



Ha-Shilth-Sa



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haašit'sa "Interesting News"

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Gold River Hosts Northern Students For Annual SD 84 Potlatch



Inside this issue... You'll find the story about the SD 84 Potlatch on page 9...and the Mowachaht/Muchalaht Big House Grand Opening on pages 4 through 8.

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DEADLINE:
Please note that the deadline for submissions for our next issue is

June 24, 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.



Part of the Clayoquot Salmon

An overview of salmon fishery

This article is part of a series exploring potential reasons behind the current state of Clayoquot salmon. Previous articles have dealt with factors including climate change, aquaculture, hatcheries, Alaskan ocean ranching, habitat degradation, prey availability, and predation.

By Katie Beach
Managing salmon fishing is not a simple endeavour. A lot of science and thought goes into dividing the available returns of adult fish between the need for conservation of the resource and the main fishing sectors, such as First Nations food and ceremonial, commercial, and recreational fishing.

Because salmon don't follow national boundaries, management discussions for Pacific salmon happen between representatives of Canada and the United States through a body called the Pacific Salmon Commission. This commission is charged with implementing the Pacific Salmon Treaty (PST).

Originally signed in 1985, the PST was developed as a means to cooperatively manage, research, and enhance Pacific salmon stocks of mutual concern (www.psc.org/about_treaty.htm). But performing this task isn't easy. In this article, I will describe the basics of the salmon fishery management regime for Chinook salmon.

People may not like to see commercial fishing boats in the inlets, but in reality, the simplest and most sustainable way to fish is by something known as 'terminal fisheries' (i.e., fishing at the river mouth or in the river).

Traditionally, Clayoquot Sound First Nations fished by a mixture of terminal and ocean fisheries. The terminal fishing enabled careful management of local salmon stocks by allowing enough fish through to spawn and only harvesting the surplus. Ocean fisheries provided fresh salmon in the spring and late winter, harvesting fish that originated from rivers outside of Clayoquot Sound.

Today ocean fisheries, with large motorized fishing vessels and high catching power can overharvest weak stocks mixed with healthier stocks returning to

various systems. Canada and the U.S. have agreed to continue ocean fisheries in the PST despite the risks to small, nearly undetectable stocks.

In most circumstances under the PST, conservation actions are the burden of the country of origin to allow the mixed stock fisheries to continue. Mechanisms also exist in the PST to deal with mixed stock fishery conservation issues by additional management actions where warranted. It is thus difficult to avoid small stocks of concern amidst the plenty.

Terminal fisheries aren't often possible anymore in Clayoquot Sound because ocean fisheries and other factors have decimated local stocks so severely. Some salmon stocks (chum, sockeye and coho) are fished from inside waters in Clayoquot Sound for First Nations food and ceremonial fish and by sport fishers, but harvest levels are small and sustainable.

Much of the local discussion about salmon management focuses on chinook fisheries, because they are valuable and their numbers are in decline locally. Chinook salmon migrate from local rivers to Alaskan waters on the continental shelf, intermingle with other stocks, and then migrate back again as they mature. Harvest is to be fairly divided amongst Canadian and U.S. fisheries based on each country's production.

Chinook are managed as either Aggregate Abundance Based Management (AABM) or Individual Stock Based Management (ISBM).

AABM refers to mixed stock ocean fisheries and includes Southeast Alaska troll, net, and sport (where 95 per cent was not Alaskan in origin, but were from Canadian or Southern US stocks in 2003-2007).

Northern BC troll and Queen Charlotte Island sport (of which 38 per cent of that fishery was made up of Canadian stock in the same time period)

and West Coast Vancouver Island troll and outside sport fisheries (where about 35 per cent was made up of Canadian stock). The ISBM refers to all other chinook fisheries.

When the PST was ratified in 2009, reductions were made to some fisheries that heavily impact stocks of concern (like WCVI stocks). Alaskan catch at any abundance was reduced by 15 per cent, specifically to reduce pressure on WCVI stocks.

The 30 per cent cut in WCVI AABM catch was required to protect Endangered Species Act listed Southern U.S. stocks and domestic stocks of concern (primarily spring-run Chinook). The reductions should allow for more salmon to return to local waters, but some say that the reductions aren't enough, especially since there were not any reductions in Northern BC troll or in Haida Gwaii fisheries.

No specific rules guarantee that the reductions will allow more fish to reach their spawning streams. Decisions about reductions are both scientific and political, so don't just blame the biologists if the cuts aren't enough to protect Clayoquot salmon!

I won't get into details about how the decisions are made, but in the next few articles, I will go into more detail about how individual fisheries (recreational, commercial, and First Nations food and ceremonial) are allocated and explore their potential impacts on Clayoquot salmon.

Katie Beach is a biologist with the Nuu-chah-nulth Tribal Council. Opinions expressed are the author's. She lives in Tofino.

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Ha-Shilth-Sa

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.

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Notice of Change in Nuu-chah-nulth Tribal Council Office Hours

Please be advised that the NTC administration has a change in office hours effective June 6, 2011.

The NTC office hours will be 8:30 am to 4:30 pm for the general public.

This change includes the main office in Port Alberni, NETP, USMA, Quu'asa and NTC Satellite Offices in Gold River and Tofino.

Thank you for making note of this change and adjusting your schedule accordingly.

Florence Wylie
Executive Director

Metis physician presents My Big Fat Diet to a Nuu-chah-nulth crowd

By Denise Titian
Ha-Shilth-Sa Reporter

Port Alberni—Could returning to the diets of our ancestors cure the rampant cases of diabetes, high blood pressure and obesity in Nuu-chah-nulth communities? That's what Dr. Jay Wortman believes. He's tried it and knows it can work.

Wortman is Metis and he's had diabetes and high blood pressure, but he healed himself by eliminating carbohydrates from his diet. He believes everyone, first nations especially, could benefit health-wise by returning to a more traditional diet.

Matilda Atleo, Nuu-chah-nulth Tribal Council Senior Community Health Development Worker, invited Dr. Wortman to present information to residents of the Port Alberni area June 2.

Wortman talked about the rising rates of life-threatening diseases associated with obesity and how particularly hard these afflictions are hitting aboriginal populations.

North America's aboriginal population has an alarmingly high rate of diabetes and hypertension compared to the rest of the population; about five times worse. Wortman believes the change in our diets, about 150 years ago, is a major contributor.

Mankind started out as hunters/gatherers and North American aboriginal populations were among the last to be introduced to carbohydrate-rich diets. Aboriginal people ate their meat and seafood with plenty of fat. They used oolichan grease in the north, but Nuu-chah-nulth used mainly whale or seal oil.

There was no flour, sugar or agricultural sources of food. Wild berries were the sweetest thing available and they are not very sweet.

Wortman recalled living in Northern

Alberta as a small child. His father was a trapper when the fur trade was still going on. He remembers how his grandmother would treat him with dry moose meat. To this day he still loves the hard-to-come-by treat.

On a low-carb, protein and fat rich diet, the people were healthier than they are today. Wortman says there is no aboriginal word for diabetes anywhere

because nobody had diabetes. He says science shows that prehistoric man and Canada's first people were five to six inches taller before the introduction of agriculture.

When Wortman developed diabetes and hypertension he did what any physician in that position would do, he eliminated carbohydrate-rich foods from his diet that would make his blood sugar rise. That included all sugars, including fruits and juices

and all things made with flour including bread, pasta and starchy foods, including rice and potatoes.

He noticed his diabetic symptoms immediately improved. His vision got better, he was less tired, less thirsty and less hungry; and he began to lose about one pound a day.

"I didn't know what would happen. I wasn't expecting it," he recalled.

Eventually his blood pressure normalized and he no longer required medication. Dr. Wortman began researching diet and diabetes and determined that low-carb diets are very good for diabetics.

"A low carb diet was the treatment for diabetes before insulin was discovered and it worked very well," said Wortman. But when insulin was discovered in 1923 people thought that was the cure and now they could eat anything they wanted. But insulin is the treatment, not the cure.

Continued on page 9.



Dr. Jay Wortman

West Coast Aquatic Employment Opportunity
Executive Director

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Our mission is 'to make the West Coast the Best Coast,' providing local and global leadership in creating a healthy and wealthy coastal region. We work with a range of partners to produce innovative, balanced, and practical solutions for the West Coast of Vancouver Island. We are guided by the principles of respect (Isaak) and interconnection (Hishtukish Ts'awalk). Information about Board history and our terms of reference are available at www.westcoastaquatic.ca.

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For further information please see our website.

Mowachaht/Muchalaht now has a place to celebrate

By Debora Steel
Ha-Shilth-Sa Writer

Tsaxana—The building is an impressive one. Massive great logs define the structure on the outside, and inside it is a serene place where people will gather for all manner of activities—dancing, singing, the seating of chiefs, the ceremonies associated with coming of age,

and the education of the young. It is the House of Unity and it is finally a reality after years of false starts and delayed dreams.

On June 4, the leadership of the Mowachaht/Muchalaht community hosted guests from all the territories of the Nuu-chah-nulth lands to celebrate the accomplishment of having their Big House constructed.

It now dominates the landscape near the nation's administration building, and it will forever be an important place in the hearts and minds of the people of Tsaxana.

The Big House has 6,600 sq. feet of total floor space, with 3,250 sq. feet in the general assembly area, which contains 1,350 sq. feet of dance and performance area.

The kitchen is approximately 300 sq. feet and there is about 2,000 sq. feet of mezzanine for equipment and very light storage.

The primary structure is traditional log assembly. The exterior/interior cladding is all cedar board and batten. There are bathrooms and a full kitchen up front. There is also a change room for the dancers to use.

A feature of the building is a climate-controlled artifact storage area at the rear of the facility, and there has been talk that some of the important cultural and spiritual items being held in museums could be repatriated there.

The grand opening of the building began with a blessing of eagle down scattered around its foundation. Tye'e Ha'wilth

Mike Maquinna and Tye'e Ha'wilth Norman George cut the woven cedar ribbon to mark the occasion while joyful singers gathered around them, and the members of the council of chiefs, as they led their people into this new house.

It was a long time coming, many people were to say that day. The community had struggled to build the structure over the years since the relocation to Tsaxana 15 years earlier. Other priorities would draw the leadership's attention away; other struggles would sideline their plans. But the elders of the community never let go of the vision and would stoke the fires of their leaders' memory and bring the goal of building a Big House back to them time and time again.

Ground was broken on the building last Aug. 26, and at the time Norman George commented that the elders had been "kicking us in the butts to get this done."

Knowing how important a building it was to the community, funder Ted Adnitt, Director, Funding Services, with Indian and Northern Affairs, also kept the door open for them. At least for as long as he could.

Last year, there came a firm deadline, however. Build it or the opportunity would be lost.

And so they did, and they reached out to corporations for help. Western Forest Products stepped up to the plate providing a number of in-kind services, like clearing the construction sites for the Big House, and hauling logs to the sawmill for processing.

All the logs were harvested from Mowachaht/Muchalaht territory.

Continued on page 5.



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Corporate support paved the way for construction

Continued from page 4.

Slegg Lumber also invested in seeing the Big House completed and continues to invest in the community with a cheque presented to the Council of Chiefs during the grand opening event.

The Big House will provide for the cultural, educational and spiritual needs of the community and will move the Mowachaht/Muchalaht closer to accomplishing many of their health goals as well, said Maquinna as the project was kicked off last year.

Said Maquinna less than a year later: "The expectation is that the House of Unity will not only provide a space for the sacred and governance business of the Mowachaht/Muchalaht, but also be a place for the education of our children,

Continued on page 6.



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Big House a vision that would not be denied

Continued from page 5.
and the children of the area to learn and express their culture.

"On June 4 we... celebrate the Mowachaht/Muchalaht community's achievement, breathing life into a building that will allow us to move forward together."

It was for this reason that Eric Magnuson, the Indian and Northern Affairs Regional Director General for BC, took time to join the community in their celebration that day.

He said INAC was proud to have contributed to the Big House construction.

"What a beautiful house it is."

Wickiminish Clifford Atleo Sr., president of the Nuu-chah-nulth Tribal Council, addressed Magnuson in a friendly way during the formal speaking portion of the event, but he made it clear that he was lobbying the RDG.

He said every one of the Nuu-chah-nulth communities on the West Coast should have a Big House in their community, a place where heart, mind and spirit meet and connect back to the traditions and teachings of the ancestors.

"I know you will take away the memory of this day," he told Magnuson. "It's not culture but who we are as a family," he said. "We are Nuu-chah-nulth."

In speaking about the time it took to construct the Big House, he said "It was a struggle, but it was a dream that would not be denied."

Atleo, along with NTC Vice President Priscilla Sabbas-Watts and Executive Director Florence Wylie presented a framed Fim Paul print to the community to commemorate the day.

"I see the pride in all of you," said Sabbas-Watts. She said the Big House will be the real heart of the community.

"It's an honor to be here today."

Wylie also talked of the pride she felt to stand with the people of Mowachaht/Muchalaht. Her children are connected to the community through their father, and she said she couldn't help but think that one day her grandchildren would be dancing in the building one day.

Wylie thanked the elders who "never lost faith" and encouraged the project along. She said there were many hard decisions that had to be made over the years to get to the day's grand opening.

"All of you on council always remembered the commitment you made to your people, your family."

She noted that it was 15 years ago to the day that the other major gathering

place in the community, the Wahmeesh Gym, was opened.

Also standing with the tribal council executive was Dr. Michelle Corfield, former NTC vice president.

She had noted that the building of the Big House was complicated by not one but two relocations of the community years before. She said the Mowachaht/Muchalaht now had a government house and the people would never have to move again.

"This is home; the capital city of Mowachaht/Muchalaht."

Lillian Howard was tasked with giving out the gifts to individuals as acknowledgement of their efforts in building the Big House.

She said "Now we can stand here with pride and take part in dances and sing."

She acknowledged the tribal council's efforts in bringing the house to completion, and specifically Wylie's, who she said had been a major help at the negotiation table.

After the Mowachaht/Muchalaht dancers took to the floor, other guests were invited to speak, including MLA Claire Trevena, who came with greetings from the provincial government.

She said the Big House name was significant, that it came from the need to sit to talk and listen to one another.

"If we don't listen to each other, we are not going to get very far."

Project Manager Glen Lawson thanked the Council of Chiefs for asking him to be a part of the project. He said it was the result of a vision and the hard work of many hands.

He said the structure was well made with its own spirit and has brought the community together. The greatest impact would be on the youth, and he donated \$2,500 to help fund language and culture training.

The dancers of Ditidaht performed a couple of songs before gifts were bestowed upon the hosts, including whale carving.

Much generosity was shown by the guests to the community out of respect for what the Mowachaht/Muchalaht had accomplished.

The House of Unity logo was done by Anthony Mark who won an art contest, chosen by the community for his design.

He chose two sea serpents joined in a circle of unity. He told Ha-Shilth-Sa that they are supernatural beings and he felt strongly about including them.

Continued on page 8.

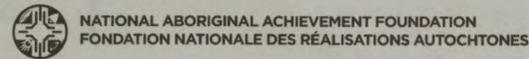
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Jerry Jack remembered at opening of Big House

Continued from page 6.

There was also a connection back to the sea from which the community was moved. He put a grey whale in the centre of the circle.

His talent comes from years of watching his stepfather James Swan create art, Mark said. The 28-year-old said the logo was one of his biggest accomplishments to date.

Another special part of the grand opening was that those that had passed before the Big House was completed were remembered.

Ashton Corfield, for example, wore the late Jerry Jack's hinkets headdress into the grand opening ceremony. Jack was a cultural man, and he was lost to the sea in 2006 taking part in the tribal canoe journey.

It was a vision of his to see the community come together as a whole.

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Biggest hugs and thank yous, family and friends

Shelley, Carl and family, you were very supportive and caring from the start of Alfred's surgery, plus recovery in hospital; Victoria and Port Alberni.

Alfred and I (Donna) are very grateful and so much more for all you gave and did during that difficult and rough time.

Thank you so very much Hazel, Philip and family, John and family, Gord plus family, Jenny and Harold, Eddie and Janice, Peter and Monique and Terry Edgar; you all gave tons of support, you

were there so many days and hours. You lifted our spirits with your thoughtful-ness, your prayers and wonderful hugs. Awesome, wonderful you all are.

Thank you all from our hearts.

Brenda and family, thank you for your prayers.

More thank yous go out to Ben and bro Richard Nookemus, Wilma and family, Ed Johnson, Maisie and Al, Maureen Knighton and family, Betty and Carolyn, Perry and Mathew Edgar.

For your hospitality; Fred and Karen Johnson, Vicki Nookemus and Phil of Victoria, Ida Mills and Bo, and Doug of Victoria. Thank you so very much!

Best wishes always to you and yours!

Klecko Klecko to everyone who gave well wishes and support at a difficult time.

From our hearts to yours
Sincerely Alfred and Donna Knighton



Nuuchahnulth Tiič'aaq̓ (Mental Health) Quu?asa Program Urban Gatherings



Cuṣukṣi?aḵ Nass (New Day)

City	Date	Location	Times
Port Alberni	Thursday June 23-2011	House of Gathering	9:00am - 4:00pm
Campbell River	Thursday July 7-2011	TBA	9:00am-4:00pm
Vancouver	Thursday July 14-2011	VAFCS - Judge Alfred Seow (Gym)	2:00pm-8:00pm
Seattle	Friday July 15-2011	Pearl Warren Building	5:00pm-10:00pm
Seattle	Saturday July 16-2011	Pearl Warren Building	10:00am-4:00pm
Nanaimo	Friday July 29-2011	Harewood Activity Centre	9:00am-4:00pm
Victoria	TBA	TBA	TBA

Potlatch success inspired by community

By Debora Steel
Ha-Shilth-Sa Reporter

Gold River—History was made on June 10 at Gold River Secondary School when students and staff hosted the annual School District 84 potlatch. It was a dream come true for Margaret Amos, the Nuuchahnulth Tribal Council Education Worker.

She said it was 15 years ago when the idea of holding a potlatch in the school was first raised in Gold River. At the time the idea was turned down with Mowachaht/Muchalaht members wanting to keep the sacredness of the potlatch in the community.

Times changed over the ensuing years and people began to realize the benefits to students in the school district in hosting such an event. And it was the elders, said Amos, that really had a huge impact on how the day unfolded.

"I was really proud of what the school [did]," Amos said. It was a complicated affair to organize, but everyone contributed to the success of the day. So many people worked in collaboration for the event. Appropriate given the theme of the potlatch was "Building Relationships," a theme that Elder Max Savey came up with.

And the students, from Grade 4 up, carried the day through the careful administration of the teachings that occurred during every step of the preparation, from singing and dancing, making gifts for their 500 guests, to the harvesting and making of the food. Eighty-nine of the 116 students of GRSS took

part in some way.

The goal was the respectful combination of aboriginal culture with the restrictions of modern life, including the scheduling of the event, which began at 9 a.m. and concluded at 3 p.m. Much work was done through meetings with northern schools, Zeballos, Tahsis and Kyuquot, to ensure that the event did not run over time.

Servers too timed the lunch time meal with precision, serving the guests a meal of elk, fish, potatoes and salads within 25 minutes so that people had time to eat and visit within a one-hour time frame, thanks to the talents of teachers Mr. Levering, Mrs. Cross and Mrs. McCormick.

Students from GRSS and Ray Watkins Elementary prepared the meal. Sheila Savey and Rita Johnson barbecued the fish. Chef Barnabus Howard taught the students the proper way to serve and what they should wear to serve.

They even used a recipe for bannock by Sherry Cook out of the Uu-a-thluk fisheries department cookbook.

Discussions around food provided the opportunity to talk to students about healthy eating. All roads during the preparation of the potlatch led back to teaching moments for the staff.

Two boys chosen as providers went out with Roger Dunlop and Jamie James to hunt the elk with permission granted by the Mowachaht/Muchalaht Council of Chiefs.

Anthony Howard and Clayton Jack learned from their adult mentors how to skin the elk, cut the meat and properly store it for the meal. They also fished for salmon, along with students Oscar Savey

and Eugene Mark, all the while learning about the cultural way of taking care of their community.

There was also language classes, spear-headed by elder Violet Johnson. Singing classes facilitated by Bruce Mark, Richard Mark, Sammy Johnson, Jimmy Johnson and Steven Howard. Dance was taught by Allison Howard, Brenda Johnson and Hilary Savey.

Three hundred cedar roses were made with the students during culture week, thanks to the help of Evelyn Savey and Preston Maquinna. All the parts of the elk were used too, with the bones cut into slices and painted by students then crafted into 275 necklaces for gifting. Even the emcees, Davidson Maquinna and Mikayla Fiddler made their own regalia for the day's event.

As you can see the whole community seemed inspired to be involved.

And the day went very smoothly, said Amos, because everyone knew their role. It started with a potlatch binder that all the staff got to read.

"Everyone understood the seriousness [of the potlatch] in the community," said Amos. There was a lot of talk about the

different reasons such parties are held. There were meetings with the wit waaq to prepare them for their duties. All but one member of the security were non-Native, so there was a learning curve that needed to be overcome.

And the result of all this effort was a great day for the school, Gold River, Mowachaht/Muchalaht and the many guests hosted. GRSS students were impressed by the many dignitaries that honored their invitation to attend.

Tyee Ha'with Mike Maquinna said he was proud and in awe of what he witnessed. He acknowledged the preparation for the day, and said

"You've opened my eyes and my heart."

Beulah Howard the education worker at Ray Watkins said that at the end of the day she was overwhelmed with happiness. The students were so respectful, the pride they experienced in hosting the event was evident, and will be carried with them throughout their lives.

Her students performed two songs, Mary's song by Kevin Titian and Bill Howard's Nine Times Song. The Grade 4 class also did the Klecko song by Ellen

Rush of Uchucklesaht. Students also provided gifts for guests, including engraved boxes, and other crafts.

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Our Education issue is June 30. If you have words of Congratulations for your graduate, send them to Ha-Shilth-Sa. Include a photo for greater attention. Submissions are due by June 24. See page 2 for contact info.

In Memory

Peter Lorne Drake Jr

Living this year without you has been hard.

I miss everything me, you and our family did together.

I'm happy you're in a better place. You're in my head every day.

I will cherish all the memories all of us had as a family.

I love you more than you know, forever and always;

You're my dad ... forever.
You're daughter Darienne Drake

Peter Lorne Drake Jr

You came into our lives on July 1, 1971 and sadly left us on May 14, 2010.

Parents (Peter Drank Sr and Betsy Drake). You blessed us with four beautiful grandchildren, PJ, Darienne, Kristian, Easton (daughter in-law Jami). Not one day goes by that you are not in our thoughts, you are always in our thoughts. All the good memories we have of you... the joy, love and laughter you shared not only with us but with everyone.

One year ... My Son...

You are a treasure we will forever keep. Your loving smiling face will be etched in our hearts for a lifetime. Each and every one of our family, relations and friends miss you and love you. Forever loved.

Mom, Andy, Dad, family, auntie Lyn, family, uncle Archie, family, gramma Babs, family, Haida Gwaii families

Birthdays & Congratulations

Happy 30th anniversary on June 6 to Maureen and Terry Sampson. Love mom and family.

Happy Father's Day to my dad (Peter), my hunny (Allen)...to my uncles, Wayne Danny, Archie, Grant, Russell, Bishop, Leo, Terence, Don, and Cecil. I hope you all have a great day. Happy Father's Day to all the fathers in Ahousat. Robyn M. Frank

Happy Birthday to my little Queen, my granddaughter Brooklyn who was born on National Aboriginal Day, June 21.

Now I have two things to celebrate. Haha. I think about you all the time and am missing you so much. Can't wait to see you again so we can swim in Sproat Lake or go and catch some fish together. Love you so much little one. Grandma Deb on the Island.

Haahuupayak School is currently accepting registrations for grades 1 - 6. At this time, any students wishing to register for Kindergarten will be placed on a waiting list as that class is full. At haahuupayak we offer a unique cultural experience including daily nuuchhnuith Language and Culture classes, a well established, full day Kindergarten program, BC Ministry of Education curriculum, new text books and resources, extra curricular activities, free bussing service, free school supplies, excellent Special Education support, and a team of experienced, dedicated, and caring staff. We welcome all students. Please call 250-724-5542 or visit us today to get your child registered.

PART-TIME EMPLOYMENT OPPORTUNITY

FAMILY TIES OUTREACH WORKER

Nuu-chah-nulth Tribal Council is seeking a Nuuchah-nulth "Family Ties Outreach Worker". Based out of Tofino, this permanent, two-days a week (15 hours) position provides individual counselling to support women in having the healthiest pregnancies possible.

Responsibilities will include:

- To meet with clients in both their homes and at the weekly drop-in sessions to provide individual counselling throughout their pregnancies;
- Responsible for preparation and facilitation of weekly drop-in groups;
- To encourage and support client participation at weekly drop-in sessions;
- To act as an advocate for the client and as a liaison between the client and community services.

Qualifications:

- Related life experiences and a strong desire to support families;
- Experience in counselling and strong facilitation skills would be an asset;
- Knowledge of Nuuchah-nulth families, family systems and culturally appropriate practices will be considered an asset.
- Must have a car and valid drivers licence;
- Provide acceptable references and criminal record check.

For further information contact Jackie Watts at: (250) 724-0202.



Apply by **June 24, 2011** by sending your cover letter, 3 references and resume to:

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Low-carb diet project initiated by NTC

Continued from page 3.

In his presentation Wortman talked about the three types of food energy: protein (fish, meat, dairy, and beans), fat (meat, seafood, vegetable oils) and carbohydrates (starches and sugars including fruit, seeds, grains, and potatoes). He talked about the epidemic of obesity in North America and the time when a large portion of the population began gaining weight in the 1980s.

He believes it was what was now in the kitchen cupboards of most North Americans that caused the continent-wide weight gain. Products like mac & cheese dinners, crackers, bread, soda pop, breakfast cereals and chips can be

found in most pantries. Traditional diets had very little sugars or starches.

Wortman described in simplified terms what carbohydrate rich diets do to our bodies. Too many carbs in our diets create hormone imbalance, he explained.

When we eat carbs we secrete insulin to burn the sugar as energy but that also causes one to store the excess sugar as fat. To get the fat out of your system you have to reduce insulin levels; in order to do that you must stop consuming carbs.

Leptin is the hormone that tells our brains when we are full.

"When you have insulin resistance (from having too much insulin in your system caused by eating too many carbo-

hydrates) your body makes even more insulin. That insulin prevents leptin from reaching the brain. Without leptin the brain thinks you're starving and signals your body to save energy, causing you to eat more and exercise less.

According to Wortman, studies show that eating a properly administered low carb diet causes a decrease in appetite and an increase in energy. On a low carb diet leptin can reach the brain because insulin is not being released.

To bolster his claims, Wortman talked about James Wilson, a Kwakiutl from the We Wai Kai Nation in Campbell River. "He was on insulin for 17 years,"

Wortman said. Wilson was obese and had high blood pressure and high blood sugar despite being on insulin. After two weeks on the diet the man no longer needed insulin. By his 18th week on the diet he lost 46 lbs., his blood pressure normalized and he was taken off all of his medications.

"There was no added exercise, he just stopped eating starch and sugar," said Wortman. But sometimes Wilson would binge on carbs and immediately things would start falling apart for him.

In Alert Bay, the entire community went cold turkey on junk food and carbs for an entire year. They ate plenty of meat, eggs, cauliflower, broccoli and salad greens. They were also encouraged to eat more traditional foods like fish and oolichan oil. Barebones Productions Inc. released a documentary about the experience in 2008 and called it My Big Fat Diet.

Closer to home, Matilda Atleo says she started the diet in March, and even though she hasn't been entirely consistent with it, she's lost 12 lb. and has noticed her appetite has decreased and she says she feels better. "My allergies went away, but one night I had a bun and noticed I was hungry all night," she said.

So what can you eat on a no carb diet, often referred to as the Atkins Diet? Pretty much all meats, eggs and fish, including bacon can be eaten. No meats

coated with breading, processed with fillers or cured with sugar (no artificial crab, battered or breaded fish/chicken, or cold cuts).

You may eat raw salad vegetables and cooked green vegetables like asparagus, cabbage and broccoli. No starchy vegetables like potatoes, carrots, parsnips, yams and squash.

On the downside, Dr. Wortman says you will likely suffer sugar cravings at first. He said he combatted his by eating sugar-free Jell-O.

He warns that research is still ongoing and anyone taking medication for diabetes or high blood pressure should consult their doctor before starting a low-carb diet. Your physician can also guide you through the diet, monitoring blood sugar and pressure and may also assist with ways to fight sugar cravings.

Dr. Wortman recommends the following books for anyone interested in learning more about low carb lifestyles: Why We Get Fat: and What to do About it by Gary Taubs and A New Atkins for a New You.

The New Atkins for a New You takes the 40-year-old original Atkins Diet and updates it with the latest information about health, diet and nutrition.

For more information about the diet or to participate in a group low-carb diet project, contact Matilda Atleo or Jackelyn Williams at the Nuuchah-nulth Tribal Council at 250-724-5757.

Participants in the group diet plan will follow a low carbohydrate diet similar to the "My Big Fat Diet", using The New Atkins for a New You as a guide. They will support one another by sharing recipes and strategies. Dr. Wortman will provide support for the group via teleconference and videoconferencing.

All participants that have health conditions such as diabetes and hypertension must get approval from their physician prior to starting the program. A low carb diet will cause their blood sugar and blood pressure numbers to drop and could require a change in medication.

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EMPLOYMENT OPPORTUNITY

Child & Youth Mental Health Counsellor

The Nuuchah-nulth Tribal Council (NTC) is seeking a Child & Youth Mental Health Counsellors to provide support to Children, Youth and Families living in the Northern (NCN) region. Based out of the NTC Northern Region office (Gold River), the Child & Youth Mental Health Counsellor will regularly boat and fly into NCN communities on scenic west coast.

Responsibilities

- Clinical counselling with children and youth experiencing stressful or traumatic events, presenting emotional and behavioural responses (including crisis intervention);
- Consultation and Liaison with NCN communities, schools and other agencies;
- Development and coordination of innovative prevention/early intervention programs focusing on resiliency and capacity building;
- Implement culturally safe services that reflect NCN healing practices and western mainstream approaches;
- Maintain a reporting system of client and activity records that supports program reporting and evaluation.

Preferred Qualifications

- Diploma/Degree in a field related to counselling and recovery, or equivalent combination of education and 5 years recent experience working with aboriginal people;
- Knowledge in Child & Youth Mental Health;
- Familiar with Nuuchah-nulth First Nations culture, healing processes, and cross-cultural education;
- Possess strong personal boundaries, a wellness plan, and familiarity with ethical issues that arise from working with high-risk populations;
- Possess a car and valid driver's licence, and provide acceptable references and criminal record check.

Apply by **June 24, 2011** by sending your cover letter, resume and 3 references to:

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Nuu-chah-nulth Tribal Council

Happy National Aboriginal Day

Paging Dr. Watts:

First Nuu-chah-nulth medical doctor celebrated

By Shauna Lewis
Ha-Shilth-Sa Reporter

Arianna Watts should be very proud of her accomplishments. The 28-year-old Nuu-chah-nulth woman was one of four medical students to graduate from the University of British Columbia's Faculty of Medicine, Aboriginal program this spring.

Watts was born in Ontario and grew up off reserve. Her Nuu-chah-nulth father, Wallace Watts, is a pilot with United Airlines. Her grandmother, Dolly [Watts] McRae, is a well-known First Nations entrepreneur, author and chef.

"I really had no excuse not to go to university," Watts said, pointing to her successful family members.

"I'm so happy," McRae said of her grand-daughter's success.

"I always thought she would do something because she was always very smart," she said. "She was always observing things all the time," she added.

Arianna said medicine wasn't her first choice. She initially went to the University of Florida where she pursued a career in botany and anthropology. However, upon her father's suggestion, Arianna changed her focus to western medicine.

Wallace said Arianna wanted to go to



Arianna Watts is being celebrated by her community as she becomes the first Nuu-chah-nulth doctor of Western medicine.

community college after being on the Dean's list at the University of Florida, but he wanted more for his daughter.

"I told her, 'If you can't understand what your focus is on, I will decide for you,'" he said, matter-of-factly.

Despite her obvious past good marks, however, the journey through medical studies wasn't a smooth one for Arianna. The young woman, like many students before her, had difficulties concentrating during her first few years of the program.

"You have to devote all your time to it," she said. "It was difficult to focus and still spend time with the people I

love."

"It was a big commitment," said Wallace, noting his daughter's struggles. "But she really got into it," he concluded.

"She had problems in the beginning but we overcame them," echoed James Andrew, Aboriginal program coordinator for UBC's Faculty of Medicine. "I was really happy to see that she made it through," he said proudly.

"Some do have their own bumps in the road," he continued. "And they take a leave of absence and start over again," he said.

There are many personal reasons stu-

dents break from studies, Andrew continued. He also said that some Aboriginal students feel uncomfortable and undeserving because they get questioned about the unique entrance credentials for the program and the funding support from their bands.

Arianna admits she was affected by non-Native judgement regarding the entrance requirements, recruitment process and funding specifically allocated to First Nations students. But she says she quickly realized that her career goals far outweighed the judgments encountered from others.

"I did feel bad," she said. "But I realized the need for people in Aboriginal [medical] practice," she said.

"Our support system has evolved over the years," said Andrew, adding that while he is actively involved in program recruitment through summer camps, conferences and career fairs, he has also taken on more of an advocacy role to help students feel comfortable and, ultimately be successful, in the program.

"We've only had one [student] that's failed the program since it started," Andrew added. This year he is expecting 35 students will go through the program.

He said 23 Aboriginal physicians have graduated in the 10 years the program has been running.

Continued on page 16.

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Happy National Aboriginal Day

Nuu-chah-nulth films earn honors in contest

By Shauna Lewis
Ha-Shilth-Sa Reporter

Heartfelt messages of Aboriginal health and wellness were expressed through a film competition last month and two Nuu-chah-nulth women were honored for their contribution.

Layla Rorick and Melody Charlie

were among the five winning participants in the 'Active Life Active History' video contest, an initiative of the First Nations Health Council of BC.

Winners were announced during the Gathering Wisdom for a shared journey health gathering in Richmond on May 26.

Layla Rorick, 31, of the Hesquiaht First Nation, won third-place and \$1,000 for her culturally-inspired film depicting exercise and the beauty of her West Coast

homeland.

"I'm thrilled," Rorick says of her win. "Our ancestors have left us with a cultural legacy that is based on a deep understanding of the natural world and our place within it," she said, pointing to the theme of her three-minute film.

"Our ancestors led a very active lifestyle," she continued. "If we integrate lessons from the lifestyle of our ancestors into our daily life [then] we can give ourselves, and those yet to come into this world, the opportunity to live and be active, meaningful lifestyle."

"I'm a product of my family and my nation, so I think the message is one that many of our people can identify with," she said.

Rorick says getting involved in traditional activities such as dancing, singing, sport, art, harvesting, gardening and hunting, contributes to the promotion of health and well-being in First Nations communities.

"By initiating and including yourself in these activities that embody the ideals of cultural revival, you can help create a sense of renewed pride in the cultural values passed down from your ancestors," she explained.

Rorick, who is an administrator at the Hesquiaht Language Program in Tofino, said submersing herself in the Nuu-chah-nulth language is her way of honoring her active spirit and history.

"I consider learning the language to be a tribute to the Hesquiaht land and seascape and probably even a contribution toward my own personal mental health because I like the way it feels to think Hesquiaht," she said.

Interaction with nature was also the theme of first-place winner Trevor Mack's short film. The 18-year-old took home \$5,000 for his two-minute film 'Get Up, Move Up' which illuminates the unhealthy lifestyle associated with

video gaming addiction.

"There are a lot of youth playing video games stuck in a basement [and] I wanted to show that once you get outdoors nature will interact with you," he explained. "The first step is getting out," he continued. "And hopefully when you do that everything will fall into place," he said.

"Everybody can do something. Even if it's just volunteering and helping out on your reserve...just get outside."

Mack, of the Tsilhqot' in First Nation near Williams Lake, BC, says his film was biographic in nature.

"I was stuck in a basement playing video games and I realized I needed to get out and tell stories and get a lot of people to know what I was going through," he said, adding that the issue of gaming addiction is common for young people between the ages of 18 and 24.

"It was a strong statement told with great sincerity and skill," said BC's Aboriginal Health Physician Advisor Dr. Evan Adams of Mack's short film entry.

"The audience got to see themselves active," he added. "You could literally see your face in his," he said.

"First Nations have very strong ideas of their own around their well-being and health practices," Adams continued.

Adams, who judged the contest entries, said Rorick's third-place win was another logical choice. "It was such an extraordinarily thoughtful monologue," he said. "She spoke quite eloquently about health and wellness from a traditional woman's perspective."

Melody Charlie also created an emotional film about the importance of nutrition. Her contest entry, entitled 'Evan Touchie Legacy,' was a poignant and touching tribute to her late husband, Evan Touchie.

Touchie, who was active in sports, passed away from a massive heart attack in 2007 at the age of 33.

Continued on page 12.



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Happy National Aboriginal Day

Tla-o-qui-aht grad wins big in scholarships

By Denise Titian
Ha-Shilth-Sa Reporter

Ucluellet-It's June 13 and Grade 12 students at Ucluellet Secondary School are finished their year early thanks to extra hours they agreed to put in to support fellow student Hjalmer Wenstob, 18, who left for Africa on the June 14.

USS students graduated about a week ahead of schedule because the entire Grade 12 class decided to fast track their grad so that they could celebrate with Wenstob, their valedictorian.

It's been a most eventful year for the 18-year-old student, starting with a canoe project he started last year. With help from his family he carved his first dugout cedar canoe to raffle off. He wanted to raise funds for his upcoming French class field trip.

The project was a success, as other artists contributed skills or art donations to help the aspiring young artist with the raffle, which took place in December.

Wenstob worked hard through his last school year, keeping his grades mostly in the 80 per cent range. As spring 2011 approached he switched gears, pressing even harder to keep his good grades up in order to win scholarships for his

upcoming year at the University of Victoria.

He applied for and won the Clayoquot Biosphere Trust award, valued at \$3,000 a year for up to four years as long as Wenstob keeps up his studies.

He also applied for and won a \$1,600 Judy Bourne scholarship which will go directly to his books and classes.

As summer approached, Wenstob learned he won three more scholarships that he didn't apply for: the \$250 MLA Scott Fraser scholarship, the \$1,000 Manoaah Masonic Lodge Scholarship and the \$500 Topino Business Association Scholarship.

Starting September, Wenstob will begin four years of Visual Arts studies at UVic.

Wenstob is an artist. His mother Jessie says it started when he was very young.

"At about age seven he had a home-made forge in the back and he would heat metal that he would pound on an anvil into different shapes," she recalled.

The following year Hjalmer's grandfather showed him how to work with molten steel and sand casts. It wasn't long before the eight-year-old Wenstob was making his own steel jewelry.

Besides his scholarship winnings, Wenstob received the 2011 YVR Art Foundation (YVRAF) Award.

Continued on page 18.

EMPLOYMENT OPPORTUNITY

Working as a Nuu-chah-nulth Education Worker (Term)

The Nuu-chah-nulth Tribal Council is creating a list of individuals willing to serve as a Nuu-chah-nulth Education Worker. Our Education Workers can be assigned to any school within a given Nuu-chah-nulth territory. Currently there is a term vacancy for Gill/Alberni Elementary Schools. This valued position is perfect for individual who have a strong interest in working with First Nations students while sharing Nuu-chah-nulth culture and language. This position is under the direction of the NTC Education/Cultural Supervisor and general supervision of the principal in the school.

Responsibilities will also include:

- ◆ To liaison with parents and community agencies;
- ◆ To act as a role model, and to provide emotional and academic support to First Nations' students;
- ◆ To assist in the instruction of Nuu-chah-nulth culture to all students;
- ◆ To work with teaching staff and administration to provide Nuu-chah-nulth perspective on educational tools, teaching methods and cultural differences.

Preferred Qualifications:

- ◆ Grade 12 plus a strong desire to work with elementary/secondary students;
- ◆ An understanding of Nuu-chah-nulth language and culture;
- ◆ Good communication and problem-solving skills;
- ◆ Must have a car and valid drivers' licence;
- ◆ Provide acceptable references and criminal record check.

For further information contact Eileen Haggard at: (250) 724-5757.

Apply by **June 24, 2011** by sending your cover letter, resume and 3 references to:

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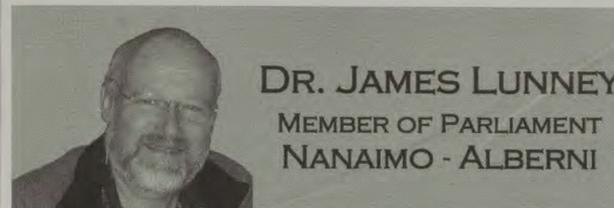
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**National Aboriginal
Day - June 21**

NANAIMO OFFICE
6-6894 ISLAND HWY N
NANAIMO, BC V9V 1P6
1-866-390-7550
NANAIMO@JAMESLUNNEYMP.CA

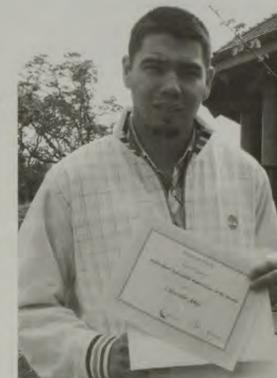
PORT ALBERNI OFFICE
A-5267 ARGYLE ST
PORT ALBERNI, BC V9Y 1T9
250-720-4457
PORT ALBERNI@JAMESLUNNEYMP.CA

WWW.JAMESLUNNEYMP.CA

Ehattesaht man earns BC education award

Chancellor Amos of the Ehattesaht Tribe received the Adult Basic Education (ABE) Association of BC Award at the Camosun College Award Ceremony on May 26. It is awarded to ABE students who commit to their studies and show significant success in meeting their academic goals while overcoming significant personal, social or institutional obstacles.

Chancellor's first term English Instructor Faith Shields nominated him, however, instructors Mark Kunen and Jill Auchinachie also supported the nomination. Chancellor is the son of Dawn M. Smith (Ehattesaht) and Dwayne C. Amos (Hesquiaht). This is what his instructors had to say about him:



Chancellor Amos

Chancellor began his studies in the fall of 2010. While working fulltime and caring for his son, Chancellor completed two levels of English and Math. Chancellor received two A+ grades and two A grades.

Chancellor is a reflective and keen observer. He notices other students struggling and gives them a hand. He is unfailingly patient and kind. Despite the challenge of balancing fulltime work, family and studies Chancellor has an excellent record of attendance, remaining highly focused, personable and producing excellent academic work.

Chancellor has decided to enter the Exercise and Wellness program. We know that Chancellor will excel in this program and contribute to his community by promoting health through fitness and sport.

FORMER STUDENT OF THE RESIDENTIAL SCHOOL?



Nuu-chah-nulth Teechuktl (Mental Health) Program Resolution Health Support Workers

◆ The Common Experience Payment (**CEP**) and the Independent Assessment Process (**IAP**) are two key areas that our team can support for our Nuu-chah-nulth communities. The **CEP** has a **deadline** coming up this **September 19, 2011**; and the **IAP** has a **deadline** of **September 19, 2012**.

◆ Our goal is to support all Nuu-chah-nulth members, on/off-reserve (urban). If you choose to go forward with an IAP, we encourage our members to contact us for support before, during, and after a hearing. Our support also extends to your family, including children and spouses.

◆ We can do **IAP** presentations; facilitate family or community circles; provide one-on-one support; and/or make referrals for clinical counsellors and psychiatrists.

Phone:

Quu?asa Toll Free: 1-888-624-3939
T'lakwadzi (Gary Dawson-Quatell): 250-720-1731
Richard Lucas: 250-720-5358
Richard Watts: 250-720-1994

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Happy National Aboriginal Day

Film raises issues about healthy eating

Continued from page 11.

An autopsy confirmed his fatal heart-attack was due to hardening of the arteries. Today Charlie is an activist for healthy eating and says that even though a person may look healthy on the outside, people must always take care of themselves inside through proper nutrition.

Charlie's film received an 'Honourable Mention' at the contest, awarding her \$500 that she says will go into a savings account for her and Touchie's son, Evan Jr.

But while Charlie is happy to have been a part of the competition, she had hoped the film would have been better received.

"There was a very clear message," she said of the video, "And I didn't feel it was heard, felt or seen by the judges," she said.

However, the theme of Charlie's film stood out for Adams, who said the lack of proper nutrition is often a huge issue in First Nations communities.

"We know that there's a connection between poor health and poverty," he

said. "Maybe we can't eat exactly like our ancestors did, but we can eat traditional-like," he maintains. "And we can certainly avoid the fast foods and high carbohydrates," he said.

Regardless of where her film placed in the competition, Charlie hopes her message regarding the importance of nutrition is well heeded.

"Not everybody has a second chance at life," Charlie said quietly. "Never take your life for granted," she urged.

"If one person learns from it [the film] and takes it [the message] home, then that will mean more to me than the prize."

To view all of the winning entries visit www.fnhc.ca

The film contest was born from the creation of a FNHC anthology of stories entitled 'Active Spirit, Active History.' The gathered stories in the book come from various First Nations people and communities throughout BC and they illuminate the importance of health and wellbeing through understanding the spiritual, emotional and physical health practices of the First Nations people of BC.

Dr. Watts, medicine woman

Continued from page 12.

"James was very supportive in making sure I could continue," acknowledged Arianna. She says her Nuu-chah-nulth community and family has also been behind her 100 per cent.

"I can't believe it's over," Wallace said of his daughter's medical studies. "I still think I must call her to see if she's studying every day," he said with a laugh.

"I'm encouraging her to be the Health Minister of Canada or the Health Minister of B.C.," he added.

"She has the potential to do anything," said the proud dad. "Her journey isn't complete."

Dr. Arianna Watts is currently working in residence in Alberta. Her future plans include a return to her Vancouver Island roots to create a successful career in family medicine.

For McRae, having a doctor in the family is a good situation to be in.

"We get free [medical] advice when she comes near us," she laughed.

The annual application deadline for the UBC Aboriginal medical program is Aug. 15.

For more information contact James Andrew, UBC Faculty of Medicine, Aboriginal Programs Coordinator at complete."

Jalen Juwan Charleson ~ Hesquiaht

Congratulations to my son, Jalen! He has overcome his first milestone in life - high school! Jalen will enroll for fall classes to San Jose City College and continue onto university!

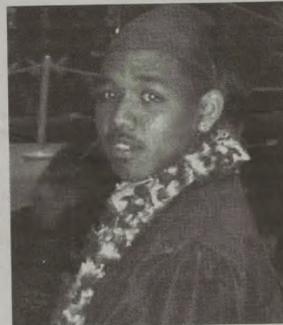
Jalen graduated from Piedmont Hills High 2011, San Jose, CA with full high school credentials. Jalen travelled, extensively, throughout elementary, middle school and high school for family and basketball functions.

Jalen carried his studies, plus an extra course, each semester during his high school years, to graduate with his peers. There was a mix up of credit transfers from Kentucky to California in the beginning of high school. His extra-curricular activities consisted of All Native, middle school, high school, and AAU basketball, recreational football and baseball. His highlights are family visits up north, Vancouver Island, Kentucky and Chicago! Post-Secondary education has always been an equation of life for him.

Jalen participated in the Junior All Native Tournament 2011 in Penticton and was awarded MVP and Best Defensive Player Award, plus Player of the game two times. He joined the Piedmont Hills Varsity Basketball team. They are BVAL & MVAL 2011 Champions!

Jalen contributed to numerous championship teams and leagues in WA, CA states and Canada, and always kept his composure throughout his years and he always maintained passing and excellent grades! He never pushed his studies aside while playing his sport!

His skill and commitment brought him to Vegas, Nevada where he competed in a tournament with 400 plus teams in the



AAU. He travelled to Northern California in 2010 and played 75 games in three months! They won 69 out of 70 of their games! (They were always "the team" to beat everywhere they travelled.)

Jalen chooses a pure, smart and simple life for himself - no alcohol - no drugs - no tobacco!

Jalen's life away from school, basketball and travelling consists of the gaming consoles, 24 Hour fitness, and his friends.

I am extremely proud of Jalen for all these reasons and more! We couldn't have done it without the support of our family and friends. Their words of wisdom got us here. Their morale support, their good ear and their travelling ways!

Auntie April: Jalen is disciplined, determined, and responsible, he is not scared to work hard for what he wants, he makes sacrifices; he is a role model and his family is extremely proud of his accomplishments and can't wait to see what he will do in the future.

submitted by Marleta Charleson

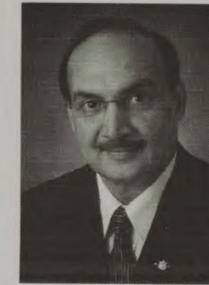


Stephen Rayner (Huu-ay-aht First Nation member) Working for Chatwin Engineering on the Huu-ay-aht First Nation Sanitary Sewer Project

Adrian Dix and the BC New Democrats recognize the cultural diversity, leadership, and contributions of First Nations, Inuit, and Métis peoples



Adrian Dix, Leader BC New Democrats



Raj Chouhan Burnaby-Edmonds



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Happy National Aboriginal Day

A dollar a name

Continued from page 14.
Vancouver Airport Authority is proud of its First Nations heritage art collection on display at the airport. In order to support young new artists, the YVRAF offers annual awards. Each year they sponsor a handful of young artists in order to encourage them to excel at their craft.



tracted Wenstob to create a cedar totem pole at UVic. He will create his piece of art under the guidance of a mentor and his piece will go on display at the airport for one year.

And after working so hard to earn his achievements, young Hjalmer still found time to raise funds for his Tla-o-qui-ah Tribal Parks trip to Africa.

"He raised \$2,500 for his expenses and Vancouver Island University paid for his ticket (airfare)," mom Jessie Masso explained. This time Hjalmer carved paddles to raffle off and did the usual, hard work fundraising activities: bottle drives and odd jobs. A local zipline company held a fundraiser for him, contributing about \$400.

Always creative, Wenstob came up with a fun, new way to raise money. When he learned he would be class valedictorian at his high school graduation ceremonies, he promised anyone who would pay him \$1 that he would include their name in his speech.

"He had such a great speech," said Jessie, "then he stopped right in the middle of it to say thank you and list all the names of everyone who gave him a dollar; and someone gave him \$5 to say 'I love you' in the speech so he ended his address with a big 'I LOVE YOU ALL!'"



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The certification shows that Mainstream Canada believes in mutual respect, and in celebrating and honouring First Nations in British Columbia. This National Aboriginal Day, and all year long, we honour and celebrate First Nations across Canada.



Our focus is sustainable aquaculture.

Respect and Congratulations to the Nuu-chah-nulth-aht recognizing that today is your special day

Celebrate 'National Aboriginal Day' Proudly!

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Ambrose, Lundy-Sam tie the knot at Tseshaht Park

It was a beautiful day for an outdoor event, and a magnificent setting with the Somass River serving as a backdrop as Kathleen Donna Mae Ambrose wed Brenden Kurtis Lee Lundy-Sam at Tseshaht Park, more commonly known as Paper Mill Dam Park, on June 12.

It was a quickly arranged affair—six days from the traditional proposal to the wedding rings being slipped on the young couple's fingers—but the turn-out was impressive as Nuu-chah-nulth-aht travelled from areas around the island to show their support to the happy couple and their parents, Ruby and Lance Ambrose and Will Sam and Leese Lundy.

With Kathleen's father battling illness, it was important to Kathleen to have her father at her side, being able to take her down the aisle and offer her hand to her young man in marriage.

Rick Lindholm officiated over not one but two ceremonies that day. No sooner had Kathleen and the slightly shorter Brenden sealed their union with the traditional kiss—Brenden hopping atop a footstool to do the honors—then did Ruby and Lance renew their vows before those gathered.

An emotional Ruby took her father's arm and travelled down the aisle that her newly married daughter had just walked along. Dad Wally Samuel warmly held his hand over his daughter's.

A resident bald eagle flew overhead as the couple, whose children, nieces and nephews, friends and family witnessing the event looked on, clasped hands and recommitted their love to one another.

After the event it was a drive around Port Alberni, horns honking, and then a reception. It was a day that took some help from the community to organize, but it was a happy day for all.

Said Ruby on her facebook page "What an AMAZING day!..Thank you to Rick Lindholm and all the people who donated all the food, decorations, rentals, also all the people who helped with the cooking, setting up, cleaning, photographers, baking, everyone who helped the bride get ready, all the bride and grooms party, people who helped out with taking care of Lance. Thank you everyone for sharing our culture. It has been great medicine to all of us."



Wally Samuel walks his daughter Ruby Ambrose up the aisle to renew her vows with husband Lance.



Bride Kathleen holds the hand of her father Lance Ambrose as he and mom Ruby walk her down the aisle.

Groom Brenden Lundy-Sam (left) and his groomsmen await the arrival of the bride, Kathleen Ambrose.



Groom Brenden Lundy-Sam shakes the hand of his soon-to-be father-in-law Lance Ambrose as he gives his daughter Kathleen's hand in marriage on June 12 at Tseshaht Park at Paper Mill Dam.



Ring bearers and flower girls were as cute as can be in the ceremony.



Community Wellness Screening Clinics

Clinics will be held once per month in each Nuu-chah-nulth Community. Contact your local nurse or Community Health Development Worker

JUNE 2011 SCHEDULE

Southern Region			
Community:	Date:	Time:	Location:
Tseshaht	(2 nd Wed) Wednesday June 8 th	10:00 AM	Tseshaht admin. Blding.
Huu-ay-aht	(3 rd Wed) Wednesday June 15 th	10:30-12:30	Health centre
Uchucklesaht	Wednesday June 22 nd	To be established[TBE]	TBE
Ditidaht	(last Tue) Tuesday June 28 th	10:30-12:30	Health Centre
Hupacasath	Tuesday June 14 th	10:30-12:30	Health Centre
Central Region			
Community:	Date:	Time:	Location:
Tla-o-qui-aht	(2 nd Wed) Wednesday June 8 th	11-4pm	Health centre
Ucluelet	(3 rd Wed) Wednesday June 15 th	1-4pm	Health centre
Toquaht	(3 rd Wed) Wednesday June 15 th	9-12noon	Macoah
Ahousaht	(4 th Wed) Wednesday June 22 nd	10-3pm	Health centre
Hesquiaht	(last Tue) Tuesday June 27 th	10-3pm	Hot Springs Cove
Northern Region			
Community:	Date:	Time:	Location:
Ehattesaht	(1 st Tue) Tuesday June 7 th	10 am-	TBE
Nuchatlaht	(1 st Tue) Tuesday June 7 th	10am-	TBE
Mowachaht	(2 nd Mon) Monday June 13 th	1-3:30pm	Health centre
Kyuquot	(3 rd Thur) Thursday June 16 th	10-2pm	Health centre

* Subject to change. Contact your local nurse.



Diabetes

Education Centre

Meet and Greet

West Coast General Hospital

June 29, 2011

1-3 PM



Congratulations to Mr. & Mrs. Stephen Lucas June 4, 2011 at Saxe Point, Victoria BC. Thank you to everyone who showed up to share this day of fun and happiness; Jennifer and Stephen are ever so happy. A beautiful day of smiles, giggles, laughter and tears; June 4 was a day full of memories. Jessie and Kevin Jim also want to say thank you to all those who attended and sent well wishes. "Jennifer, so beautiful and Stephen, so handsome and of course their boys - ever so handsome and full of happiness for their parents." Love you baby girl and my new son. Loves from Mom and family.

Bryon Victor Gus
July 6, 1972 to June 21, 1980

Sadly missed by your little brother Bobby Rupert and mom Caroline Rupert Fournier and family. I will never forget You my big brother. I know you are together with your sister Brandy and brother William and Dad Larry and gramma and grampa Fred and Edna.RIP bro. Love You



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Please forward your Resume to: PO Box 639. Ucluelet BC, V9Y 3A0 or Fax to (250)726- 7289

Ditidaht First Nation
Election of Council, July 9th, 2011

NOTICE OF POLL

pursuant to section 7.08 of the Ditidaht Election Regulations 2011

Notice is hereby given to the electors of the Ditidaht First Nation that a poll will be held on **July 9th, 2011** to elect one (1) Chief Councillor and four (4) Councillors for a four, (4) year term commencing July 18, 2011.

Polling stations will be open from **8:00 a.m. to 8:00 p.m.** at the following location:

- ◆ at the Ditidaht Community hall at Nitinat Lake, BC, Malachan Indian Reserve #11

Any voter may either vote in person at the polling station or may request an absentee ballot by contacting the Electoral Officer

Note: Mail-in ballots will only be mailed out until June 11th, 2011

Any eligible registered Ditidaht band member may request a mail-in ballot from the Electoral Officer and/or Deputy Electoral officer, Kimberly Ermineskin at the Ditidaht band office up until the day before the election

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

Leave a message for the EO at the Ditidaht 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 5th day of June, 2011.

[Signature]
Electoral Officer

Alberni Valley Chamber of Commerce Visitor Centre
NOW OPEN! Come and visit.

Thanks to **Gordon Dick** for the fabulous doors.



Nuu-chah-nulth Scholarships Celebration

Friday, July 15, 2011
6:00 p.m.
Maht Mahs Gym
Port Alberni, B.C.

New application forms can be picked up at your tribal office, the N.T.C. office or downloaded from the N.T.C. Website: www.nuuchahnulth.org

Applications must be in by noon July 6, 2011.

Applications will not be accepted or considered unless they include the following:

- Complete N.T.C. scholarship application form (including the evaluation form signed by the teacher for all ungraded elementary students)
- Photo copy of all sections of all of the year's report cards (do not send originals). Grade 12 students must send a copy of both their Grade 11 and 12 report cards.
- A letter of support/recommendation from the teacher for ungraded students.

Applications will only be accepted if complete upon arrival. We will not accept applications in piece form.

DITIDAHT ELECTION JULY 9TH, 2011

LIST OF CANDIDATES FOR CHIEF COUNCILLOR

- | |
|---------------------|
| Gerald Edgar |
| Robert Joseph |
| Arnold Shaw |
| Paul M. Sieber |
| G Jack Thompson Sr. |

List of Candidates for Councillor

- | |
|---------------------------|
| James B. L. Chester (Sam) |
| Margaret Eaton |
| Aaron Edgar |
| Carl Edgar Jr.(Cactus) |
| Terry Edgar |
| Deborah Jeffrey |
| Maureen Knighton |
| Patrick Patterson |
| Jerry Peter |
| Ashley Shaw |
| Henry (Brian) Tate |
| Peggy Tate |
| Jack K Thompson |
| George Williams |

[Signature]
Electoral Officer
Y. Kathy Brown

EMPLOYMENT OPPORTUNITY

Nuu-chah-nulth Education Worker for Bamfield Community School

The Nuu-chah-nulth Tribal Council (NTC) is seeking a permanent, part-time Nuu-chah-nulth Education Worker to work with First Nations students at Bamfield Community Secondary School. This (.5) position is based in Bamfield for the ten months school year. The NCU Education Worker is under the general supervision of the NTC Education/Cultural Supervisor and the day-to-day supervision of the principal at the school.

Responsibilities will include:

- ◆ To liaison with parents and community agencies;
- ◆ To act as a role model, and to provide emotional and academic support to First Nations' students;
- ◆ To assist in the instruction of Nuu-chah-nulth culture to all students;
- ◆ To work with teaching staff and administration to provide Nuu-chah-nulth perspective on educational tools, teaching methods and cultural differences.

Qualifications:

- ◆ Grade 12 plus a strong desire to work with elementary/secondary students;
- ◆ A good understanding of Nuu-chah-nulth language and culture;
- ◆ Good communication and problem-solving skills;
- ◆ Must have a car and valid driver's licence;
- ◆ Provide acceptable references and criminal record check.

For further information contact Eileen Haggard at: (250) 724-5757.

Apply by **June 24, 2011** by sending your cover letter, resume and three references to:



Nuu-chah-nulth Tribal Council
P.O. Box 1383
Port Alberni, BC V9Y 7M2
Attn.: Human Resource Manager

Fax: (250) 723-0463
Email: hr@nuuchahnulth.org
(Word, pdf and if attachments accepted)

Nuu-chah-nulth Tribal Council



Leisa Fred joins Tlu-piich team

By Denise Titian
Ha-Shilth-Sa Reporter

Port Alberni—Summer is heating up and the Tlu-piich department at the Nuu-chah-nulth Tribal Council is making preparations for the annual summer games.

Tlu-piich Coordinator Richard Samuel is pleased to welcome aboard summer student Leisa Fred to assist him with the 2011 preparations.

The annual Tlu-piich Games take place in Port Alberni Aug. 3 to Aug. 7, with a fundraising golf tournament

scheduled for Aug. 2.

Fred, age 22, of Tshesht, was hired as assistant coordinator and will help Samuel coordinate schedules, events, volunteers and vendors.

Fred was hired in April as an NTC Native Education Worker at Alberni District Secondary School. Her job there ends when the school year ends.

Fred plans to begin post-secondary studies in the fall, taking a Human Services Program.

"I am a huge advocate for youth, some may know me though youth councils," she said.

For more information, Fred can be reached at the tribal council from July 4 to Aug 12.

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Tuition: \$3,700 approx



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Tuition: \$0, pay only for books/fees

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Complete your Bachelor of Arts or Bachelor of Science degree while studying at both Vancouver Island University and North Island College.

Length: 1- or 2-year options
Tuition: \$2,580 approx per year



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Start your teaching degree with a full year of courses that transfer to institutions province-wide, including VIU and UVic.

Length: 1-year transfer plan
Tuition: \$2,580 approx



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- to liaise with instructors
- to contact sponsorship organizations

www.nic.bc.ca/aboriginalservices

For a full list of programs or to register, visit www.nic.bc.ca or call Aboriginal Educational Advisor, Luke George | 250-724-8746

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Our Education issue is June 30. If you have words of Congratulations for your graduate, send them to Ha-Shilth-Sa. Include a photo for greater attention. Submissions are due by June 24. See page 2 for contact info.

Community & Beyond

Nuu-chah-nulth Tribal Council Graduation Celebration (Grade 12) June 18 Port Alberni

To be held at Hupacasath House of Gathering starting at 2 p.m. For more information call Eileen Haggard. 250-724-5757. Graduation application forms can be picked up from your band office or the Nuu-chah-nulth Tribal Council office. If you are living away from home you can download the application off of the NTC Website - www.nuuchahnulth.org Ucluelet First Nation grads, please contact your tribal office for celebration information. Chuu!

Loonie Twoonie Flea Market June 18 Port Alberni

Tribal Journey's Fundraiser to be held at the Tseshaht Cultural Centre, 5211 Watty's Rd, Port Alberni, Log House on Hwy on way to the Market from 8 a.m. to 4 p.m. Grand Prizes: 2 nights Vancouver Hotel/PNE Tix, The Golden Buggy \$250 in groceries. Come out and enjoy a Pancake Breakfast, Hot Lunch and bid a dollar or two to win a fabulous Father's Day Gift. Tables available. More Info call: Ina Seitcher at 250-724-5757 or Linda Gomez at 250-724-7152. All proceeds to Family Canoe to Tribal Journeys 2011.

Loonie/Twoonie, 50/50 & Yard Sale June 18 and 19 Port Alberni

Fundraising my way to the UK. Starts at 11 a.m. at 6501 McCoy Lake Road Port Alberni. June 18 - PreBids only. June 19 PreBids and auction starts at 2 p.m. (bring your own chairs). Selling Indian Tacos on Sunday \$6 w/ a soft drink or water. Look forward to seeing you there! Thanks Courtney Watts

Loonie/Twoonie Fundraiser June 19 Hupacasath

For Lance Ambrose and family to be held at the House of Gathering from 11 a.m. to 4 p.m.

National Aboriginal Day Celebration June 21 Tofino

National Aboriginal Day will be celebrated at the Interpretive Centre at Wickaninnish Beach in Pacific Rim National Park, with a Artist's Fair and Salmon BBQ with proceeds going to the Z-team, Nuu-chah-nulth Youth Group. June 21st at 12 noon till 4 p.m.

Urban Healing Gathering June 23 Hupacasath

Nuu-chah-nulth *Tiic'aaq* (Mental Health) *Quu'asa* Program Urban Healing Gathering *Cu'suk'si'aa* Naas House of Gathering - Hupacasath Office Thursday June 23-2011 from 9 a.m. - 4 p.m. Snacks, Lunch, Singing, Drumming, Brushings, Info. Sharing.

For more information: (250)724-3939 or Toll Free: 1-888-624-3939 Fax: (250) 724-3996. or . This event is coordinated and funded through the Nuu-chah-nulth Tribal Council's *Tiic'aaq* *Quu'asa* Program.

Lyme Disease Lecture June 23 Port Alberni

What do you know about the effect of Tick bites? Hear Dr. Ernie Murakami, respected authority on Lyme disease speaking Thursday June 23 at Echo Centre Cedar Room at 7 p.m. The risk for exposure to the disease is highest in regions where the ticks that transmit Lyme disease are known to be established in Quebec, Ontario, Manitoba, New Brunswick and Nova Scotia as well as much of southern British Columbia.

National Aboriginal Day Celebration June 24 Port Alberni

BMO Bank of Montreal will have a National Aboriginal Day celebration in addition to their 15 year anniversary. At 12 noon they will have BBQ hot dogs, cake and beverages open to all.

Tsow-Tun Le Lum Annual General Meeting June 25 Lantzville

Held at the Tsow-Tun Le Lum Treatment Centre at 699 Capilano Rd beginning at 12 noon with lunch. All are invited to attend. For more information please call (250) 390-3123.

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 Mohatuqli-aht 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 sup-

portive husband. For more information, please contact Nathan Tom 250 670 1127, Jessie Jim 250 3839755 or Sheila Tom 250 6701117.

Pacific Rim Summer Festival July 1 to 10 Ucluelet

Our World Right Now. The Pacific Rim Arts Society presents the 23rd annual festival of music, dance and visual arts. Battle of the Bands call for entries. West Coast Original Music Acts. July 2: Preliminaries at UCC-Recorded Live. July 9: Winners will open for Speed Control at UCC. First prize-3 song EP, value of \$2,500. Second prize-1 song single, value of \$1,000. Recorded Mixed and Mastered at High Tide Records. Send demo, Solo or Group Bio. \$30 registration fee, email and phone numbers to PRAS Battle of the Bands. PO Box 836, Ucluelet, BC V0R 3A0 mmmmm@telus.net 250-726-2313. Details posted soon on PRAS Summer Festival page 222.pacificrimarts.ca

Tlu-piich Committee Meeting July 5 Port Alberni

This first meeting of the Tlu-piich organizing committee will take place in the NTC boardroom beginning at 9 a.m. Everyone is welcome. Call Richard Samuel at 250-724-5757 for information.

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

?iih?atis/?iinaxint Band Meeting July 16 Zeballos

A band meeting for ?iih?atis/?iinaxint (Ehattesah) will be held at Zeballos Hall from 9 a.m. to 5 p.m.

International Two-Spirit Gathering July 27 to 30 Gambier Island, BC

Registration fee is \$100 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

NTC Golf Tournament Aug. 2 Port Alberni

Contact Richard Samuel for details about this fundraiser for the Tlu-piich Games. Silent Auction and dinner after golf. 250-724-5757

Nuu-chah-nulth Tlu-piich Games Aug. 3 to 7 Port Alberni

Contact Richard Samuel for details about this year's Tlu-piich Games. 250-724-5757.

Naming Dinner Aug. 20 Victoria

We would like to invite all our family and friends for our Celebration Dinner and Naming for our son and daughters Ben, Jelly, Aggie, Yaya, Vana Thomas on Aug. 20 2011 at Esquimalt Nation longhouse Victoria, BC. For more info email kattthomas77@hotmail.com

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. Located 6 km West of Port Alberni at 7666 Pacific Rim Highway. Just look for the Big Pumpkin.

Farmer Bill's Sunday Market Sundays Port Alberni

Join us at Farmer Bill's Country Market every Sunday through to Oct. 31st for Farmer Bill's Sunday Market. The Sunday Market will feature a wide range of high quality products, including locally grown and produced fruits, veggies, meat, poultry, eggs, specialty foods, herbs, flowers, and plants. Also included are arts and crafts, wildlife photography, featuring the Black Bears of the Alberni Inlet, and homemade baked goods. VI Fries will also be on site. We are located 6 km West of Port Alberni at 7666 Pacific Rim Highway. Just look for the Big Pumpkin. The Market will start at 10 a.m. and run until 2 p.m. We still have a few spots for vendors, so if you Grow it, Make it, Bake it, then Sell it! Contact Kasha at 250-724-3775 or squishys@shaw.ca.

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
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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.

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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, Wealth-tsah @ (250) 724-2603 or (cel) 731-5795. Available any time.
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ODD JOBS WANTED: A homeless woman (NCN) looking for any odd jobs, willing to do anything. Please call 250-720-9800.

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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 Tseshaht 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.
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FOR SALE: Hesquiah 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.
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FOR SALE OR RENT: Great commercial opportunity. Great location by Tseshaht Market on Pacific Rim Highway. Also ideal for office, etc. Asking \$80,000 or rent for \$1,000 a month. Call Richard Watts, 250-724-2603 or 250-731-5795.

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. jack-ets. Contact jerry43307@hotmail.com

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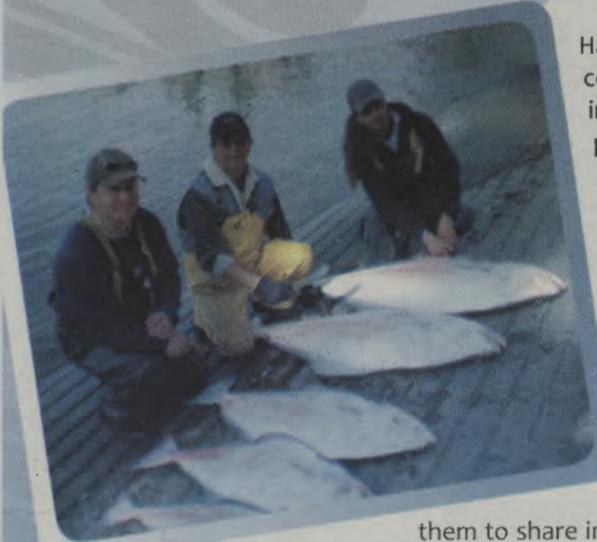
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Uu-a-thluk

TAKING CARE OF

Reporting Food and Ceremonial Catches



Harvesting fish for food and ceremonial use has long involved preparation and planning. Not only do Nuuchah-nulth fishermen ensure they are fishing in accordance with their Nation's fisheries plan, they also keep in mind any protocol agreements with other Nations affecting their activities.

Now Errol Sam, Ahousaht member and Harvest Management Coordinator for Uu-a-thluk, is asking

them to share information about their catch.

This information is so important for Nuuchah-nulth fisheries management, that Sam is launching an incentive program to encourage fishermen to take part. Known as CRIP (Catch Reporting Incentive Program), the program asks harvesters to voluntarily record and report their catches of food and ceremonial fish and other seafood. The benefits include an accurate picture of community needs, along with some great prizes.

"In the past, we had trouble getting catch reports, so

we asked what could we do to encourage people to share this information," says Sam. "People need to get in the habit of doing it, but they also wanted assurance the information wouldn't be used against them."

The mistrust Sam speaks about comes from a time when information about food and ceremonial fishing was used to lock Nations into a particular harvesting allocation at the treaty table. The program Sam is promoting is different.

In the new model, fishermen report directly to their Nations, and Nations share only general information about catches with Uu-a-thluk. Although Uu-a-thluk shares this information with the tribal council and eventually the Department of Fisheries and Oceans, no individuals or

First Nations are ever named. Instead, the catch information for all Nuuchah-nulth Nations is grouped together.

"I think once we start documenting our catch report, we'll have evidence that our allocation for food fish is not sufficient," says Sam. "DFO's allocations have not changed or increased for many years—but I really feel that our number is over that."

Incentive programs like this one are not new. DFO uses incentives to encourage reporting in the recreational fishery. Other management agencies in North America and around the globe also offer incentives to seafood harvesters who report their catch.

The Nuuchah-nulth incentive program includes a logbook modelled after the one used by Maa-Nulth Nations. Inside the book, fishermen can learn how to report on different species of fish and other seafood. They can also read about vessel safety and seafood handling guidelines. A key to some of the common groundfish species is also included, along with a measuring tape and guidelines for estimating halibut weight from length.

"The tape helps you get a really good estimate of what halibut weighs," Sam says.

"We also included a chart of common B.C. groundfish. There are at least half a dozen species that could be considered red snapper, but which have their own names."

Fishermen enter information about their catch directly into the logbook and submit to their Nations on a monthly or weekly basis, depending on the species. Everyone who submits a report has their name entered into a monthly draw for multiple prizes ranging from binoculars to VHF radios to an electric downrigger.

"You have a chance to win just for submitting your food fish catch report," Sam emphasizes. "Reporting your catch also shows other user groups that you are exercising your right to be out there."

Those rights are enshrined in section 35.1 of the Canadian constitution. Sam believes they also come with responsibilities. "Our Nuuchah-nulth principles support the reporting of our catch. With this information, we can manage the way our ancestors did—for the benefit of current and future generations."

For more information about the Catch Reporting Incentive Program, contact Errol Sam at 250-724-5757 or Errol.Sam@nuuchahnulth.org.

"I think once we start documenting our catch report, we'll have evidence that our allocation for food fish is not sufficient"

—Errol Sam, Uu-a-thluk Harvest Management Coordinator

The Right to Fish for Food and Ceremony

A Nuuchah-nulth First Nation harvester has the right to harvest fish and aquatic plants in accordance with their Nation's fisheries plans (including any protocol agreements with other First Nations) and section 35.1 of the Canadian Constitution. This right is second to conservation of the resource.

Do You Qualify?

To take part in the Catch Reporting Incentive Program, you must:

- Be a member of a Nuuchah-nulth First Nation
- Have a valid fishing permit from your Nation for food and ceremonial harvest
- Submit your catch report to your Nation's fisheries department at the end of each reporting period. Reports must be readable, recorded in the proper units, and submitted on time.



Nuuchah-nulth principles support reporting catches for improved fisheries management.

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