 18 years old on election day
- prove your identity and address

For more information on voting, including the list of authorized pieces of identification, check the brochure you received by mail or visit www.aboriginalvoter.ca/info

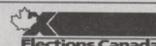
VOTE. SHAPE YOUR WORLD.

www.aboriginalvoter.ca/info

1-866-323-9104

TTY 1-800-361-8935

For people who are deaf or hard of hearing



City of Port Alberni – Deputy Director of Finance

The City of Port Alberni is looking for a high energy individual excited about becoming a key member of an administrative and management team that is focused on providing quality local government services in an efficient and effective manner.

Reporting to the Director of Finance, the Deputy Director of Finance is responsible for the effective and efficient operations within the Finance Department including responsibility for overseeing payroll, accounting, accounts payable and collection, budget preparation and control and observing and complying with municipal fiscal policies. The position is responsible for ensuring security of the City's financial systems and related confidential matters. In addition the incumbent assumes the responsibility and authority of the Director of Finance in the Director's absence.

The ideal candidate will have demonstrated outstanding strategic financial planning, analytical, leadership, organization and supervisory skills. This role requires a professional with excellent interpersonal and communication skills and the ability to deal effectively a wide variety of internal customers, members of the community and government agencies.

Ideally the successful candidate will possess a C.G.A., C.M.A. or C.A. designation with 4 or more years of related experience including experience in a finance position in a municipal environment. An equivalent combination of education and experience may be considered. Certificates in Local Government and Municipal Administration are definite assets.

This exempt position offers an attractive salary and comprehensive benefits package. Qualified applicants are invited to forward their resume by 4:30 pm on Thursday, May 12, 2011 to:

Theresa Kingston, Manager of Human Resources
 4850 Argyle Street
 Port Alberni, B.C.
 V9Y 1V8

Fax: 250 723-1003
 E-mail: theresa_kingston@portalberni.ca

We thank all applicants in advance for their interest, however, only those under consideration will be contacted.



National Aboriginal Achievement Foundation

Achieve Believe

Bursary and Scholarship application deadlines:

MAY 1:

- Fine Arts
- Ontario Federation of Indian Friendship Centres (OFIFC)

JUNE 1:

- Post Secondary Education
- Aboriginal Health Careers

For more info: 1-800-329-9780 x 020 NAAFCFA



National Chief Address Canadian Club of Toronto: "First Nations Count" in Federal Election

April 11, 2011 - (Ottawa, ON) - During a major speech to the Canadian Club of Toronto, Assembly of First Nations (AFN) National Chief Shawn A-in-chut Atleo delivered a strong message on the need for First Nation priorities to be addressed during the current federal election.

"The 2011 federal election is an opportunity to change the way First Nation issues are addressed in this country," said AFN National Chief Shawn Atleo. "This election comes at an important time when our population is young and booming, when Canada is looking at major developments to ensure we remain productive and competitive. We are at a crossroads and this election is an important opportunity to transform the relationship between First Nations and Canada, something that is required to realize the true potential of First Nations in this country."

National Chief Atleo and the AFN recently launched an initiative to ensure First Nation priorities are part of the election discussion, to seek commitments from all parties based on priorities set by First Nations and, at the same time, engage First Nation citizens in the national discussion on the issues that matter to them.

The initiative is called "First Nations Count - Our Communities, Our Nations, Our Voice". It is based on four key areas to address the gap between First Nation citizens and other Canadians. Under the broad theme of "working together now to build success for the future", these priorities are education, affirming our

relationships, driving partnership and the economy, and community health and safety.

National Chief Atleo set out a very clear plan of what is required. "We've seen the Liberal and Conservative parties quickly commit to sustainable rates of growth for health and education - rates of 6.6 per cent per year," said National Chief Atleo in Monday's speech. "For these same services, First Nations, despite being the fastest growing population, are capped at 2 per cent. We seek the same and equivalent commitment to sustainable growth. We seek a relationship founded on respect and fairness to unlock the tremendous potential benefit to First Nations and all Canadians."

On April 1, the AFN submitted a questionnaire to all party leaders, seeking commitments based on the "First Nations Count" priorities. AFN is hosting an online virtual summit April 14 to further engage First Nation citizens and interested Canadians to discuss the issues that matter to them. AFN has also invited party candidates to a special town hall event focused on First Nation issues April 27.

For more information on "First Nations Count", AFN election priorities and upcoming events please visit www.afn.ca.

The Assembly of First Nations is the national organization representing First Nations citizens in Canada. AFN and National Chief Atleo are on Twitter. Follow both @AFN_Updates, @AFN_Comms and @NCAtleo

Have you listened to your feet lately?

Submitted by Deb Melvin, LPN



If your feet could talk, they would tell you a lot. Like how much those tight shoes hurt or how they loved the massage yesterday. May is Foot Health Awareness month and a good time to get to know your feet. Since almost 20% of First Nations adults have been diagnosed with diabetes, foot health is becoming more and more important. Diabetes affects the body's circulation and immune system and over time can damage the nerves in your hands and feet. This can cause infections, ulcers (sores), numbness, tingling and increased sensitivity. At some point in their lives, 10-15% of people with diabetes will develop foot ulcers. Managing diabetes and your blood sugar plays a big part in keeping your feet healthy.

Whether you have diabetes or not, daily foot care is important. Wash your feet daily in warm water with a mild soap. Limit soaking your feet to no more than 10-15 minutes as longer may dry your skin. Dry your feet carefully, especially between your toes. Check your feet daily for cuts, blisters, cracks, calluses, corns, in-grown nails, or any other changes. Use a hand mirror or ask someone to check your feet if you have difficulty. Cut toenails following the natural contour, but not too short. Use tools for

nail and foot care only-not wire cutters or wood rasps as some clients have done. Nails are easier to cut after a short soak. Use a moisturizing lotion, wiping off any excess. Don't apply lotion between your toes as this can cause infection. Wear clean, dry socks and well-fitting shoes.

Other foot health tips include: wearing loose socks at night if your feet are cold, elevating your feet when sitting for longer periods, wiggling your toes and ankles throughout the day, exercising regularly to improve circulation, not wearing tight fitting socks or shoes, not putting hot water bottles or heating pads on feet, not crossing your legs for long periods of time, not going barefoot, and not smoking as this also decreases circulation. If you have sores that won't heal, foot pain, in-grown nails, corns, or thick calluses, have them treated by your Doctor or foot care specialist. People with diabetes should have their feet checked each year, or when there are changes.

Keeping our feet healthy takes just a few minutes a day. Many people are reluctant to show their feet to others, but your Doctor or foot specialist will be happy to assess your feet and talk to you about any concerns you may have. Your feet will thank you!

Official Court Notice



September 19, 2011 is the deadline for Common Experience Payment applications. The Indian Residential Schools Settlement Agreement. The healing continues.

On September 19, 2007 the Indian Residential Schools Settlement became effective. At the time, it was estimated that 80,000 former students were alive in 2007. As of January 1, 2011, Common Experience Payments have been issued to 76,623 former students. An important deadline is now approaching.

Under the terms of the Settlement, September 19, 2011 is the Common Experience Payment (CEP) Application Deadline.

What is a Common Experience Payment? It is a payment made under the Indian Residential Schools Settlement Agreement to former students who lived at a recognized Indian Residential School under the Indian Residential Schools Settlement Agreement and who were alive on May 30, 2005. Payments are \$10,000 for the first school year (or part of a school year) plus \$3,000 for each additional school year (or part of a school year).

Which schools are included? The list of recognized Indian Residential Schools has been updated. Six Indian Residential Schools have been added; decisions regarding a number of other schools are in progress. A complete and updated list of recognized residential schools is available at the website listed above.

How do I apply for CEP? To apply for a Common Experience Payment, please complete and submit

an application form by **September 19, 2011**. To get an application form, please call 1-866-879-4913, go to the website or visit a Service Canada Centre. Service Canada staff members are available to help applicants complete the CEP application form.

What if I have already applied for a Common Experience Payment? If you have already applied please do not submit a new application. If you have not received a decision or have questions about your CEP application, please contact the phone number below.

What about the Independent Assessment Process? The Independent Assessment Process (IAP) is a separate out-of-court process for the resolution of claims of sexual abuse, serious physical abuse, and other wrongful acts suffered at residential

schools. The IAP is a complex process and it is strongly recommended that you hire a lawyer if you wish to submit an IAP application. CEP and IAP are separate processes and former students may apply for the CEP, or for the IAP, or for both the CEP and IAP. The deadline to apply for an IAP payment is **September 19, 2012**.

More information on both processes is available at 1-866-879-4913 and at the website. The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

For more information call 1-866-879-4913 or visit: www.residentialschoolsettlement.ca



CHOOSE TO MAKE A DIFFERENCE, VOTE!

MONDAY, MAY 2, IS ELECTION DAY



DID YOU RECEIVE THIS CARD?

YES - then you're registered. The card tells you where and when to vote. Take it with you when you go to vote.

NO - no problem! You can register at your polling station just before voting. You'll find the location and hours of your polling station at www.aboriginalvoter.ca/info or by calling 1-866-323-9104.

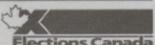
TO VOTE, YOU MUST:

- be a Canadian citizen
- be at least 18 years old on election day
- prove your identity and address

For more information on voting, including the list of authorized pieces of identification, check the brochure you received by mail or visit www.aboriginalvoter.ca/info

VOTE. SHAPE YOUR WORLD.

www.aboriginalvoter.ca/info 1-866-323-9104 TTY 1-800-361-8935
For people who are deaf or hard of hearing



Community & Beyond

Loonie Twoonie April 30 Haahuupayak School

From 10 a.m. to 1 p.m. Haahuupayak is having their yearly loonie toonie for the children's year end field trips. This event is for all classes year end trips. So come out and enjoy the day with family and friends and help support our cause. Our children are our future. If you are able to donate anything at all message Cherie or Trevor at 250-724-5542. There will be a concession and our big prize will be a acer notebook with antivirus kit.

Loonie Twoonie Auction April 30 Port Alberni

Ahousaht Elders living in Port Alberni are holding a fundraising Loonie Toonie to raise money to attend the Elders Gathering in Abbotsford BC July 12,13 and 14, 2011. Date: April 30,2011 Time: doors open 9 am. Location Salvation Army hall 4th and Redford, old Redford school. Lot of good prizes. Breakfast and Lunch concession. Accepting donations. Please call Donna at 250-724-5290 or Amelia at 250-720-0963. Ahousahts meet at the Port Alberni Friendship Center on Tuesday at 7 pm. Ahousahts living in Port Alberni are hosting a Loonie Twoonie Auction. They are raising money to send the Ahousaht Elders living in Port Alberni to this year's Elders Gathering. Donations, please call Donna at 250-724-5290 or Amelia at 250-720-0963. Also, Ahousahts meet at the Port Alberni Friendship Centre every Tuesday.

ADSS Carnival May 6 Port Alberni

Fun for the whole family. Lots of games, food and fun! Where: Alberni District Secondary School from 5 p.m. to 9 p.m. For more information contact Melody at 250-724-6115. Parents and staff are working together to make this event a huge success that is open to the whole community. We will have games and events for all ages ranging from \$0.25-\$10. The Carnival will have Guitar Hero

competitions, Cyber City go-carts and laser tag, food, cakewalk, these are just a few things to check out but there are too many things to list. Hope to see you there!

Tseshah Artists and Friends Mother's Day Spring Market May 7 Port Alberni

To be held at the Tseshah Cultural Center, 5211 Wattys Rd., Port Alberni. From 10 a.m. to 4 p.m. Contact: C. Anne Robinson 250-720-8907 or email at FirstNationsWildcrafters1@shaw.ca.

Let's Do It Again Thunder Tournery May 6, 7, & 8, 2011 Port Alberni B.C.

Maht Mahs Gym. Men's And Women's All Native Ball Hockey Tournery. Individual Awards. 1st Place Men's - \$1500. Based on 10 teams. 1st Place Women's - \$800. Based on 6 teams. Men's Entry Fee \$350. Women's Entry Fee \$300. Concession, 50/50, and Much More. Raffle or Draws will be done through-out the tournery. Contacts: Richard Sam - 250-731-5422. Les Sam - les.sam@tseshah.com. Terry Sam - 250-720-5181

Charity Slo-Pitch Tournament May 13 to 15 Ucluelet

Register your team now for the 2nd Annual Charity Slo-Pitch Tournament scheduled May 13 to 15 at Tugwell Field in Ucluelet. Interested teams of six guys and four gals, please call Gaylene Thorogood at 250-726-3700. The Hospice Society is honored to be the recipient of proceeds from the 2nd Annual Slo-Pitch Tournament. There will be prizes for sportsmanship. Registration is \$300. Deadline for registering is April 30. Get your team together for a good time for a good cause!

Memorial for Karen Smith May 21 Campbell River

To be held at Eagle's Hall beginning at 10:30 a.m. We look forward to sharing this time to remember such an admired and loving person who touched many lives. Please email lady_vincent@hotmail.com or call (250) 332-5967.

Coming of Age party June 25 Campbell River.

For Shaniece and Cheyenne Amos starting at noon at the Quinsam Hall. If you need more information Barb can be reached at 250-914-1356 evenings or call her daughter Anita at 250-202-0878

Memorial Potlatch for Michael Tom July 1 and 2 Port Alberni

The House of Mohatuqti-ahat would like to invite you to a two-day memorial potlatch for Michael Tom. Michael was a humble man who enjoyed sharing his daily catch; as many of us remember. When he went fishing, he shared his catch with everyone and tried so hard not to leave anyone out. Michael also stated when this time came, he did not want us to refer to him as Ha'wiih or Chief Mike Tom because he said, "I don't want people to call me Ha'wiih Mike Tom, because everyone knows who I am." And because we all love him so much, we are respecting his last wishes.

July 1 and 2, 2011 in Port Alberni at the new Athletic Hall, 10 am start on both days.

Join us in sharing songs, dances and seafood meals as Michael so enjoyed good company and sharing a good meal. We would be so honored for you to join us in remembering our father, our uncle, our brother, our grandfather, and a supportive husband. For more information, please contact Nathan Tom 250 670 1127, Jessie Jim 250 3839755 or Sheila Tom 250 6701117.

35th Annual BC Elders' Gathering July 12 to 14 Abbotsford

Location: The Fraser Valley Trade & Exhibition Centre or Tradex, 1190 Cornel Street, Abbotsford. Hosts: Sto:lo and Coast Salish

23rd Annual International Two-Spirit Gathering July 27-30, 2011 Camp Fircom Gambier Island, (Vancouver) BC Canada

Registration fee is \$100.00 CDN, all inclusive. Drug & Alcohol Free event. Aboriginal/Native American gay, lesbian, bisexual & transgender people, their partners, friends, families are invited to gather in the land of the Coast Salish People. Sponsored by: Healing Our Spirit (HOS), HOS APHA Advisory Committee and Four Feathers Society. For information about registration, accommodations, and travel contact Winston Thompson or Patrick Baptiste: 604-879-8884, 1-866-745-8884. email: info@healingourspirit.org, www.healingourspirit.org

Sewing Circle Each Monday Evening Port Alberni

Seeds hosts a sewing circle every Monday evening at 6:00 p.m. 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.

Alberni Athletic Badminton Mon. and Thurs. Port Alberni

Adult Drop-in from 8 p.m. to 10 p.m. Alberni Athletic Hall. Everyone welcome. For Info please call Marg 723 8990

City of Port Alberni EMPLOYMENT OPPORTUNITY

Labourer 1 – Public Works (Seasonal)

The City of Port Alberni is accepting applications for Labourers (temporary position – up to 6 months) in the Public Works department. Successful applicants will be required to perform heavy manual work involving considerable physical effort and agility in a wide variety of unskilled and limited semi-skilled construction and maintenance tasks related to grounds, buildings, facilities and utilities. Applicants must have completed Grade 12 or equivalent, hold a valid Class 3 Drivers License with air brake endorsement and have the ability to drive a standard tandem truck. Successful applicants will be required to complete a fitness test and demonstrate driving competency.

Carpenter – Public Works (Seasonal)

The City of Port Alberni is accepting resumes from qualified applicants for a Carpenter. This is a trades position involving the application of carpentry skills to various construction and maintenance programs involved in the operations of the Public Works. Candidates are required to have a valid trades qualification in carpentry and a valid Class 3 BC Drivers License, with air brake endorsement. Successful applicants will be required to complete a fitness test. Applicants will be required to demonstrate and apply thorough knowledge and understanding of all aspects of carpentry including building construction, equipment operation, appropriate building materials and their uses, etc. Applicants should include experiences in cement finishing, welding, plumbing, electrical and mechanical/facility troubleshooting in their resumes.

Engineering Technician 1 (Seasonal)

The City of Port Alberni is accepting applications for an Engineering Technician 1 (temporary position – up to 6 months). This is a technical engineering position involving surveying, drafting, design and inspection of municipal engineering services. Candidates are required to have a two year diploma of Technology in Civil Engineering, registration or eligibility for registration as an Applied Science Technologist with the Society of Applied Science Technologists and Technicians of B.C. and a valid Class 5 Drivers License. Successful applicants will be required to complete a fitness test.

Rate of pay for all positions is per CUPE, Local 118, Collective Agreement. Resumes with covering letter, proof of qualifications and references will be received until 4:30 p.m. Thursday, May 12th by Theresa Kingston, Manager of Human Resources and Community Development at Echo Centre, 4255 Wallace Street, Port Alberni, B.C. V9Y 3Y6. We regret that only those applicants selected for interviews will be contacted.



Kackaamin

FAMILY DEVELOPMENT CENTRE

EMPLOYMENT OPPORTUNITY

Child Care Worker

Closing: May 3rd, 2011

Summary of Position

The Child Care worker is responsible for assisting our clients by supervising children 4 and under during the program activities in our onsite daycare. Some janitorial work will also be required. The Child Care Worker must always work collaboratively with the team. The shift is 5 days per week, 7 hours per day on Monday through Friday.

Minimum Job Requirements:

- Preference will be given to Certified ECE applicants
- Previous experience working with children under 5 years of age
- Knowledge of Recovery and Addictions and the effects on the entire family
- Knowledge of First Nations Culture and Tradition as a foundation for healing
- Must have excellent interpersonal skills
- Knowledge and experience with client assessment is an asset
- Must have oral and written communication skills
- Must have some computer skills
- 3 years of continuous sobriety/abstinence is asked
- Must have a CPIC level criminal records check, First Aid and CPR Training
- Must have an active self care or wellness plan

Salary is Commensurate to Qualifications

All applicants will be screened according to suitability. Only those considered for an interview will be contacted. Interviews will be held the week of May 3rd, 2011. Interested applicants please submit your resume and cover letter with three written job related letters of reference along with a current Criminal Record Check to Executive Director at the address below by the closing date.

250-723-7789 www.kackaamin.org
250-723-5925 7830 Beaver Creek Rd
info@kackaamin.org Port Alberni BC V9Y 9N3

Summer starts May 2!

Departs Tofino
Daily 8 am & 12 noon
Fri/Sun 2:45 pm



Departs Ucluelet
Daily 8:35 am & 12:35 pm
Fri/Sun 3:20 pm

Call 1.866.986.3466 or book online and Save!



TOFINO BUS.COM
Island Express

TSESHAHT MARKET

GATEWAY TO THE PACIFIC RIM



FULL SERVICE GROCERIES, GAS BAR, HOT FOODS,
SNACKS AND SO MUCH MORE!
Hours of operation - 7:00 am - 10:30 pm
Phone: 724-3944
E-mail: tseshahmarket@shaw.ca
Web address: www.tseshahmarket.ca

Simple Steps to Squeeze Extra Kilometres from Your Tank

OSHAWA, ONTARIO – With the constant increases in the price of gasoline, now more than ever, you'll want to know these common-sense steps to squeeze more kilometres out of every litre. "Chevrolet vehicles are engineered with efficient, fuel-saving technologies which can be fully optimized by following some simple steps," said Geof Bailey, manager of Canadian engineering at Chevrolet Canada. "Any driver will be pleasantly surprised just how much they can improve their own fuel efficiency, for free, by making some very minor behaviour changes." Here are ten tips for fuel savings: **Pump Up:** Tires that are under-inflated can increase your vehicle's fuel consumption by up to four per cent. Properly inflated tires last longer and improve your fuel efficiency. It is impor-

tant to measure the inflation level of your tires once a month, preferably when they are cold. **Reduce Your Speed:** You will use 20 per cent less fuel just by reducing your speed from 120 km/h to 100 km/h. **Plan Your Trips:** Going to soccer practice? Need to go grocery shopping? Try combining separate tasks into one trip. Taking short trips (less than 5 kilometres) can burn more fuel because your vehicle doesn't reach its most efficient operating temperature and you'll drive more kilometres on separate trips, increasing fuel costs and vehicle wear and tear. **Cruise Control:** By using cruise control when conditions are suitable, you can help maximize your fuel efficiency by maintaining the speed limit. **Chill Out:** Hard acceleration, hard stops

and aggressive driving can increase your fuel consumption by up to 39 per cent. **Avoid Idling:** Don't idle if it's not necessary. If you are going to be stopped for more than 60 seconds – when parked – turn the engine off. **Keep on Rolling in Traffic:** Smooth and steady movement is more fuel-efficient than frequent starts and stops. You can save a lot of fuel by anticipating traffic, keeping a constant speed and coasting to stops. **Lighten Your Load:** Things like roof and ski racks or heavy items in your trunk decrease your vehicle's aerodynamics and add weight. Lighten your load by taking only what you need. **Limit the use of Accessories:** Power accessories, like air conditioning, require more fuel from your vehicle, so use them wisely. Cool a hot parked car by lower-

ing windows before blasting the air. When on the highway, be sure to close the windows for best fuel efficiency, but in the city, shut off the air and open the windows and vents to cool the cabin. **Towing and Heavy-duty Usage:** Closed-body trailers with rounded corners are the most fuel efficient towing platforms. Fuel consumption can also be reduced by ensuring the front profile of the trailer is hidden by the towing vehicle. "Through OnStar, Chevrolet is making it even easier to improve your fuel consumption by making daily vehicle status updates like tire pressure, oil level, and many more, available on your smart phone or via monthly email reports," added Bailey.

From your community to ours and back again. Education brings you full circle.

Apply now for Fall 2011

- Indigenous Business Leadership
- Indigenous Family Support
- Indigenous Studies
- and 160 other great programs

Ready for your next step?
Take it at Camosun.
camosun.ca/aboriginal



Western Canada Marine Response Corporation (WCMRC): Oil Spill Response Training

Submitted by Katie Beach, Uu-a-thluk Biologist

The West Coast of Vancouver Island (WCVI) is at risk of oil spills. Oil tankers pass by the coast every day, and that traffic will likely increase with the proposed Enbridge Northern Gateway project which involves bringing oil from Alberta to Kitimat, BC. The oil will then be transported by tanker along the BC coast to international markets in China and the USA. Other threats include the potential to explore the WCVI for oil and gas reserves. Coastal communities, especially Nuu-chah-nulth communities, need to be prepared to respond at many levels if a spill occurs.

In January, Uu-a-thluk hosted an oil spill response workshop in Port Alberni. Here participants learned about federal and provincial response plans and discussed how to be better prepared for a coastal spill or be involved in an oil spill cleanup.

In March, Uu-a-thluk biologist Katie Beach joined BC contractor, Western Canada Marine Response Corporation (WCMRC), (also known as Burrard Clean), for a two-day oil spill response course. WCMRC is the only response organization endorsed by Transport Canada in BC. If a vessel is unable to clean up a spill, then the Coast Guard will contact WCMRC. They, along with their network of contractors, will respond to the call.

On the first day, participants toured one of many response trailers distributed across Vancouver Island (i.e., Port Alberni, Campbell River, Nanaimo, Duncan, Victoria, and Port Hardy).

These trailers are equipped with various safety and cleanup gear, including booms (used to contain oil products) and skimmers (used to pick up oil products). During the training, participants practiced gathering gear, setting booms, deploying the skimmer, and flushing shorelines. They also learned about how WCMRC was called to the Gulf of



Instructors and students practicing what to do in the event of an oil spill



Mexico during the devastating spill in April 2010 to help with the cleanup. Lessons emphasized how BP employed coastal community members and fishermen for months to help with the cleanup. WCMRC has staff, vessels, and equipment to respond to a spill. However, as was demonstrated in the Gulf of Mexico,

coastal communities also have an important role to play. Contractors are trained for response and include workers from industries such as the fuel docks (i.e., Method Marine), forestry (i.e., Coulson), and marine transport services (i.e., Wichtow, who operate tugs in Clayoquot Sound, and Aqua Towing in

Port Alberni inlet). Fishers can also be contracted as part of the Fishermen's Oil Spill Emergency Team (FOSET). These fishers receive training and, in the event of a spill, are contracted to use their vessels to help with the cleanup. Although Nuu-chah-nulth people have taken the training in past years, there are currently not any Nuu-chah-nulth contractors. Beach would like to change this. "It is important to have representation from all sectors," she said. "Nuu-chah-nulth, especially those living and working in remote communities, would be a huge asset for a quick response. Also, having more people trained in response will help increase Nuu-chah-nulth presence in resource management and ensure consideration of community concerns in the event of a spill."

To better prepare your community for a spill, talk to your fisheries department about an emergency plan. Those interested in receiving oil spill response training can contact Uu-a-thluk biologists. Nations' fisheries departments and administration should also know where caches of oil cleanup equipment are located in key marina areas.

Oil spills do occur. Training and preparation are the keys to cleanup success. "When space is available, WCMRC will continue to invite First Nations to their response team training," says Bill Jahelka, WCMRC Vancouver Island Manager. "WCMRC also does annual exercises for their certification. We always invite First Nation out to our exercises. First Nations are a major shareholder when it comes to BC's coast."

He added: "We look forward to building upon our current relationships with Nuu-chah-nulth. Relationship building can only benefit our awareness and preparedness."

For more information, contact Uu-a-thluk biologist Katie Beach at 250-725-3899, or check out WCMRC's website at www.burrardclean.com.

Klecko's - +ekoo

On behalf of Homiss Wolves Jr boy's basketball team, we are very grateful for the many people that made it possible for us to travel to Penticton for 2011 JR ALL NATIVE TOURNAMENT. Without this support it would not have been possible for us play and eventually win the championship. First and foremost, we really appreciate the financial support from the Hesquiaht Tribe, they contributed a in a huge way and we will always be grateful. To the Nuu-chah-nulth Tribal Council, Kyuquot 1st Nation, Ahousaht 1st Nation and Ehattesaht 1st Nation for all the monetary contributions, all the donations helped us during our week in Penticton. To all our hardworking parents, grandparents, aunts, uncles, best cousins (Tyler) that helped us fundraise over the last 8 months, all your hard work is paid off, Sylvia, Gary, Priscilla, Lelaina, Alex, Ruben, Kelly, Beverly, Francine, Albert, Cecil, Steve, Carrie and Bryce for all the countless hours that you all put in during the year. It takes a lot of time and money to get the boys to all the tournaments. To Felix, Jean, April, Ketchkie, Lester, George, Gwen, Cecilia, Rose, and all the supporters that cheered us on to victory in Penticton, your support and encouragement was valuable beyond words. I was in awe of the tremendous support and I was so proud of all of you during

the week. Our boys, Bryce, Aaron, Sheldon, Wayne, Dylan, Darian, Cheech, Ryan, Tristan, Steve and Jalen conducted themselves so honorably on and especially off the court, it was a pleasure to watch all of you perform at a high level to win the 20011 JANT. This will always be a great memory for all of us. I knew it was going to be a memorable week when Marla drove all night to be at an 8 am Sunday practice in Penticton, she showed a lot of dedication for her son Jalen. Marla also spent a lot of time and effort to get Jalen to Penticton from San Jose, California, she did it all on her own. I am truly humbled by all the assistance, support and encouragement from all the people that cheered for us in Penticton and at home, I got many calls, texts and messages after the final buzzer. Lastly, I want to acknowledge all the people, our tribe, Hesquiaht that made it possible for our grand celebration. Uncle B for his wonderful preparation of the feast, Jason Sabbas for setting up the hall, Susan and Kelly for cooking some roasts and all the singers and dancers that performed. It is an honor for Alex, Gary, Ruben and I to be part of this team of great players, mothers, fathers and grandparents, you are all true champions.

Bruce Lucas, coach, Homiss Wolves



Dennis Jonsson
MOTOR PRODUCTS LTD.

Easy going • honest • friendly
Shawn is dedicated to his clients and has their best interest in mind, **everytime**
Call • Email • Facebook Shawn today
s.lawson@dennisjonsson.com
250-723-3541

"Experience a nicer way to buy a car with Shawn"

Usma Nuu-chah-nulth Family & Child Services

is seeking Nuu-chah-nulth individuals, families or couples to provide permanent homes for Nuu-chah-nulth children in (continuing custody) permanent care.

Those interested will need to participate in the home-study process and be willing and able to commit to raising children to adulthood, in a loving, caring, nurturing and safe environment.

For more information or to apply, please call Usma and speak to a Resource Social Worker @ (250) 724-3232 or toll free 1-877-722-3232

In Memory

In Loving Memory of Veronica Dick who received her angel wings April 22, 1997

Mom

If there are roses in heaven
Will you send one just for me
So I could hold it close to my heart
Where you will always be
I will lay it on my pillow each night
As the angels tuck me in
I will know that you are near me
And feel your presence once again
I am thankful for all the years
You were there to help me through
I will always remember my "Precious Mother"
Who's love was honest and true

Miss you lots Mom
Love from Catherine T. Watts



ADSS CARNIVAL

Friday May 6th 5:00 to 9:00pm at ADSS

Games and events for the whole family
Guitar hero competitions, Cyber City go-carts, laser tag, cake walk, lots of food and much more!

Fun for the whole family



For more information please call Melody at 250-724-6115

a-m'aa-sip Essential Skills

NETP

April 12th to May 19th 2011

Monday to Thursday
11:00 a.m. to 2:00 p.m.
Snacks and bus transportation provided

- ✓ Structure of Intellect and Education Sensory Integration Training
- ✓ uu-n-a-h=oy-chiith and Workplace Essential Skills
- ✓ Training Certificates
- ✓ Supports to next steps in Career Planning
- ✓ Training Incentive of 500.00

Call 250-723-1331 or drop by and see us at 3088 3rd Avenue, corner of 3rd and Argyle. Ask to speak to Carolyn Knighton or Jan E. Green

Apply today. Limited seating

Nuu-chah-nulth Staff Participate in a Service Provider Information Session



Staff included, (seated L - R) Robert Cluett, Delavina Lawrence - NIHB; Lani McClellan-Supported Child Development; Deb Neuwirth-Mother's Support Outreach Program; (back row L-R) Donna Lucas - Child & Youth Mental health; Lynnette Lucas- Education Manager; Jeannette Watts- Nurse Manager; Matilda Atleo-Health Promotion and Social Development-Sr. Community Health Development Worker; Gary Dawson-Quatell-Resolution Health Worker; Dave Zryd- Clinical Counsellor; Kim Erickson-Quu?usa Youth Counsellor; Joanne John - Ditidaht Community Services Manager; Lisa Watts-Quu?asa Cultural Counsellor; and Richard Watts - Resolution Health Worker.

Tuesday March 15. Numerous staff members travelled to Ditidaht for a Service Provider Information session that was organized by Ruby Ambrose and Joanne John, Ditidaht- Health Services Manager.

All staff provided an overview of their department and what services are available to community. We felt that the time was well spent as the Chief Counsellor

and another Council member plus an Elder were also attending this session. Feedback obtained from NTC staff is that they have a better insight into what other staff roles and responsibilities are. If you would like a NTC Service Provider Information Session in your community let us know.

Submitted by Matilda Atleo



ACCEPTABLE IDENTIFICATION FOR STATUS CARD ISSUANCE

(Certificate of Indian Status - CIS) for age 16+

Clients must provide 2 pieces of the following I.D. when applying for a Status Card (one piece of primary I.D. or two pieces of secondary I.D. (one of which must have a digitized photo) or one piece of secondary I.D. with a Guarantor's form):

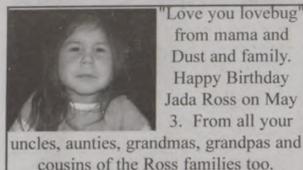
CATEGORY 1 Primary I.D.	CATEGORY 2 Secondary I.D.	CATEGORY 3 Other I.D.
<ul style="list-style-type: none"> * Valid Canadian Passport * New Plastic CIS issued after April 2002 * Only new hard plastic card - Not laminated status card 	<ul style="list-style-type: none"> * Certificate of Birth * Marriage or Divorce Certificate * Provincial Health Card * Provincial Identification Card * Driver's License * Employee I.D. with digitized photo * Student I.D. with digitized photo * Firearms license * Old CIS card - LAMINATED CARD 	<ul style="list-style-type: none"> * Guarantor's form * Guarantor Forms should only be used in extreme circumstances. I.e: someone is flying to another province. * CHILDREN UNDER 12: Must have one piece of Secondary ID and parent/guardian must have one primary or two secondary ID, * CHILDREN 12 to 16: May chose to meet either adult or under 12 ID requirement

* ABSOLUTELY NO PHOTOCOPIED I.D. OR SIN CARDS ACCEPTED certified photocopies)
* I.D. must be intact and must not be expired
* IRA must receive the original Guarantor's form with signature (not a faxed version) & client's picture must be signed by the guarantor

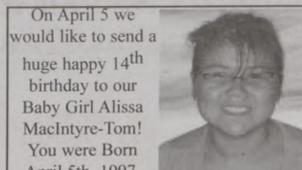
FAILURE TO FOLLOW THE POLICY WILL RESULT IN NTC OR THE FIRST NATION TO LOSE THEIR AUTHORITY TO ISSUE STATUS CARDS

Rosie Marsden, NTC Indian Registry Administrator

Birthdays & Congratulations

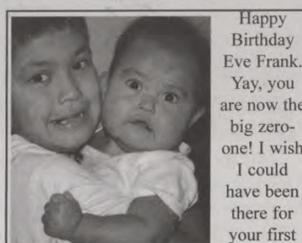


"Love you lovebug from mama and Dust and family. Happy Birthday Jada Ross on May 3. From all your uncles, aunts, grandmas, grandpas and cousins of the Ross families too.



On April 5 we would like to send a huge happy 14th birthday to our Baby Girl Alissa MacIntyre-Tom! You were Born April 5th, 1997. Time: 5:07pm. Where: West Coast General Hospital (Port Alberni). Weight: 8LBS 2.5 OZ. We love you very much! and wish you the best! Lots of Love Mom, Dad & Grandma + future little brother or sister.

April 6th ~ Happy Birthday to Grandma Sheila! Hope you had a great day! April 12th ~ Happy Birthday to Steve Tom! April 17th ~ Happy 11th Birthday to DYLAN JIM! April 18th ~ Happy 32nd Birthday to Nathan Tom! Wishing you all the best day! and many more to come! Love From Erica, Dan, Sisa & Alissa & Baby.



Happy Birthday Eve Frank. Yay, you are now the big zero-one! I wish I could have been there for your first birthday but I send my love and most importantly, a present! Gramma loves you lots.

A happy birthday goes out to Cookie Hunt-Sam on the 20th of April. Lots of love always, Michael, Rose and Honey.

Happy Birthday to Ed Ross on April 19. Hope you had an awesome day!

"A Mother is Special..."

A mother is special. She's as soft and graceful as a butterfly, yet as strong and courageous as a grizzly bear. Her heart is large enough to hold everyone's pain and joy. Her hands are always gentle and soothing. Her arms are always warm and tender. She works hard to make a home feel like home, and she strives to make life pleasant and comfortable for those she loves. She never fails to go that extra mile to make the holidays happy and memorable. Her job is the most difficult and demanding ever known to any human being, yet she's fully dedicated to the task. She's always there for her family, guiding them and keeping them safe from harm. She owns a magical way to raise spirits and make everything feel better. And her sympathy, unselfishness and forgiveness are unending. All that anyone is or could ever hope to be can be attributed to a mother. She instills the teachings that will last a lifetime. She sows the seeds of virtue and morali-



ty, and in the process, she opens up love and vast horizons. She's always watching and hoping that her children's goals will have meaning. She always listens and tries to understand even when it's difficult to do so. She's a true friend in every sense of the word. She's noble and sublime, and holds all the beauty of a golden day, yet even during the storms, she always shines bright like an evening star. Her name should be Honored and Respected well, for she's the closest thing...to God on earth. "I LOVE YOU, MOM!" Mother's Day Greetings to all moms of Nuuchahnulth, esp. MY mom (Agnes Martin of Tla-o-qui-ah)...she often tells me she has been 'adopted' by many as 'gramma'...even by friends she sees while playing her favorite game of bingo. It makes her feel good...oh-so-good in her heart-of-hearts. Happy Mother's Day, mom/my dear friend; I love You. Fr. Remi J. Tom

Letter to the Editor

Hello my name is Nadine Tom I come from the Hesquiaht First Nations. My parents are Sheila Tom and late chief Michael Tom. I am just completing my 2nd year in ELC (Early Learning Care). When I am finished I will be a qualified Infant/Toddler Educator. This term one of my courses is CFCS 220 (Community Family And Child Studies 220- Personal Leadership). The assignment I am working on is "Taking Action", this is an assignment where I have to be an advocate/activist. I would like to start by addressing the affects of drugs and alcohol on unborn children and their families. When drugs and alcohol are taken when one is pregnant they affect the unborn child/children in many ways. One way that drugs and alcohol affect unborn babies is when the pregnant mother swallows the drugs she passes them onto her unborn child through her placenta. As for alcohol there is no known safe level of alcohol use during pregnancy. One to two drinks per day doubles the risk of having a low birth weight baby and also increases the risk of late miscarriage. Birth defects from alcohol start affecting the unborn child as early as the first three to six weeks of pregnancy. Other risks to the unborn child include low birth weight, fetal alcohol syndrome, developmental

delays, and the resulting medical problems. Drugs and alcohol also affect families. When drugs and alcohol are being used in a family home it is most likely for the older child to take over the mother/father role. This role includes cooking, cleaning, taking care of siblings, and parenting the parents. When this happens the children don't get their proper daily nutrients and the older child loses their childhood and has to grow up faster than they should. The older child often repeats the actions that they witnessed while growing up. As they enter their teenage years they often start to experiment with drugs and alcohol themselves. In the past children were usma to the Nuuchahnulth people. Children were loved and protected and taught gently so they would reach their highest potential. By submitting this I hope to realize my dream, which is to reach our people so that the future generation will not have to suffer from the effects of alcohol and drugs. In conclusion I would like to share my biggest dream with you. My biggest dream is to open up my own home daycare and be a proud Infant/Toddler Educator teaching our young ones our culture and our old ways that our late elders had taught us and left with us to teach.

NOTICE OF NOMINATIONS

Pursuant to sections 7.03 and 7.04 of the Dtitidaht Election Regulations 2010

Notice is hereby given to the voters of the Dtitidaht First Nation that a nomination meeting will be held:

May 28th, 2011
at Dtitidaht Community Hall
commencing at 4:00 pm.

Nominations will be taken for one (1) Chief Councillor
and four (4) Councillors
for the 4-year term commencing July 18th, 2011.

Nominations will remain open for a minimum of one hour.

The Voters List has been publicly posted and may be inspected at the Dtitidaht Administration Office.

Any voter wishing to vote by mail must notify the Electoral Officer by June 10th, 30 days before Election day.

For further information, please contact the Electoral Officer, Y. Kathy Brown
Box 1613 Ladysmith, BC V9G 1B2
Email: canoe1993@gmail.com
Tel: 1 250 816 2015
May leave a message for the EO at the Dtitidaht Administration office,
Monday to Friday,
8:30 am to 4:30 pm, toll free 1-888-745-3366

Given under my hand at Ladysmith, British Columbia, this 14th day of April, 2011.

NOTICE OF NOMINATIONS

Pursuant to sections 7.05 and 7.06 of the Dtitidaht Election Regulations 2010

7.05 Any voter present who is over the age of 18 years on the date of the nomination meeting may make or second a nomination, but may not nominate or second her/himself.

The number of nominations or seconder(s) made by an elector cannot exceed the number of positions (seats available) for the election (i.e. four seats, allowed 4 nominations or seconder(s))

7.06 To accept a nomination and be declared a candidate, a nominee shall deliver an acceptance in an approved form to the EO within 7 days after the nomination meeting. Including a non-refundable acceptance fee of \$100.00 payable to the Dtitidaht First Nation (cash, cheque, money order) (Appendix A)

Dtitidaht membership please make note of the above changes to the Dtitidaht Election Regulations, as February 5th, 2011, thank you,
Electoral Officer, Y. Kathy Brown

Services Offered

Cedar Weaver/Teacher: Earrings for regalia, elders, etc. available to teach at workshops, conferences, schools, etc. (Material incl). Hats baskets, headbands. Phone to order or can barter for what have you (fish). 250-591-8199
Delivery Service: Serving coastal First Nations point A to point B delivery service from Port Alberni with delivery van. Call Charles at 250-723-3555 or email kaanowish@shaw.ca
MASSAGES in your home or mine. Call 250-735-2271.

LONG BEACH REFLEXOLOGY STUDIO offers foot reflexology sessions. Experience foot reflexology for relaxation and to energize. To book a session phone 250-725-3482

CERTIFIED CARPENTER: for hire! Experienced! Completed 4 yr program Camosun College in theoretical and practical aspects of the Carpentry trade with Red Seal interprovincial certification ticket. Diploma in Business Administration at V.I.U. Phone Dave Watts 250-723-9870.
CUSTOM ART FRAMING SERVICES: Four Directions Photo and Framing. Call Jim at 250-723-7578.

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

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

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

ODD JOBS WANTED: A homeless woman (NCN) looking for any odd jobs, willing to do anything. Please call 250-720-9800.

Rupert's Rototilling

* Lawns * Gardens * Rototilling * Brush Clearing * Snow Removal * Levelling
Kabona B-6000 Front End Loader
Stiga Park HST 15 Front End Mower
Brad Rupert
Ph. (250) 723-1647
Free Estimates

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

FREE ONLINE TUTORIAL

Secondary students you can access free online tutorial support through World Education at <http://www.khanacademy.org>. There are over 1200 tutorials on a wide range of topics. With most things, it doesn't matter if they come from America, Australia, or Antarctica..... the concepts are pretty much universal. Check out the website to see what they have to offer.

CLASSIFIED ADS

Marine

FOR SALE: Custom made nets (250) 923-9864.
FOR SALE: 18 ft Double Eagle highliner with a 140 hp Johnson and new yamaha 9.9 kicker. New canvas top, new radio. Comes with trailer. Numerous extras. For \$16,500. Call 736-1176.

For Purchase

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: House on 6620 McCoy Lake Road, Port Alberni. For sale to Tsheshaht members only. Call (250) 724-3735 for more information.

CREATOR'S OWN 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.

FOR SALE: House at 399 Esowista. In quiet location with ocean and forest views. Includes bed and breakfast business with 10 rooms and self contained apartment. \$275,000. (250) 725-3482.

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 Crystal Tom Principal

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. Phone 723-6511.
NITINAH T LAKE MOTEL: Open year round! Coastal rainforest and world-class recreation at your doorstep! For reservations and other information call 250-745-3844.
FOR SALE OR RENT: Great commercial opportunity. Great location by Tsheshaht 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.



BEAR WATTSHINN INN 5201 Hector Road, Port Alberni, B.C. (250) 724-2603 or cel 731-5795. One Bedroom rooms available, own shower and toilet facilities. Nuuchahnulth rate available. www.bearwattshinn.com

Clip 21 HAIR STUDIO
723-4247 or 723-HAIR
4311 Tenth Avenue, Port Alberni, B.C. V9Y 4X5

Submissions to Ha-Shilth-Sa are due by April 29th.

Artists

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

CEDAR WEAVING by wii-nuk Mary Martin. 250-591-6984 cedarweaving@shaw.ca shopping baskets, whalers hats, skirts, capes & more. Classes available

Ben David Nuuchahnulth Northwest Coast Native Artist
Masks • Headdresses • Rattles
Bowls • Plaques ...and more!
4563 Dogwood, Port Alberni, BC, V9Y3Z8 (250) 724-6831

Ahtsik Native Art Gallery
Gordon Dick, Artist/Owner
art@gordondick.ca
www.gordondick.ca

7133A Pacific Rim Highway, Port Alberni, B.C. V9Y 8Y4
Phone: 250-723-DICK(3425) 1-888-3AHTSIK(248745)
Fax: 250-723-3477

House of Win-Chee Aboriginal Fashion
Denise Williams, Designer
Victoria, B.C.
Phone: (250) 382-7379
Email: winchee@pacificcoast.net

All About Art Seeking Native Arts and Craft. Traditional & non-Traditional Contact
allaboutart11@gmail.com

Wanted

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

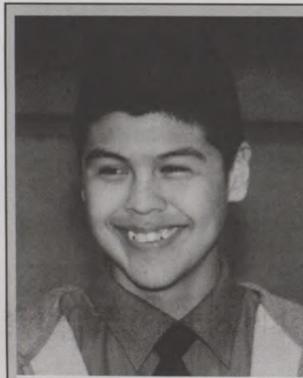
Volunteer

TSAWAAYUUS ELDERS: Are requesting volunteers to come and share your time with us. Singing and drumming, dancing, storytelling, crafts of any kind, players. Come and share some special times with us. Please call Bunt at 724-5655.

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



Correction:
In our article in the last issue of Ha-Shilth-Sa we mis-identified one of the Homiss Wolves. Wayne Jules was a celebrated player of the championship team, not Wade Jules, as we published. We apologize for this error.



Nuu-chah-nulth Mi'aat (Sockeye) An Introduction

Sockeye fishing is just around the corner, and many Nations are gearing up to take part. Others have already started, thanks to early runs within their territory.

To understand how sockeye fisheries work, you first need to understand the nature of Nuuchah-nulth territories and the sockeye who call it home. Nuuchah-nulth territories have over 50 lakes and streams with sockeye populations. Some of these populations are important food sources for Nuuchah-nulth Nations. The largest also provide economic opportunities for Nuuchah-nulth, along with the recreational and commercial fishing sector.

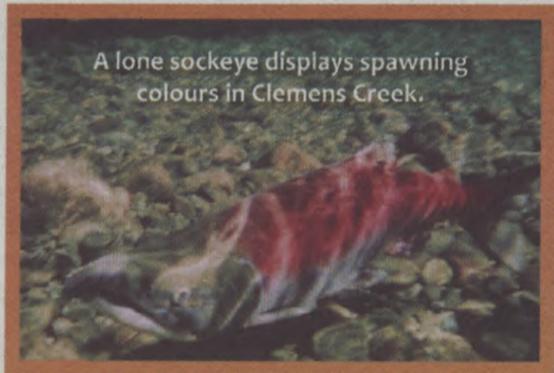
But sockeye fishing involves much more than catching fish. The following article is the first in a series about sockeye in Nuuchah-nulth Ha-ha-houlthee. The series will explain how sockeye fisheries on the west coast of Vancouver Island operate, starting with the unique nature of Nuuchah-nulth mi'aat (sockeye).

For the past 30 years, Barkley Sound sockeye returns have been between 150,000 and almost 2 million. The Barkley Sound sockeye fishery is commonly the second or third largest sockeye fishery in BC.

Kennedy Lake was one of the largest sockeye producing areas in Nuuchah-nulth territory before the 1950s, with runs in excess of 1 million in some years. Overfishing and habitat damage reduced this sockeye population to a fraction of its former size.

How Big Are They?

Most adult sockeye returning to Nuuchah-nulth streams and lakes are about 2.7 kg (5lbs) or less. Some adult sockeye in Cheewaht Lake, a system where some sockeye return in January, can be in the 1-1.5 kg (2-3 lb) range.



A lone sockeye displays spawning colours in Clemens Creek.

years. They return later as adults, mostly at four and five years of age, although some return at three and six years.

Every Nuuchah-nulth region has at least one lake-type population that can support a modest food and ceremonial harvest. In some years, the returns to these stocks also provide economic opportunities.

One of the interesting characteristics of lake-type sockeye is the timing of their spawning journey. A number of these sockeye start showing up in local rivers as early as January and February, but will not spawn until the fall. Although the size of these early runs may be small, they provide Nuuchah-nulth with opportunities to catch fresh sockeye in the late winter and early spring.

Today's Top Sockeye Producers

Today the largest and most productive sockeye populations in Nuuchah-nulth territories are from the Henderson, Sproat and Great Central lake systems. These

lakes produce about 95% of the sockeye in Barkley Sound, with average cumulative sockeye returns of over 700,000 annually. Together these three stocks support First Nation's, recreational and commercial fisheries.

In the early 1900s and prior to the mid-1920s, Henderson Lake sockeye was the dominant sockeye population in Barkley Sound, representing up to 80% of the catch. After this time, habitat improvements to the Somass River system, changes in fisheries regulations, and the closure of the Henderson Lake sockeye hatchery greatly reduced the contribution of Henderson sockeye. Now Somass sockeye (Sproat and Great Central Lake populations) are the dominant populations, representing 90-100% of the fishing opportunities.

To learn more about how sockeye fisheries are assessed and managed, watch for future articles in this series.

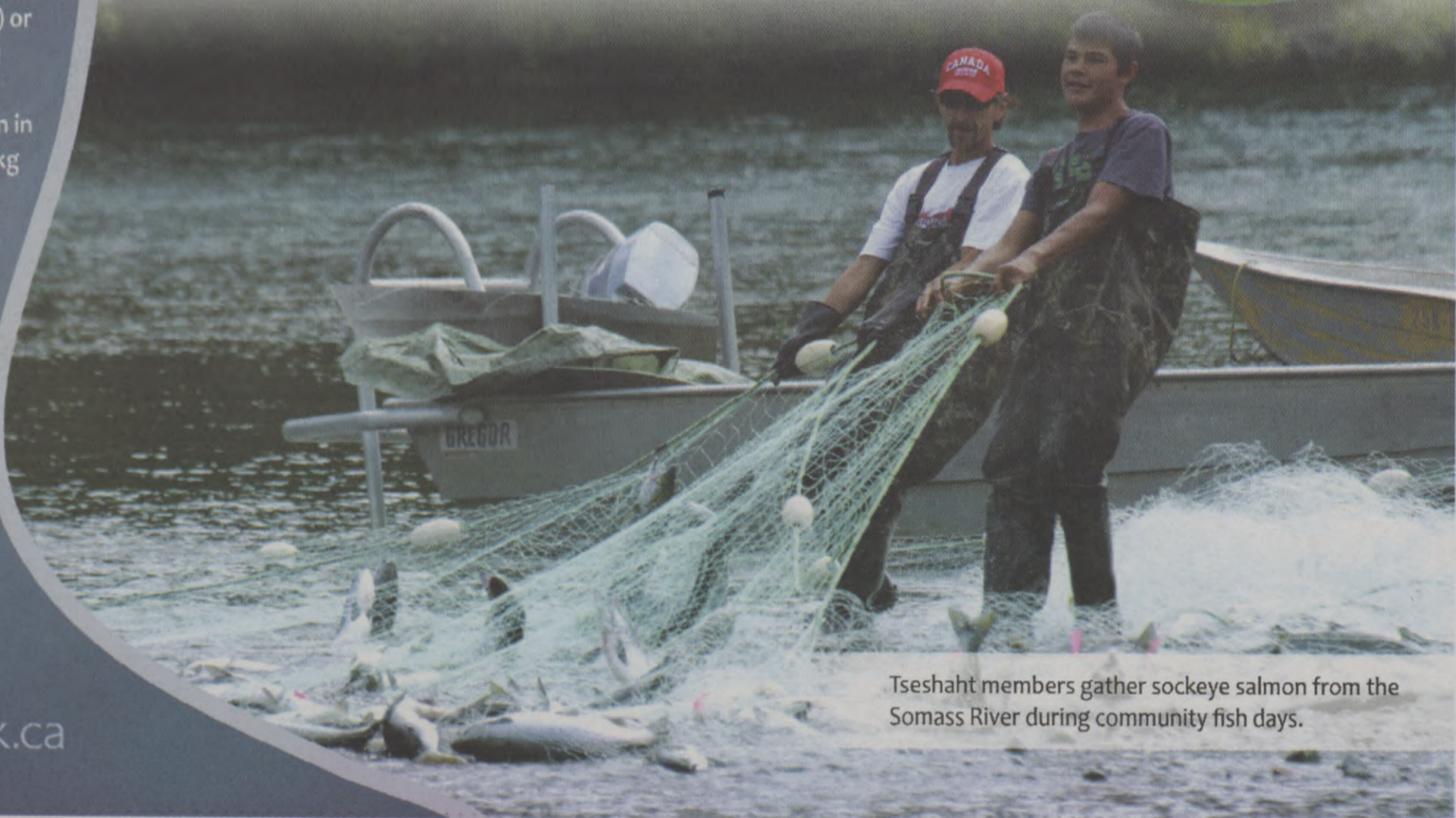


Two Groups of Sockeye

Today scientists group sockeye populations by *lake* or *stream* type. The life cycle of *stream-type* sockeye is not well understood, but scientists do know their populations are usually small (less than 200 spawners on average). The exception is Nahmint River sockeye, whose returns have been as high as 2,500. A normal range for Nahmint River sockeye is 500-700, however.

Unlike *lake-type* sockeye, stream-type juveniles do not rear in lakes. As adults, they usually don't return until late summer or early fall, and they tend to have a very short spawning period compared to lake-type sockeye. Most stream-type populations couldn't sustain a harvest.

In contrast, lake-type sockeye have much larger run sizes of 2,000 to 2 million. The juveniles rear in a lake for one to two



Tseshaht members gather sockeye salmon from the Somass River during community fish days.

Uu-a-thluk
P.O. Box 1383
Port Alberni, B.C.
V9Y 7M2

Ph: 250.724.5757
Fax: 250.724.2172
info@uuathluk.ca

www.uuathluk.ca