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AIRS survivors demand Ottawa come clean

By Shayne Morrow
Ha-Shilth-Sa Contributor

Port Alberni—Survivors of the notorious Alberni Indian Residential School (AIRS), supported by family members, packed Maht Mahs gym on Wednesday for a forum on the "Hunger Experiments" conducted at the school in the 1940s and '50s.

For the 200-plus people who attended, their first question was obvious: Why were they subjected to chronic malnutrition and spurious biomedical experiments with the blessing of the Government of Canada?

On hand was Dr. Ian Mosby, the University of Guelph researcher whose scientific paper, published last May, unleashed a firestorm. It revealed a team of prominent scientists led by Dr. Lionel Bradley Pett conducted a series of invasive biomedical experiments at six residential schools across Canada, including AIRS.

Since the revelations first inflamed public sentiment, Mosby has committed himself to hearing from victims first-hand and to supporting the drive for justice and compensation. He recently attended a similar forum for survivors of the Shubenacadie Residential School in Nova Scotia.

"I am truly honoured to be here," Mosby told his west coast audience. "It's hard to express the emotions that have occurred while talking to you today, and I hope that I can contribute to some sense of healing," Mosby said.

Thanking Tseshaht First Nation and the Nuu-chah-nulth Tribal Council for making the forum a reality, Mosby said "I especially want to thank all of the survivors of the AIRS that are here today. I know this must be a painful experience, and your strength is an inspiration."

In his paper, Mosby described how Pett and his team, using diet and nutritional studies conducted at the residential schools by the Canadian Red Cross, tailored a series of experiments for each of the six schools. The revelations served to cast a shadow over the Red Cross, which was forced to investigate its own role in the affair. An official from the Red Cross later spoke about the findings.

"These experiments were made possible in the first place because the school administrators were not providing the students with enough nourishment, so the children were already malnourished before the researchers arrived," Mosby said.

The AIRS experiment, which arose when the Red Cross inspectors discovered a systemic riboflavin deficiency in the student pool, is especially troubling, the researcher said.

Pett and his team decided to maintain the already-insufficient milk ration (eight ounces) at the school for a further two years, then triple it to 24 ounces to see if dental health improved.

"It has never been clear to me why something so widely understood by nutri-

tion scientists around the world - that milk is a good source of riboflavin and that eight ounces is an insufficient daily intake - had to be tested at all. Nonetheless, that is what these scientists decided to test at the AIRS," Mosby said.

"What is abundantly clear is that Pett and his team of scientists saw [malnourished children in the schools] as a research opportunity first, and not as a medical emergency that needed immediate intervention by government."

Tseshaht Chief Councillor Hugh Braker, a retired lawyer and member of the prestigious Queen's Counsel, called the omission "immoral, if not criminal."

"We had thought that all the stories of residential school had come out. We had thought that everybody had the opportunity to know what had happened in the residential school. We thought that everybody who went here had the full story in front of them when they went to the Truth and Reconciliation Commission. In June, we heard that wasn't true," Braker said.

"When we first found out about the so-called biomedical experiments, all Tseshaht were horrified. I will go further and say all Canadians were horrified. I cannot believe there is a single person in Canada who believes it is all right to experiment on children without their parents knowing about it and without their consent. I cannot believe that in Canada, we can keep children imprisoned and conduct experiments on them."

Braker said the nationwide horror and revulsion only grew as the revelations expanded. But it also makes a mockery of the Harper Government's attempts at reconciliation and compensation, he said.

"You put in your claim to the adjudication service, but none of you knew that you were experimented on," he said. "So how could you go to the adjudication service and say, 'Part of my claim is that I was experimented on while I was in residential school?' The federal government should have come forward with this information so that you could properly construct your claim. We condemn the government for keeping this secret at that time."

Braker re-stated his four demands to Ottawa, which include a full disclosure of all the facts of these and any other experiments, as well as a public apology and compensation program that, unlike the 2008 apology, takes into account the new revelations.

"You can't apologize for something that the victims didn't even know was happening. How could that apology apply? It didn't," Braker said. "And how can you compensate someone for something they didn't know had happened to them?"

As the survivors themselves began to tell their stories, it became obvious that many no longer trust the process.

"We've been apologized to for so long I'm getting sick and tired of it," said Charlie Thompson. "You don't apologize for something if you're not going to make it right."

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Photos by Shayne Morrow
Dr. Ian Mosby makes his presentation to the forum on human biomedical experiments done at Alberni residential school held at Maht Mahs gym Dec. 11.

Culture was a casualty, but is now the cure

By Shayne Morrow
Ha-Shilth-Sa Contributor

Port Alberni—"I am honored to be here to hear these witness statements regarding this horrific crime, which in my mind reeks of cruelty and injustice."

The statement was part of the address by Dr. Dorothy Sam Williams, chief of staff at West Coast General Hospital and chair of the Vancouver Island Physicians Advisory Committee, as part of her presentation to the forum held on the human biomedical experiments conducted at Alberni Indian Residential Schools (AIRS) in the 1940s and '50s.

The forum was hosted Dec. 11 by Tseshaht First Nation and the Nuu-chah-nulth Tribal Council.

Dr. Williams spelled out an entire shopping list of life-long health effects that can result from the kind of childhood malnutrition experienced by students at residential schools across the country.

"We are talking about children chronically malnourished in residential schools as a result of government policies," Williams said. "The conditions in these

schools damaged children and their families and resulted in the loss of traditional ways at a crucial time when children are establishing healthy food habits."

Residential school survivors who attended the forum at Maht Mahs gym learned that systemic malnutrition was

a fact of life at all of Canada's residential schools, far beyond the notorious "Hunger Experiments" that took place from 1947 to 1952.

In his presentation, University of Guelph researcher, Dr. Ian Mosby, was blunt: residential school students were deprived

of adequate nutrition as a matter of federal government policy, due to underfunding.

"Today is a historic day for all of us," Williams said, in thanking Tseshaht and NTC for making the forum a reality. Williams said she was moved by the statements given during the question-and-answer sessions.

Not having access to healthy foods can disrupt the transfer of "food skills" to children, she explained. When those children grow up, they are unable to transmit those skills to their own children, setting up a multi-generational effect.

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Dr. Dorothy Sam Williams

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Haahuupayak raises funds for hurricane relief

By Denise Titian
Ha-Shilth-Sa Reporter

Port Alberni — Haahuupayak School opened its doors to the public Dec. 5 to sell donated baked goodies and raffle tickets. They were working to raise money to donate to the people of the Philippines to help them recover from the devastating Nov. 8 typhoon that ravaged their country.

Principal Gio Mussato said it started with a little girl. "The day after the typhoon, Adrianna Watts asked me why we don't do something about it," Mussato said. Impressed with the Grade five student, principal Mussato said it shows the level of social consciousness the kids have.

Parents, teachers, students and community members donated baked goods to be sold. Happy customers loaded up with cakes, cookies, treats and fried bread.

There was coffee for sale and a donated Walmart gift card was being raffled off. School students took on the job of selling items and keeping track of the money, while the principal and teachers looked on.

At one point the students themselves lined up to buy treats for themselves. Mussato stopped what he was doing and dug into his own pockets to give change to the students who didn't have money to buy treats, seeing that nobody was left out.

To date the students raised \$487 and the Haahuupayak School Board contributed \$200 which will be sent to the Philippines.



Photos by Denise Titian

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Mark Frank-Perry is a young entrepreneur working to make getting supplies to the remote community of Ahousaht just a little bit easier for residents.

Ahousaht boy launches grocery delivery service

By Denise Titian
Ha-Shilth-Sa Reporter

Ahousaht — A young Ahousaht man has launched a new business that not only earns him a small income but also saves his customers money by having their family groceries ordered and delivered to their doors.

Mark Frank-Perry, 11, spends his weekdays taking grocery orders from customers, which are then phoned into a grocery store in Port Alberni. With the help of his father Jerry, Mark heads to town and picks up the grocery orders which have already been packed and ready to go by store employees.

When necessary, they will even order from as far away as Nanaimo and they pass any savings onto their customers.

According to Pam Frank-Perry, her son Mark wanted to start a business with his parents. His late grandfather, Edwin Frank, used to run the Ahousaht freight service for years but the family didn't want to go into that business.

But they took an idea from the freight boat business that would make life easier for them in Ahousaht. They fitted their truck with a winch and boom so that they can hoist heavy packages on and off the truck.

"For years we've had to bring home so much of our own groceries in totes and coolers," said Pam. And Mark has helped to make things easier on his parents. "He wanted to start a store," laughed Pam but they decided to run with his idea of a delivery service.

Jerry Perry called Quality Foods in Port Alberni and worked out an arrangement where they could call the orders in and have them packaged and ready to go each Saturday. Customers pay the same price for the groceries that they would have had the gone to the store and did the shopping themselves. Any savings are passed on to the customer. The only difference is they don't have to leave home to shop, saving them bundles of money.

The big day for the Mark-Perry family is Saturday, their regularly scheduled grocery delivery day. After picking up the orders from Port Alberni or Nanaimo, they make the long trek back to Tofino,

load the groceries onto a water taxi for the trip back to the community. From there they offload the freight from the boat to the truck. The orders are then delivered door-to-door by father and son, straight to the customer.

The customer gets the full grocery order paying what they would have paid at the grocery till along with a \$26 delivery fee. The delivery may be more, depending on the weight of the order.

The fee is far less than what the customer would have had to pay if they did their own shopping. For one person to go on a shopping trip they would have to pay \$40 return boat fare and \$5 fee to have a vehicle deliver your groceries from the water taxi to home. And then there's the physical labour of packing heavy groceries from place to place.

Food is expensive in Tofino, compared to Port Alberni. One can save a lot of money doing their grocery shopping if they can get to Port Alberni, but the 122 km trip over the Tofino highway would be an added expense, not to mention meals and hotel if one were to make it an overnight trip.

So Mark Frank-Perry's Moyehai Grocery is a most welcome alternative to families struggling to make ends meet.

The Frank-Perry's tell people their orders are delivered same-day fresh as their suppliers and they do all the lifting.

They will take orders over the phone, the VHF radio or by email. Customers pay half the cost of the groceries when they order and the balance upon delivery.

Word has already spread about the new business and Mark is counting people from Hot Springs Cove, Tla-o-qui-aht and Ucluelet among his customers.

"You can find our flyers online and get quotes from us," said Pam. She said people can order just about anything from them but they're especially proud that they can deliver perishables in a timely manner.

Service and delivery is available every week and is open to everyone.

Look for Moyehai Groceries on Facebook or email MoyehaiGroceries@gmail.com or call Mark or Jerry at 250-670-2319.

On behalf of the Nuuchahnulth
Tribal Council
President Deb Foxcroft
Vice-President Ken Watts
Executive Director Florence Wylie



We wish you a Merry
Christmas and a safe and
happy holiday season! All the
Best to you and yours in 2014!



Merry Christmas
and
Happy Holidays,
from
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May beautiful
moments and
happy memories
surround you
with joy this
Christmas.

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The staff of Ha-Shilth-Sa wish all of our readers a very happy
and safe Holiday Season!

Elk slaughter

Nations offer \$25,000 reward for information

Nuu-chah-nulth First Nations issued the following statement Dec. 3 with respect to the recent unauthorized and illegal slaughters of elk in their traditional territories:

Nuu-chah-nulth First Nations leadership supports the immediate arrest and prosecution of the person or persons responsible for the illegal and unjustified recent elk kills in the Barkley Sound and Alberni Inlet areas.

The Nuu-chah-nulth Nations are committed to protecting and conserving the wildlife and fisheries resources in their territories. They are committed to working with BC Conservation officers to apprehend and prosecute the individual or individuals responsible for these illegal and unauthorized elk kills.

Further, Nuu-chah-nulth First Nations are committed to building a partnership and collaborative working relationship with the BC conservation service.

Elk and other wildlife are integral to the culture and well-being of all Nuu-chah-nulth people. The wildlife is not only valued for food, but also has significant cultural value.

Traditional values, culture and law prohibit the killing of elk for amusement or sport. Elk are harvested for food and cultural purposes only. The Barkley Sound First Nations are committed to protecting the resources that are within their traditional territories.

To this end, there have been, and will continue to be, increased patrols by First Nations aboriginal guardians. This will continue as the Nations develop wildlife management plans and departments of their own.

The wildlife resources that are contained within the First Nations' territories are for use by those First Nations' members and other authorized users. Provincial conservation officers agree.

For example, the Barkley Sound First Nations emphasize that they do not support hunters from outside First Nations hunting within Barkley Sound First Nations' territories without permission. The Barkley Sound Nations expect that if members of other nations wish to harvest animals in Barkley Sound territories they will follow the tradition of seeking permission and respecting local rules, laws and culture.

The Nuu-chah-nulth First Nations are today announcing a reward for information leading to the arrest and conviction of the person or persons responsible for the recent illegal slaughter of elk in the Alberni Inlet and Barkley Sound Areas. The reward is in the amount of \$25,000.

Jeff Cook, chief of the Huu-ay-aht Nation, said: "We are completely opposed to the killing of elk for sport or fun. The meat was left and that troubles us. We will co-operate as much as possible to find those responsible, whoever they are, and see that they are prosecuted."

About five years ago Diti-daht transplanted 12 elk from the Shaw Creek area to its territory at Nitinaht in an effort to create a sustainable herd with enough numbers that would benefit the people into the future, said Diti-daht Chief Councillor Jack Thompson.

"We were on the verge of being able to hunt about four elk. We were totally disgusted with the slaughter of these elk within our territory and we are in support of the \$25,000 reward to find the individuals



Sgt. Ben York of the BC Conservation Officers Service tells media that the people who slaughtered the elk are not heroes but thieves. He said the reward being offered by the Nuu-chah-nulth Nations is substantial and should net some good information. Nuu-chah-nulth Tribal Council President Debra Foxcroft looks on.



Tseshaht Chief Council Hugh Braker addresses media on Dec. 3.

involved so that they will be brought to justice for this slaughter.

"Elk are an important source of food for Diti-daht people. Elk are also important for cultural purposes. The slaughter of these elk deprives the people of a food source. We cannot tolerate that or sit by without taking action. We will defend our resources."

Chuck McCarthy of Yuuuh?i?at?h said "We need to send a strong message that illegal hunting in our territory will not be tolerated. Yuuuh?i?at?h has historically cared for our resources with the utmost respect, so to find elk slaughtered in this way, with the animal not being fully harvested, is disgraceful. Hopefully this reward will flush out whoever is responsible for this act.

"As Nuu-chah-nulth people, we need to protect the wildlife in our territory so it will be sustainable for future generations. Any increase or decrease to the herd will determine our future allocation."

Hupacasath Chief Councillor Steven Tatoosh expressed his condemnation of this senseless act alongside his fellow Nuu-chah-nulth leaders.

"Our community supports all efforts to apprehend those involved and see justice done. The management, protection and conservation of our traditional territory, and all its resources goes to the very heart of our people. It is our culture, our tradition, our past, present and future. We are protecting our territory, and we work with all levels and all governments to ensure a senseless act like this does not go without the full extent of justice. The slaughter of these elk cannot go unpunished and those responsible must be brought to justice. We support and contribute to the reward in hope we can prevent this from happening again."

Chief Councillor Charlie Cootes addresses the media Dec. 3 about the elk slaughter.

Chief Councillor Charlie Cootes addresses the media Dec. 3 about the elk slaughter.



Uchucklesaht Chief Councillor Charlie Cootes addresses the media Dec. 3 about the elk slaughter.

tes Sr. of Uchucklesaht said: "It is a sad state of affairs when hunters go out and slaughter numerous elk putting the entire herd's existence at risk. The Uchucklesaht Tribe hunters have been trying for three years to harvest one elk for ceremonial purposes for our people and the poachers responsible for this slaughter leave the meat in the bush to rot."

Continued on page 5.
Continued from page 4.



Mowachaht/Muchalaht First Nation Hunting, Fishing and Gathering Declaration

WHEREAS:

Members of the Mowachaht/Muchalaht First Nation have an inherent and preferred rights and interests in the natural resources within the Mowachaht/Muchalaht First Nation Ha'wulthtee (Territory) and that the First Nation has a legitimate right to establish rules and standards to govern the actions of Members and non-Members on the subject of wildlife regulation, and;

WHEREAS:

The Council of Ha'wiih of the Mowachaht/Muchalaht First Nation, through the powers of their Ancestral Hereditary Governing Powers, have the authority to adopt and implement Hunting, Fishing and Harvesting declarations, proclamations and regulations and may alter or amend such declarations, proclamations and regulations as conditions indicate.

NOW THEREFORE MAY IT BE KNOWN THAT THE COUNCIL OF HA'WIIH (CHIEFS) AND THE MEMBERSHIP OF THE MOWACHAHT/MUCHALAHT FIRST NATION DO HEREBY DECLARE THAT:

All living things above, below and within the lands, waters and air (Living Resources) now or forever hereafter found within the boundaries of the Mowachaht/Muchalaht First Nation Territory, not held by private ownership or lawfully acquired, are hereby declared to be property of the Mowachaht/Muchalaht First Nation and its Members;

AND THAT:

The Council of Ha'wiih of the Mowachaht/Muchalaht First Nation do hereby place a two year moratorium on all Hunting, Fishing and Gathering of any Living Resources within the Mowachaht/Muchalaht First Nation Territory by any person who is not a registered Member of the Mowachaht/Muchalaht First Nation;

AND THAT:

Unless expressly provided in writing by and upon approval by a quorum of the Council of Ha'wiih of the Mowachaht/Muchalaht First Nation, any person found to be in violation of this Declaration shall be reported to Fisheries and Oceans Canada, British Columbia Conservation Officer Service, the Royal Canadian Mounted Police, and subject to the penalties of any Federal or Provincial law, statute or regulatory infraction committed.

Passed, Signed and Enacted on this 11th day of December, 2013 in Tsaxana, BC

Tye Maquinna
Tye Ha'wiih Mike Maquinna

George Norran
Tye Ha'wiih Norran George

Patrick James
Ha'wiih Patrick James

Ben Jack Sr.
Ha'wiih Ben Jack Sr.

Dan Savey Sr.
Ha'wiih Dan Savey Sr.

Anyone who lawfully hunts, fishes or gathers will not be affected by the Declaration. It is intended for those without permits or written authorization signed by a quorum of our Chiefs (minimum 3 signatures).

Notice - Closure of Port Alberni Somass Drug Store

For Nuu-chah-nulth First Nations' membership who had been using the Somass Drug Store for accessing prescription medications and medical supplies. All previous clients who had been using the Somass Drug Store for prescription medications and medical supplies are to contact "The Port Alberni Medicine Shoppe Pharmacy" - 4833 South gate Road, Port Alberni, 250-723-4940 for continued pharmacy services. Your file(s) have been transferred to this pharmacy. (Clients who do not wish to use the Medicine Shoppe Pharmacy, can contact their chosen pharmacy and have that pharmacy contact the Medicine Shoppe Pharmacy to obtain a copy of your file you had previously with Somass Drug Store. I have been assured from the Owner "Larry" of Medicine Shoppe that this file transfer will be transferred at no cost to the client. Any Nuu-chah-nulth client who may require assistance further to this matter, can contact the Nuu-chah-nulth Tribal Council NIHB Coordinator - Robert Cluett at 1-888-407-4888 or locally at 250-724-5757 or via email Robert.cluett@nuuchahnulth.org

Robert Cluett, CD - NTC CHS Health Promotion/NIHB Dept

Non-Insured Health Benefits - NIHB
Coverage - Travelling Out Side Of Country
General Principles

1. Prior approval is required.
2. The client must:
 - a. Be eligible for the NIHB Program; and
 - b. Be currently enrolled or eligible to be enrolled in a provincial or territorial health insurance plan and continue to meet residency requirements for provincial/territorial health coverage.
3. For Transportation to Medical Services: For transportation to medical services outside of the country the client must be referred for provincially/territorially insured medical services by a provincial or territorial health care plan for treatment outside of Canada.
4. For Supplemental Health Insurance Premiums: Full-time students enrolled in a post-secondary institution to study outside of Canada must provide a letter of confirmation that tuition, which is not an eligible benefit under the NIHB Program, has been paid.

What is covered?

For Supplemental Health Insurance Premiums: -

The cost of privately acquired health insurance premiums for approved students or migrant workers and their legal dependents will be reimbursed.

For Transportation to Medical Services: -

Transportation benefits when eligible clients are medically referred and approved for treatment outside of Canada by a provincial or territorial health care plan.

For further information on coverage outside of Country you are encouraged to call First Nations & Inuit Health Branch (FNIHB), Vancouver BC toll free @ 1-800-317-7878

What You Should Know- "Before" Leaving British Columbia?

If you are leaving the province, you should be aware that your coverage may not pay all health care costs.

Health services provided outside Canada often cost more than the amount paid by the Ministry of Health Services. Sometimes the difference is substantial; for example, the amount we pay for emergency inpatient hospital care will not exceed \$75 (Canadian) a day for United States of exceeds \$1,000 (US) per day and can be as high as \$10,000 a day for intensive care.

In addition, some items/services that may be a benefit in BC are not covered outside the province; for example, prescription drugs and optometric services. Further, the Ministry does not subsidize fees charged for ambulance service obtained outside BC.

We advise you to buy additional health insurance to supplement your basic coverage before you leave the province, regardless of whether you'll be in another part of Canada or outside the country - even if your company or travel agency can advise you about extra coverage to pay for any difference in fees and to provide benefits not covered by the Ministry. If you have a pre-existing medical condition, you must mention this when purchasing additional insurance as most policies will not cover treatment of that condition outside the province.

In some cases you may purchase an insurance policy where the insurance company has a signed agreement with the Ministry. This permits the company to pay physician and hospital claims and receive reimbursement on your behalf thus eliminating the need for you to handle your own claims.

NOTE: Ambulance - If you require ambulance service while in another province or outside Canada, you will need to obtain service from an ambulance company in that jurisdiction and will be charged the fee established by the out-of-province service provider. Fees range from several hundred to several thousand dollars.

When purchasing additional out-of-province health insurance you are advised to obtain insurance that will cover emergency transportation while you are away and, if necessary the cost of transportation back to BC.

MSP Contact @ 1-250-386-7171 or fax 1-250-952-3427 - In case the number s have changed the web site is: www.healthservices.gov.bc.ca/msp

REWARD



The Nuu-chah-nulth Tribal Council and the Nuu-chah-nulth First Nations are offering a single reward of \$25,000.00 (Twenty-five Thousand Dollars) for information leading to the arrest and conviction of the person, or persons, responsible for:

- The shooting of a cow elk near the Flora Lake mainline road southwest of Port Alberni, on or about April 11, 2013 and the subsequent abandonment of the entire elk carcass.
- The shooting of a spike bull elk near the Flora Lake mainline (10 kilometer mark) road southwest of Port Alberni, on or about October 28, 2013 and the subsequent abandonment of most of the elk carcass.
- The shooting of one spike bull elk and one mature bull elk near the Bamfield Mainline (35km) near Franklin camp turn, southwest of Port Alberni, on or about November 9, 2013 and the subsequent abandonment of an entire elk carcass and only the partial harvesting of the other elk.
- The shooting of one mature bull elk, two cow elk and one yearling elk near the Klanawa Mainline, southwest of Port Alberni and on or about November 13, 2013. These elk appear to have been professionally butchered.

This Reward remains open until March 31, 2014. Only one reward will be paid out and not until after March 31, 2014 and any conviction. Should there be more than one successful claimant the reward will be divided between the successful claimants. The Nuu-chah-nulth Tribal Council reserves the right to distribute the reward as it sees fit and any division of the reward may be dependent on the value of the information received.

For further information contact:
Florence Wylie, Executive Director
Nuu-chah-nulth Tribal Council
250-724-5757

In addition to the above, the Tribal Council seeks information on the reported killing of two antlerless elk in the upper Nahmint in the summer of 2013. We urge those responsible to come forward.

If you have information you would like to share, you can call the Report All Poachers and Polluters Tip Line at 1-877-952-RAPP (7277) Or Call Chief Councillor Hugh Braker at 250-735-9888 or 250-720-7998

Elk killings denounced

The Uchucklesaht Tribe Government fully supports the \$25,000 reward for the arrest and conviction of those responsible of this disgusting act."

Chief Councillor Moses Martin of Tlao-qui-aht said he supports an investigation into these elk killings.

"It's one thing to hunt for food and need, but quite another thing to leave behind the carcasses. I hope somebody comes forward with information, so we can try to put a stop to these instances."

Tseshaht Chief Councillor Hugh Braker supported his fellow chiefs saying: "All Tseshaht are disgusted by this slaughter of elk. The killing of the elk and the leav-

ing of the bodies, without taking any of the meat for food is completely contrary to Tseshaht law and custom. Those responsible deserve to be prosecuted to the full extent of the law."

We urge those responsible to come forward.

If you have information you would like to share, you can call the Report All Poachers and Polluters Tip Line at 1-877-952-RAPP (7277).

Or Call Chief Councillor Hugh Braker at 250-735-9888 or 250-720-7998

Important Notice to all Nuu-chah-nulth First Nations members, Community Administrators, CHR's, Health Clerks and Community Membership Clerks:

MEDICAL COVERAGE NOT AUTOMATIC

Reference: Recently, many bills were received at the NTC (Non-Insured Health Benefits Section) (NIHB) from parents requesting payment under this plan.

If a child is not registered with Indian Affairs and the province there is no medical coverage. Therefore, FULL RESPONSIBILITY FOR PAYMENT OF MEDICAL VISITS, X-RAYS, ETC. WILL FALL ON THE PARENTS!

First Nations Health Authority CANNOT NOT PAY any bills without client having full coverage.

Remember, unless a child is REGISTERED with both Indian Affairs (Status Card) and the provincial medical plan (MSP Card) two very important medical factors apply:

- a. The child is covered under the parent medically, for only three months;
- b. Once the child reaches 1 year of age then they are no longer covered under the NIHB program for: equipment; supplies; drugs; dental; and optical.

Normally, a child reaching 19 years of age requires (her or his) own medical care card. A child can maintain medical coverage up to age 25 when in full-time attendance at a post secondary institution, that is approved by the provincial medical commission.

It takes 6 - 8 weeks to obtain these coverage cards! Start the process immediately! Do not assume it is done! Follow up with this until you have both cards! Questions to be directed to the Community Membership Clerks, or the NTC Registry Office 724-5757.

Robert Cluett, CD - NTC NIHB Program Supervisor

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Nuu-chah-nulth Tribal Council
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Manager/Editor/Reporter
Debra Steel (Ext. 243)
(250) 724-5757 - Fax: (250) 723-0463
debra.steel@nuuchahnulth.org

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

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

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

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

Jan. 10, 2013
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.



Ceremonial signing side-lined

By Denise Titian
Ha-Shilth-Sa Reporter

Ahousaht – A Nov. 26 signing ceremony for Ahousaht's new economic development entity was postponed after membership demanded answers to tough questions about band finances and policies.

Ahousaht's Ha'wiih had invited the community to the school gym to witness the ceremonial signing of the Maaqutsiis Hahoulthee Stewardship Society agreements.

The Society (MHSS) is the new economic development corporation launched by the Ahousaht Ha'wiih for all Ahousaht.

According to the chiefs, a protocol agreement was signed by the Ha'wiih and Ahousaht's Chief and Council to recognize and acknowledge the role of MHSS to manage economic development of all resources in the Hahoulthee of the Ha'wiih for the benefit of the Ahousaht Muschim. They say this will be done in a manner that is open, transparent, equitable and accountable to all Ahousaht.

A catered dinner was provided to the community before the Ha'wiih attempted to get down to business. Tyee Ha'with Maquinna (Lewis George) told the people that the chiefs met in October 2012 with council to figure out a way to set up the society so that they could launch the Ahous Business Corporation.

An organizational chart was presented showing that MHSS is managed by the Ha'wiih with input from both Chief and Council and the muschim (people).

Maquinna explained that what they did was necessary because of the federal government's new Own Source Revenue policy, which will claw back portions of a first nation's annual funding if it is shown that they have created revenues through their own business ventures.

The board of directors for MHSS was appointed by the Ha'wiih as representatives of the three main houses. They include Wally Samuel Sr. for John Keitlah Jr.'s house, Tyson Atleo for his father, Shawn Atleo's house and Dave Jacobson for Maquinna's house. The remaining Ha'wiih, it was explained, have a say on the advisory board.

General Manager for MHSS, Cindy Stern, was hired over the summer.



Ahousaht Tyee Ha'with Maquinna Lewis George addresses a meeting regarding the community's new economic development entity. Photo by Denise Titian



Ahousaht Ha'wiih present print of traditional governance structure to Maaqutsiis school for display.

The top priority of the MHSS Board of Directors will be to begin generating revenues through new sources like the development of Mahtsqiaht (former Kakawis) for tourism or health care activities.

They also plan to open a fuel station in the community to generate both revenues and jobs. The fuel station is expected to be in place by late spring 2014. It will not only generate jobs and revenue, but it will also save the community money when they cut out travel expenses and the associated danger of transporting fuel to the community on their own.

Cindy Stern introduced herself and

through a slideshow presentation about the activities of the community leaders over the past year.

When the floor was opened for questions some of the people immediately began voicing concerns about a lack of information and the pressing basic needs of the community. Tough political questions were asked.

"We understand your frustration," said Stern, "but the Indian Act is not there to make your life better and as long as it's there, it will continue to make your life worse," she said.

Continued on page 7.



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 39th year of serving the Nuu-chah-nulth First Nations.

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

Legal Information

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Ha'wiih work to protect Ahousaht from OSR clawback by feds

Continued from page 6.

It was explained that the Ha'wiih are doing this to make things better through the management of natural resources and economic development.

"It will be ours, not Indian Affairs'; the Ha'wiih are here to look after their resources while the Chief and Council and band administration are responsible for the day-to-day business at the band office," said Wally Samuel.

Stern explained, how, over time, the federal government will reduce payments to the first nations through their Own-Source Revenue (OSR) Policy. Any time a band has surplus in their annual audited statements; the federal government will claw back a proportionate amount in a following Annual Funding Agreement with AANDC.

The OSR policy will apply to revenues generated by Chief and Council and by band-owned businesses. The Ha'wiih are doing what they can to protect Ahousaht. Profits earned by separate corporate entities are not subject to OSR, Stern said, unless they are sent to band councils.

The Ha'wiih and their advisors are developing strategies through MHSS to limit OSR exposure for Ahousaht as much as possible.

Time ran out before any signing ceremony could take place but the people agreed to reconvene in two weeks to

continue the discussion.

The follow-up meeting was postponed to the New Year out of respect for the loss of a community member and mourning families.

Maquinna says he hopes to bring information meetings to membership living in urban areas as well but, he says, capacity is an issue. It costs thousands of dollars to pull together a gathering like the one held Nov. 26.

He said there will be no ceremonial signing ceremony because the corporation is already off the ground. "We're going to push forward with what needs to be done," he vowed.

And while a formal signing ceremony isn't necessary Maquinna recognizes the need to share information. "Murray John Sr.'s last words to me before he died was that we had to let the people know what we are doing – and that's what we're trying to do," said George.

"The overall health of my people is my top priority and part of that is access to a traditional diet and getting fish to all band members," said Maquinna. Few band members know that the Ha'wiih financially supported food fish deliveries to urban areas.

"I admire what Chief Louie of Osoyoos has done and I want to mirror that," said Maquinna. He had his detractors but he's done a lot for his people, he added.

Wishing you and your families a Very Merry Christmas and the Best in the New Year From all of us at Solda's Family Restaurant

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Jaclyn Seitcher, NTC nurse, was on hand to provide information on diabetes and to test blood sugar levels and check blood pressures.

Ditidaht devotes a week to wellness awareness

By Denise Titian
Ha-Shilth-Sa Reporter

Nitinaht Lake – Dozens of Ditidaht First Nations members took part in Wellness Week activities that brought resource people to the community to share health information.

The idea came from discussions between Ditidaht's clinical counsellor Donna Brown and Ruby Ambrose, southern region coordinator of the Nuu-chah-nulth Tribal Council's Teechukil (Mental Health Program).

"Donna said that every November something is done in Ditidaht and it's usually related to alcohol and drug abuse prevention, but this year there were some issues with funding so we got together to come up with ideas to bring people into the community," said Ambrose.

A group of former residential school students from Ditidaht formed their own support group, which has helped them to be more open to healing work.

The NTC has resources that Ambrose has access to but she also has contacts for support services and programs outside of the NTC. Invitations went out and many

came to Nitinaht Lake to make presentations and give information to the people.

On the first day of Wellness Week, Nov. 12, high school students from the local school joined the adults for a screening of the film *We Were Children*, a Canadian documentary film about aboriginal children's experiences in residential schools.

Everyone watching the film, teachers and RCMP members included, took part in debriefing exercises following the film. After people finished sharing their thoughts there was a group brushing ceremony to help people feel cleansed of negative energy.

"Everything just seemed to fall naturally into place," said Ambrose. Following lunch people came back to the hall with drums and began singing and talking about culture.

The following day resource people came into the community to deliver presentations and set up information booths.

Jaclyn Seitcher, NTC nurse, was there to provide information on diabetes and to test blood sugar levels and check blood pressures.

Continued on page 9.

Merry Christmas and a Very Happy New Year from the NTC Child and Youth Mental Health and Wellness Team!

As a part of the Child and Youth Mental Health and Wellness Team we have been honoured to work with the children, youth and families in our Nuu-chah-nulth communities.

Thank you to each and every one that has touched our lives. We sincerely hope everyone has a good holiday and enjoys spending time with the people in your life. We also recognize that the holidays can be a stressful and lonely time for some.

If you know of someone that is in this situation, please reach out and connect with them. **Keep in mind that there are times that some may have struggles and if this is the case you can call the Kuu-us Teen Crisis Line at 250 (723-2040) or Adults 250-723-2323. It is a confidential line and they will follow up as needed.**

Some tips to relieve some of the stress in your life is to take a break and do something you enjoy doing; just stop and take a break, be kind to yourself, take a walk, exercise, read a book, watch a funny movie.

Find some time each day to laugh! Reach out and have some time with a good friend or family members! Be kind to yourself and do have a memorable holiday; stay safe and we look forward to seeing you all in the New Year.

Respectfully,
Donna Lucas, Beth Luchies, Gloria Jean Frank, and Shannon Campbell

Quu?asa team brings Christmas cheer to Seattle

By Denise Titian
Ha-Shilth-Sa Reporter

Seattle — Nuu-chah-nulth-aht residents of Seattle were treated to a turkey dinner, drumming and stories thanks to the staff of the Nuu-chah-nulth Tribal Council's Teechuktl (Mental Health) Quu?asa program.

The gathering took place over two days. On Friday evening, Dec. 6, everyone socialized and broke bread together.

Quu?asa staff member Mike McCarthy asked to be introduced by his Nuu-chah-nulth name Chisquolth. He said the name's meaning is to rake.

"What it means is we were so rich that all our people needed to do was go down to the water to rake in our food," said McCarthy.

He talked about the importance and health benefits of returning to a more traditional diet. He said he has modified his diet to a more traditional one high in

protein, fruits and vegetables and low in white sugar and flour. He said not only did he lose weight but also seemed to improve the way he thinks.

Tseshah member and Seattle resident Shirley Williams and her family were thanked for preparing the delicious feast for the gathering of about 20 adults plus the children.

NTC Membership Clerk Rosie Marsden was on hand to issue new status cards.

The NTC Manager of Health Promotion and Social Development, Victoria Watts, was also there to deliver health and nutrition information.

Some of the women took advantage of the free cedar bark weaving lessons being offered by Ditidaht weaver Geraldine Edgar-Tom.

Quu?asa staff Maureen Knighton, Joe Tom and Kim Rai also attended. Knighton said her role as an urban wellness worker is to help people who want to change their lifestyles; whether it be



Photos by Denise Titian

Quu?asa team member Joe Tom (centre) helps sing a dinner song in Seattle.

treatment for addictions or counselling for trauma.

Mike McCarthy shared legends he learned as a young man about raven. He asked the people to retell his stories that he learned from his elders in order to keep them alive.

"Because that's who we are," he said. "We're a giving people. If someone is

hungry, we feed them; if people need help, we help them."

The microphone was passed around following dinner so that everyone had a chance to introduce themselves.

Joe Tom invited everyone back the following day so that they could take part in a brushing ceremony and other cultural activities.



Quuquatsa Language Society hosts language classes at North Island College at the Port Alberni campus

Students take over mission to save language on the brink

By Denise Titian
Ha-Shilth-Sa Reporter

Port Alberni — A college-accredited Nuu-chah-nulth language program first started by Huu-ay-aht First Nation has now been taken over by its students.

The Quuquatsa Language Society (QLS) was picked up by adult language learners in 2012 after Huu-ay-aht declined to continue the program, reportedly due to cumbersome administrative issues.

According to QLS coordinator, Shaune Casavant, students of the university-accredited linguistics 259 UNIC/NIC course began meeting and planning in the fall of 2011. Concerned about the loss of the program, they decided to form a non-profit society so that they could apply for funding to keep the program alive.

Collecting donations among themselves to cover costs, they were able to incorporate the society in March 2012.

QLS has partnered with the University of Victoria and North Island College (NIC) to offer the language program to anyone who is interested in learning.

In September QLS acquired the necessary funds to hire coordinator Casavant. She has been busy writing proposals, newsletters, reports and all things a coordinator is required to do to keep the program running smoothly.

The student body is a mix of people but mostly made of Nuu-chah-nulth people. Denise Green, an anthropologist, is taking the course.

There are registered students taking the course but Casavant wants everyone to know their doors are wide open and they invite anyone wishing to teach or learn the language to drop by and sit in on a

class.

"We need a minimum of 16 registered students," Casavant said, adding that it can be a difficult thing to achieve at times. But there are bursaries available to pay the \$600 tuition fee.

The current session is running from Sept. 17 to December. The class gets together at the Port Alberni NIC campus from 6 p.m. to 9 p.m. for a total of 36 hours. They ran a more intensive program over the summer. It was a two-week program that ran from Monday to Friday.

Successful students earn university credits and can work their way toward a diploma or degree. The Nuu-chah-nulth language credits can be applied to Bachelor of Education programs or even Master's programs.

"They can earn university credits and become teachers of our own language," said Casavant, adding that it's very important for more people to become teachers of the Nuu-chah-nulth language because it is in crisis. Despite all the work that's being done to preserve the language it is still in danger of being lost.

We had no money to begin with but we have a strong foundation of volunteers, said Casavant. She said some Nuu-chah-nulth nations are supporting the program by making financial contributions.

Casavant is grateful for all the work that's been done over the years by other Nuu-chah-nulth language groups and she says Quuquatsa Language Society is working to build on that foundation.

Huu-ay-aht siblings Marie Newfield, Pat Lecoy and Ben Clappis are dedicated students of the language program. Marie said they have all actively participated in the classes for the past four years.

Continued on page 9.

McIntosh | Norton | Williams
Certified General Accountants

Wishing everyone a HUGE holiday season!

Jay R Norton, FCGA, CAFM
Cory McIntosh, CGA, CAFM, CFP
Mike K Williams, CGA, DipIT
Jason S Moore, BA, CGA

2nd Floor, 4445 Gertrude St. Port Alberni, BC V9Y 6J7
Bus: 250-724-0185 Fax: 250-724-1774 Toll Free 800-724-0185

MERRY CHRISTMAS

Wishing you and your family peace and joy this holiday season.

Best wishes for a blessed New Year.

JAMES LUNNEY, MP
Nanaimo-Alberni

6894 ISLAND HIGHWAY NORTH, SUITE 6 NANAIMO, BRITISH COLUMBIA V9V 1P8
NANAIMO@JAMESLUNNEYMP.CA PH: 250-390-7550
WWW.JAMESLUNNEYMP.CA FX: 250-390-7551

Choose wellness as a priority

Continued from page 7.

Matilda Atleo, senior community health development worker, shared information about diet and nutrition.

Robyn Samuel of Nuu-chah-nulth Employment Training Program (NETP) outlined what resources are available from her organization for people seeking employment or skill development.

Darren Saare, a VIHA social worker, talked about services available from the province designed to protect seniors.

He said elder abuse is common and has many forms. From physical abuse to neglect to stealing, elders are often the target of abuse and may feel helpless to protect themselves.

Saare acts on reports of abuse. People who report suspected elder abuse are assured their identity is protected and social workers will go to check on senior citizens to offer support and services.

Stan Matthew of the NTC Quu-asa Program talked about holistic wellness and how we must nurture our mental,

physical, spiritual and emotional selves in balance.

Carolyn Pickett from Nanaimo is a gambling addiction counsellor. She made a presentation about gambling addiction and provided information about where people may get help.

On day three Ditidaht leadership brought in several people to help the community with self-care. They included a hair stylist, a cedar weaver, a masseuse, and even a psychic.

Later in the day, Vina Robinson and Reg Sam of the Teechuktl Program delivered a presentation on self-empowerment.

Ambrose says the community will likely plan a similar event in Nitinaht Lake for next November. An event like this promotes healing and raises awareness of health issues faced by people in the outlying communities.

Besides the start of the former residential school support group, the women of Ditidaht have formed their own support group.



Photo by Sonja Drinkwater

Cecilia Joseph was selling tickets on this afghan as a fundraiser for her home Heritage Place, at their annual Christmas bazaar on Nov. 18.

On behalf of the CBT Board of Director's

We wish you & your family a safe & happy holiday.
We look forward to seeing you in 2014



Photo by Denise Titian

Jane Jones of Tseshah First Nation teaches the Nuu-chah-nulth language.

Language being kept alive

Continued from page 8.

Every Tuesday they drive 90km over rough logging roads from their Bamfield homes to Port Alberni to take part in the classes at their own expense.

Marie said she's a fluent speaker and has been teaching the language in her community since 2006.

"It's the writing part," said Newfield. "If I want to be a certified teacher of the language I need to brush up on the written language."

Newfield said she and her sister Patsy were so passionate about keeping the language alive that they started their own 'classes' that they called Pa'waats (nest). It was really an informal gathering where people of all ages gathered and spoke the language.

They fixed up a building in Anacla, purchased appliances and the sisters would bake or make sandwiches and invite people over for an evening.

"It was really popular, really successful, everyone showed up, even the elders," Newfield shared. The ones that knew the language spoke it. "We didn't have a system or a curriculum; we just talked it and it was so much fun," she added.

"We need to do it for the fun of it; that's what brings people out," said Newfield. And, we need more people learning, she added.

"The language is extremely complex and can be hard to learn," said Casavant. She said she admires a person like Benson Nookemus, who was forced to learn English as a second language at the tender young age of five.

Nuu-chah-nulth, said Casavant, is one of the most-studied languages in the world.

Newfield hopes to become a certified language teacher so that she can continue teaching the language in a formal setting in her community and anywhere else.

"We are working to further the language in schools and we need certificates so we can teach," she said.

Teaching the language in QLS classes are Angie Joe of Huu-ay-aht First Nation, Jane Jones of Tseshah First Nation, Benson Nookemus of Huu-ay-aht First Nation and Simon and Julia Lucas of Heskiaht First Nation.

In the past year QLS has offered six entry level language courses from September 2012 to March 2013 with 62 participants.

According to Casavant, the University of Victoria has recognized three Nuu-chah-nulth people as professors to teach at union rates.

"We contracted six additional Nuu-chah-nulth-aht to teach and support the classes and paid them with funding we received from contributing Nuu-chah-nulth nations.

They are gathering curriculum for the courses so that all three dialects: Barclay, Northern Region and Kyuquot can be learned.

They ran one language course in the northern region along with six Certificate of Aboriginal Language Revitalization (CALR) core courses in the summer/fall in Port Alberni. There will be four more CALR courses offered in spring 2014.

For more information or to sit in on a QLS language class contact Casavant at 250-723-8555 or email shauneem@shaw.ca, or Facebook page quuquatsa language society.

Seasons Greetings

Claire Trevena MLA
North Island

Scott Fraser MLA
Alberni-Pacific Rim

LEGISLATIVE ASSEMBLY
PROVINCE OF
BRITISH COLUMBIA

Survivors have lots of questions for researcher

Continued from page 1.

Other survivors, some of whom did not attend AIRS during the critical 1947-1952 years, raised the question of whether the program carried beyond that time.

"Is there a chance the experiments were extended? I was here in the 1960s, and we starved," Melvin Good said during the Q&A session following Mosby's presentation.

Good said he knew fellow students who died, perhaps in part due to malnutrition. "Was that experiment to eliminate us?" he asked, adding that he has suffered serious health effects including diabetes and heart disease for most of his life.

Good said the routine interception of aboriginal children into by the province illustrates how little attitudes have changed since the time of the experiments.

"Residential school is alive today," he said.

"I don't know whether there were further experiments," Mosby said. "Hopefully, that will all come out through the TRC process. But your statement speaks to the after effects of your residential school experience. Being left without adequate food during the formative years of your life can have devastating effects for the rest of your life."

Archie Little said conditions were no better on the West Coast.

"I was at Christie and we starved. We were dirt poor, but it wasn't because of a lack of funding for the school, because the staff ate like little kings and queens," he said, adding his thanks to Mosby for shining a light on the historic injustice. "I am glad that you, as a human being, took an interest in us. Kleco Kleco."

The miserable diet and living conditions at the schools, which Mosby attributed to government policies and not to experimental research, were fairly uniform across the entire country. That prompted one Gitksan attendee to ask, "Did they have some sort of guide book to tell them how to run these places?"

Speaking to Ha-shilth-sa outside the hall, Nelson Keitlah Jr. said the revelations about the AIRS experiments, which involved extremely rough dental examinations and in many cases, extractions without anesthetic, had stirred up some puzzling memories. Keitlah said he had a childhood connection with AIRS that he could never quite explain.

"I went to school in town — to A.W. Neill and ADSS — and F.W. Zens was my dentist. But every once in a while, they would round up the Indian kids and



The Forum on Human Biomedical Experiments at Alberni Indian Residential School was held Dec. 11 at Maht Mahs gym and featured a keynote address by Dr. Ian Mosby, the researcher who brought the experiments into the public realm this summer. An opening song welcomed guests to the event.

bus them up to [AIRS]. They did dental fillings on us, but I don't recall that they even had an X-ray machine."

Mosby later said survivors at Shubenacadie raised similar questions.

"The fact that I am on the West Coast of Vancouver Island right now, and I faced the same questions about dentistry in Nova Scotia, suggests to me that it needs to be looked at."

As for the AIRS experiment, many survivors questioned whether they ever did receive the increased ration of milk. Despite having a commercial (McCoy Lake) dairy just a few miles down the road and milk cows on the school grounds, the only milk anyone could remember drinking was powdered, and that was mostly lumpy and quite often sour.

In his presentation, Benson Nookemis, who attended the school during the time of the experiments, said he constantly thought about the foods he missed: sea urchins, salmon straight out of the Sarita River, cod and halibut. And yes, he also remembered the powdered milk.

"I used to go out and milk the cows in the barn, but I never saw that milk on our table," he said.

Mosby said the response to his original scientific paper has set him on an emotional journey, and he is now determined to uncover the full truth.

"One of my goals was to communicate this research to the survivors, and to be able to speak to them directly has been more than I ever imagined I'd be able to do, and to have their response, too, has been unbelievable."



Photos by Shayne Morrow

Robert Watts and Trevor Little provide a song at the break of the Forum on Biomedical Experiments done at Alberni Indian Residential Schools 1947 to 1952.



There has been considerable interest in Dr. Ian Mosby's research by the media. Here Dr. Mosby is interviewed by CTV's Scott Cunningham. Uchucklesaht's Chief Councillor Charlie Cootes is on deck for his perspective.



Elder Winnie Charleson talks about being taken away to residential school when she was a girl. The principal and a policeman came to get her. She said she thought she was being taken to jail.

Red Cross discusses role

Nutritional studies meant to fix conditions at residential schools, not for sketchy research

By Shayne Morrow
Ha-Shilth-Sa Contributor

Port Alberni—The director for the B.C. & Yukon Region of the Canadian Red Cross spoke to residential school survivors and their families to clarify the role of the Red Cross in the notorious "Hunger Experiments" which took place between 1947 and 1952 at six residential schools, including AIRS.

Kimberly Namrava attended the Dec. 11 forum on the biomedical experiments, hosted by the Nuu-chah-nulth Tribal Council and Tseshaht First Nation at Maht Mahs gym, and acknowledged the longstanding relationship her organization has had with First Nations across the country.

Namrava noted she has been in Nuu-chah-nulth territory many times over the past 20 years to deliver training programs, such as first aid and water safety, and to provide disaster response.

As a result, Namrava said, Red Cross officials felt blindsided when their organization was implicated in the biomedical experiments conducted by Dr. Lionel Bradley Pett and a team of high-profile researchers. The author of the scientific paper that launched the furor in July, Dr. Ian Mosby, had earlier delivered a presentation to the forum.

"Given our ongoing work in First Nations communities and our humanitarian mandate, we were deeply concerned by Ian Mosby's article, so we took the time to do our own research," Namrava said.

Speaking to Ha-shilth-sa last July, Mosby said his paper made references to the "Nutrition Services Division" of the federal Department of Pensions and National Health, led by Pett. But the Red Cross also had a Nutrition Services Division, which led to some confusion among readers. Mosby said he was confident, however, that the Red Cross had disengaged from the nutrition program by the time of the experiments.

Last July, Ha-shilth-sa requested full clarification from the Red Cross concerning its role in the hunger experiments. That clarification had to wait until Wednesday's forum at Maht Mahs gym. Namrava said it took many months of searching the archives to get the full picture.

"In the 1940s, the Red Cross was committed to delivering nutritional services across Canada. Our programs and services aimed at improving public health



Photos by Shayne Morrow

Kimberly Namrava, director for the B.C. & Yukon Region of the Canadian Red Cross, spoke to residential school survivors and their families to clarify the role of the Red Cross in the notorious "Hunger Experiments".

across Canada. We were not involved in the nutritional experiments that took place later," she said.

At the residential schools, beginning in 1942, the Red Cross performed dietary and nutritional studies to identify where improvements could be made. Then the Red Cross Nutrition Services Division delivered a set of specific recommendations to the federal government's Nutrition Services Division, led by Pett.

"The recommendations focused on special training in nutrition, sanitation, food preparation and childcare for staff at all the Indian residential schools," Namrava said.

What actually happened is now a matter of public record, thanks to Ian Mosby. The nutritional research by Pett at the schools proved to be inconclusive and drew little attention in the scientific community, with just a few published papers in "marginal" journals, and the program quietly disappeared from the public view.

In April 1952, Pett delivered an address to the American Institute of Nutrition in New York City, where he reported on the effects of introducing an enriched flour to students at a Newfoundland "boarding school," compared to a control group at

another similar school. In fact, the enriched flour delivered no appreciable health benefits and the control group actually scored better in some of the areas under study. Pett concluded that his experiments pointed out the need for further studies on dietary supplements using human subjects.

"We all know now that what Pett neglected to tell his New York audience was that his experiments on the aboriginal students of St. Mary's and St. Paul's Indian Residential Schools were only possible because he had unlimited access to a population of chronically malnourished and vulnerable children who, as wards of the state, had little say over whether they would take part in a scientific experiment," said Mosby.

Nor did Pett mention that his "control" subjects were deliberately being denied specific nutrients in order to study the harmful effects that resulted.

According to Mosby, however, the systemic malnutrition at all the residential schools was a matter of federal policy. Per capita funding was half what was really required to provide a healthy diet for the children, along the lines of what had already been recommended by Red Cross as a result of its investigations beginning in 1942.

Administrators at the schools did take pains to put on a good show when investigators arrived to assess the food and living conditions.

Mosby cited the testimony of one survivor from Northern Ontario, who wrote that the usual menu at his school consisted of "broth, bread, lard and tea," but the lard was replaced with butter and the soup was "a little thicker — almost like a stew" when the inspectors came to visit.

"When the inspectors left, it was back to their typical diet, with just enough food to blunt the edge of hunger for three or four hours," Mosby said. "I think it was also probably true at the Alberni school when the investigators came, and they saw a much rosier picture of what was happening with the students."

Mosby said there is little evidence that the Canadian researchers ever discussed

the ethics of what they were doing. That is despite the creation of the Nuremberg Code, which arose as a result of the notorious experiments conducted by the Nazis in the concentration camps during the Second World War.

"A lot of them felt the Code was for 'barbarians,' and not for reputable physicians and scientists," Mosby said.

As president of the Nuu-chah-nulth Tribal Council, Deb Foxcroft was called on to deliver an opening welcome at the forum, but also took the opportunity to recount the AIRS ordeal of her father, the late James Gallic. Visibly emotional, Foxcroft said she was shocked by the latest revelations about the school.

"I couldn't imagine a boy like my dad having to go hungry on purpose, having to steal food out of the troughs of pigs and cows — all in the name of science," Foxcroft said. "I can't imagine that our government then would let children go hungry — not for a day, but for months and years."

"I can't believe that anyone in their right mind would let a child go hungry just to see what happens to them, or that they would let them go without medical care. But that is exactly what happened."

Instead of simply boosting funding to the schools and providing better care for the students, the Canadian government instead sent in the scientists, who were determined to prove that modern, low-cost dietary supplements could take the place of nutrients once consumed through the historic/traditional aboriginal diet.

In the end, Mosby said, the scientists both failed to produce anything of consequence for the scientific community.

Namrava said the Red Cross would continue to work with First Nations communities across B.C. to deliver training and to provide disaster relief as needed. As well, the B.C. & Yukon Branch is also developing a medical equipment loan program, she added.

She apologized for not having all the information on hand for survivors, but promised that Red Cross would keep digging to find out if there are any more dark secrets out there.

"There is a lot of paper on this, and we want to make sure we give you a full answer," Namrava said.

She then called on survivors and family members to put their questions in writing and forward them to NTC president Foxcroft or Tseshaht Chief Councillor Hugh Braker, and Red Cross staff would do their utmost to provide answers.



Dr. Ian Mosby is blanketed, given gifts and thanked for his contribution to the understanding of the experiments.



Benson Nookemis is supported by Debra Foxcroft as he talks about his experiences with hunger at Alberni Indian Residential School.

Daughter honors Tye'e Ha'wilt'h father in potlatch

By Denise Titian
Ha-Shilth-Sa Reporter

Port Alberni — It has been four years since the passing of Hesquiaht Tye'e Ha'wilt'h Matlahoa Dominic Andrews, and while his loss was mourned by many, he left a legacy that was celebrated at a memorial potlatch held in Port Alberni Nov. 30.

Hosted by daughter Niss'Mass'uksap (Kathleen Andrews) from the House of Kaaeth'tlaanish'taa'kuumth'ah, the potlatch drew hundreds of guests who wanted to support and celebrate with her and her family.

Niss'Mass'uksap is the daughter of the late chief. She lives in Victoria with her family and has been carefully preparing for the memorial potlatch for months.

Acting as emcee, David Charleson Sr. told the people that what they would do that day was for their late chief. "We are releasing him into the spirit world," he explained.

The first hours of the potlatch were dedicated to sacred ceremonies that involved spiritual cleansing, starting with the floor. The cleansing of the floor is intended to protect anyone who uses the floor to sing, dance or make presentations to the host.

"We don't want no bad medicine in here," Charleson said.

With the floor now safe,

Niss'Mass'uksap and her family were escorted from behind the curtain by Hesquiaht Ha'wilt'h (hereditary chiefs) to the front of the curtain carrying a portrait of her late father.

Niss'Mass'uksap is holding the Hesquiaht Tye'e Ha'wilt'h seat until her young son, Ben Thomas, 3, is old enough to take his inherent rightful place.

The chief's procession was followed by Hesquiaht muschims (the people). They carried dancing shawls and hinkeetsum (sea serpent dancer head dresses). Finally, the tluukwanna (four sacred wolves), appeared. They paced around the hosts to the chants of the Hesquiaht men.

It was a day to honour their late chief Matlahoa (Dominic Andrews) who died of cancer four years earlier.

"We remember him for the healing journey that he was on and to honour our future Tye'e Ha'wilt'h (head chief) Ben Thomas," said Charleson.

Following the wolf ceremony, a loud knock was heard at the door. An elder cloaked in cedar bark and wearing a mask was escorted into the room. He had good news to share. He told the crowd that Niss'Mass'uksap is announcing to the world that she is no longer in mourning for her father and is releasing him to the spirit world today.

"Our chief is with the other elders watching down on this potlatch. Hesquiaht is rejoicing; it is a great day," he said.

Niss'Mass'uksap celebrated the news by dancing with her daughters as the Hesquiaht men sang for them.

The host followed potlatch protocol by offering thanks to Tseshaht and Hupacasath Nations for letting her nation use their home for her potlatch.

She blanketed those that lost loved ones recently; a gesture of comforting and thanking them for being there.

The floor was opened up for guests following dinner.

Dozens of houses from many nations danced and made presentations to Niss'Mass'uksap.

At one point Pat Charleson Sr., his son David and granddaughter Kayla displayed masks they wore from one of their family dances.

One mask, said Charleson Sr. was



made by Niss'Mass'uksap's grandfather, the late Tye'e Ha'wilt'h Ben Andrews. The other mask was made by her late father. The Charlesons wanted to show Niss'mass'uksap how they treasure the gifts that came from her family.

The celebration carried on until the following morning with many gifts exchanged and dozens of prominent Nuu-chah-nulth people speaking of their respect for the Hesquiaht Tye'e's family.



Mental legacy of malnutrition is harder to deal with

Continued from page 1.

Williams is a specialist in gerontology, treating patients over 70 years of age. Over the years, she has treated many victims of childhood malnutrition: those who lived through the food shortages of the Second World War, refugees, concentration camp survivors and yes, residential school survivors.

"The diseases of malnutrition can be healed. The mental disruption is harder to deal with," Williams said.

Some of those "legacy" diseases, such as osteoporosis, diabetes and high blood pressure, can be treated with medication.

"But when you are malnourished as a child, you can suffer from anxiety, depression and abnormal relationships with food. I see some of you are nodding..."

"It is entirely reasonable to want to hoard food if you were starved as a child; that is not your fault."

Williams noted that several audience members were miming a frantic search for food in purses and nearby bags to demonstrate that they understood exactly what "abnormal relationships with food" meant.

Overeating is another frequent aftereffect of childhood malnutrition, Williams explained. A child may lose the correct

cues of when to eat and when to stop eating.

On one hand, after damping down hunger cues out of necessity for many years, the cycle can be extremely hard to break. And when you never get enough to eat, you never learn what it feels like to be full, so you keep eating.

Williams presented a series of slides, including one spelling out the long-term impacts of withholding food during early childhood, include metabolic syndrome, hyperglycemia, Type 2 diabetes, high blood pressure, cardiovascular disease and stroke. According to research, the consumption of abundant high-calorie/low-nutrition "modern" foods later in life increases the risk of developing one or more of these diseases.

That underscored the statements of numerous survivors, who described a litany of health problems they are dealing with, including most of the above.

But perhaps overshadowing their current struggles with diabetes and heart disease and any number of ailments, it was the anger and the anxiety surrounding food that the survivors wanted to convey.

Ray Silver, 84, was sent to AIRS from his home in the Fraser Valley.

"I never learned my ABCs here. I never learned how to read and write. I learned how to steal food," Silver said. "When I left, I said, 'If this is what school is all about, I'll never go to school again.'"

"I became what the white people said I would: a drunken Indian. But I wasn't a lazy one."

Silver worked at a brick factory from the age of 15 until his retirement. He spoke of the corrosive hatred that drove him for many years, and undoubtedly affected his relationships with his 11 children.

But now, Silver spends his time speaking to both First Nations and non-aboriginal children and organizations, building bridges between his culture and the society that oppressed him. For his efforts, he has received an honorary PhD.

Tom Curley said he has always brooded over the twin effects of the racist attitudes he endured at the school, coupled with the debilitating effects of the malnutrition.

"I have always wondered about the long-term effect on my mental abilities," Curley said.

Despite consistent feedback confirming that he has more than adequate intellectual and verbal skills, Curley said that curse of "Stupid good-for-nothing Indian," exacerbated by the anxieties fostered by childhood hunger, has always stayed in the back of his mind.

Tla-o-qui-aht member Alice George summed up her feelings succinctly: "Our people are not stupid — we're damaged."

Part of that damage is cultural, according to the Dietitians of Canada. Survivors were unable to learn the cultural meaning of food and those "food parenting" skills that must be passed down in order to have healthy families.

That ingrained fear of wasting food is another debilitating factor that can affect multiple generations.

Williams shared her own experience as a child whose parents went through hungry times in the United Kingdom during the Second World War.

"As a child, I was not allowed to leave the table until my plate was cleaned," she said, adding that the anxiety level was always apparent.

According to the Dietitians of Canada, it is now accepted that parents should be the ones who choose the family foods, because they are the ones who

Dietitians of Canada Statement

"For the government and scientists to have taken advantage of children who were known to be hungry and malnourished and use their situation to advance nutritional science is unconscionable"

Elisa Levi, Co-Chair of the Dietitians of Canada Aboriginal Nutrition Network

Long Term Health impacts of withholding food during early childhood

Increased risk for:

- Metabolic Syndrome¹
- Hyperglycaemia²
- Type 2 diabetes^{2,3}
- High Blood pressure^{4,5}
- Cardiovascular disease⁶
- Stroke⁶

This increased risk seems to be further increased by following a period of restriction with periods of abundant food (Such as the availability of high calorie, low nutrition foods offered in our current society)

Generational legacy of residential school food practices

Current best practice in parent-child Interactions around food are:

Parents should choose foods, because they know about culture, they know about nutrition and they are better food managers than children

Children should be the one to choose how much to eat (or even whether to eat) because they know how much food fits in their belly.

The "Clean your plate." "Eat what's put in front of you." model used in Residential schools trains children to ignore their internal cues about hunger and fullness, and trains them to overeat.

are expected to know about the culture and about nutrition. But children should be the one to choose about how much to eat, because they know how much food it takes to satisfy them.

By contrast, that "clean your plate" model used at the residential schools and in homes with faulty relationships with food, trains children to ignore their internal hunger and fullness cues and, as a result, to overeat.

If the damage is cultural, Williams said. So is the cure.

The Indigenous Food Systems Network

(<http://www.indigenousfoodsystems.org/>) has, since 2007, conducted an ongoing program called Feasting for Change, which has brought together health professionals and aboriginal communities to share traditional food knowledge through feasting.

Williams also suggested survivors and their families also check out the Vancouver Island and Coastal Communities Indigenous Foods Network (<http://www.indigenousfoodsvi.ca/>), which held its Sixth Annual Traditional Foods Conference in September.

Indian Residential School Crisis Line:

1-866-925-4419

Vancouver Island Crisis Line

1-888-494-3888

Kuu-us Crisis Line 250-723-4050

Campbell River 250-287-7743

Your Pain and Suffering is NO MORE!

Your little person inside was hurt,
No one could hear you cry,
You suffered too long,
And some so young have even died.

Your little person was so alone,
Life should never have been this way,
They took your innocence of childhood,
And threw it all away.

Your heart suffered far too long,
Your mind shut out the violence,
Your childhood dreams taken so young,
You lost your innocence.

But today is a new day for you,
A day to rise and shine,
No one can hurt you any longer,
The strength is in your mind.

So hold your head up HIGH,
Remember who you are,
You've come a long way from the hurt
and pain,
Today you are a STAR!

New life can now begin for you,
So much is now in store,
Only you can change your life,
Because your pain and suffering is NO
MORE!

Find strength in all you do today,
Give thanks that you are here,
Share the love you feel you lost,
With loved ones far and near!

Dedicated to all our grandparents, parents, aunts, uncles, friends and relatives who suffered the wrath of residential school.

My heart feels the pain you suffered from the stories I have heard, I send you all much strength and love to help to heal your broken heart.

May the gracious Creator above wrap you and all those gone before us, who suffered the tragic lives of "Indian Residential Schools."

Poem by Gina Pearson

Maa-nulth Nations gain law-making powers

By Shayne Morrow
Ha-Shilth-Sa Reporter

Port Alberni—The five Maa-nulth Nations acquired new powers under a memorandum of understanding with the province signed Dec. 3 in the Tseshaht Great Hall.

Aboriginal Affairs and Reconciliation Minister John Rustad joined the chiefs of Huu-ay-aht, Kyuquot-Checklesah, Toquaht, Uchucklesaht and Ucluelet for a joint signing ceremony. After an opening prayer by Ron Hamilton, representing Hupacasath, Tseshaht Chief Councillor Hugh Braker welcomed the guests.

"This is a happy day for Tseshaht, seeing our Maa-nulth brothers and sisters signing an accord," Braker said. He conceded, however, that Tseshaht did once reject the treaty process. "But I would like to assure the people in the government, and the minister, that Tseshaht stands behind Maa-nulth in achieving their goals and in their successes, 100 per cent, as they proceed along the path that they have chosen."

In acknowledging the assembled leaders and elders, Rustad said he was struck by the meaning of the opening prayer.

"The calling in of the ancestors and the elders to keep us on the straight and narrow, that's something we could use in the Legislature," he said.

Noting that Maa-nulth was the first treaty signed on Vancouver Island under the BC treaty process, and the first multi-nation treaty in B.C., Rustad said he was aware of how momentous it has been for those five nations to "come out from under the Indian Act."

He cited a telling event that took place after the Implementation Agreement was signed in April 2011.

"[The leaders] built a fire and they had a printed copy of the Indian Act, and they burned it one page at a time," Rustad said. "I can't imagine the feeling of release that would have come with that."

Under the MOU, the five nations take jurisdiction of the foreshore lands they acquired under the Maa-nulth Treaty, with law-making powers similar to municipalities and regional districts. The areas covered include municipal services, public health and environmental protection.

Under a new Framework Agreement, provincial enforcement officers will now be empowered to enforce laws enacted by the Maa-nulth Nations.

Perhaps equally important, the province has committed to change existing regulations to allow the treaty nations to have access to capital under the First Nations Financing Authority, something that is critical if the nations seek to develop businesses and services on the foreshore properties.

Uchucklesaht Chief Councillor Charlie Cootes Sr., who serves as president of the Maa-nulth Treaty Society, said it has been a "long, bumpy journey" during his own 21 years in the treaty process.

"From the first Europeans that came to this country, we have been negotiating, trying to negotiate our place in the mainstream of this country," he said.

With the implementation of the Maa-nulth Treaty itself, and the new adoption of powers, Cootes said "the hard part" is just beginning. One critical factor will be to get "buy-in" from the communities, he added.

"We are now accountable to our people — not to Ottawa," he explained.

Huu-ay-aht member Tom Mexis Happynook, vice-president of the Treaty Society, said it is time to move forward in



Maa-nulth Nations leadership join Aboriginal Affairs and Reconciliation Minister John Rustad Dec. 3 in signing a Memorandum of Understanding that will see the nations take jurisdiction of the foreshore lands.

Photo by Shayne Morrow

building communities, using the treaty as the tool.

"We have successfully shed the shackles of the Indian Act, and have risen from the ashes of colonialism. We are now standing on our own two feet, making our own decisions about the future for our communities and our people," he said.

Happynook said all five nations de-

livered positive, upbeat reports at the Maa-nulth AGM, which took place the previous day.

"We are all super-busy, building our nations," he said. "It really solidified the concept that we did make the right choice when our people said, 'We want a treaty.'"

Rustad said the Maa-nulth Nations

would have the power to create bylaws to administer the foreshore. Foreshore property by definition includes the shoreline above the high tide mark plus the intertidal zone. Those waters beyond the low tide boundary are administered by the federal government.



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Toll free 877 461 0161
jeannie.cranmer@bchydro.com



Hilda Hansen turns 92 and celebrates in style

By Debora Steel
Ha-Shilth-Sa Reporter

Campbell River—Family came together to celebrate the 92nd birthday of Nan Hilda Hansen Dec. 6 in Campbell River.

The event was held at the United Church, and the room was decorated in purple and gold; purple because it is Hilda's favorite color, said El Nicolay. And gold because she has a heart of gold.

Balloons were pinned up around the room and dangling from a ribbon on each was a picture of one of Nan's many family members. A quick calculation revealed eight children, 23 grandchildren, 73 great grandchildren, and 11 great, great grandchildren, the youngest of whom, Rico, two months old, was in attendance.

"She is like Thunder," said emcee Ron Hamilton about his Auntie Hilda. She is going to be here in the form of her bloodline for a very long time, he explained.

Also on hand were some of Hilda's adopted children, include Johnny O. Frank

of Ahousesht, who said he was brought into the family 12 years ago through ceremony.

When Nan Hilda entered the packed room people jumped to their feet and cheered loudly. Hilda raised her hand and waved to everyone before she was escorted to her seat at the centre of a long table filled with her children. From that spot she received kisses, hugs and well wishes from young and old.

"We love our mother very much, and we wanted to show it," said daughter Tess Smith.

There was a meal served and a lot of hugs shared. Family visited and laughed and enjoyed each other's company. A large purple cake with sparklers was wheeled out and the ceremonial candles in the shape of a 9 and a 2 were blown out, with help from Hilda's baby, Bev Hansen. A stack of presents for the esteemed woman of the hour was piled by Hilda's side.



Hilda Hansen is all smiles as she makes a grand entrance to her party, waving at all her cheering relatives and friends.



Hilda Hansen is pictured here with her children and adopted family.



The room at the United Church was decorated in purple and gold, with pictures of relatives hanging by ribbons from balloons.



The youngest of Hilda Hansen's great great grandchildren is Rico, two months.



There were a lot of hugs for Hilda as she turned 92.



Leon Gallie buys some bannock from Angie Miller at the Alberni District Secondary School fundraiser held Nov. 23.



Michelle Irvine does traditional beading at the ADSS fundraiser Nov. 23.

Photos by Sonja Drinkwater

Uu-a-thluk Fisheries Intern: Stephenie Charleson

My name is Stephenie Charleson. I am a member of the Hesquiaht First Nation. I have lived in Ucluelet for the past 17 years, but grew up in Port Alberni. My mother is Ruth Charleson, who now resides on the Lower Mainland. Her parents were Stephen and Jean Charleson, who resided in Hot Springs Cove. My father was Patrick Thomas, a member of the Ahousaht First Nations. I have two beautiful daughters: Aquila and Shiva. I am the eldest of three. My sisters, Lorene and Serina, also live on the Lower Mainland with their families. My dad, Ed Juliusen, who raised me with my mom, taught me a lot about hunting and commercial fishing. I especially learned a lot on our boat *Fairview II*, where we fished for salmon, tuna, prawns, and some halibut all around the west coast of Vancouver Island. I love being on and around fresh and salt water!

Growing up in the fishing industry, I respected people that made it their everyday life and careers. My uncle, Rufus Charleson, and aunt, Sue Charleson, worked long and hard for Hesquiaht fisheries. Now my cousin, Josh Charleson, has taken a role in Hesquiaht fisheries management.

I love being outdoors: hiking, kayaking, canoeing, fly fishing, running and archery. Currently, I am a volunteer with the Central West Coast Forest Society, and we have planted trees in creek and stream areas, deactivated road areas, and collected smolt trap data.

Through this work, I learned about local species and how to preserve and protect the habitat and surroundings for future

generations.

I enjoy working with Uu-a-thluk and T'aaq-wiihak for the Nuu-chah-nulth Tribal Council as a fisheries intern. I look forward to learning the processes and connections between First Nations and how to protect, preserve and conserve our natural resources.

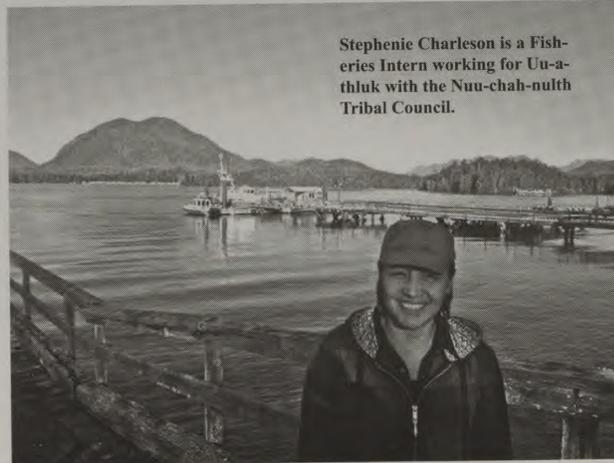
To date, I have attended a Council of Ha'wiih forum in Campbell River where I learned a lot from surrounding First Nations and the Department of Fisheries. Projects I have been involved in include: updating fleet inventory, entering information into our database, and planning for our 2014 fishery and harvesting endeavors.

Recently, an old gooseneck barnacle fishery has re-opened and five Nuu-chah-nulth First Nations now have the ability to harvest and sell barnacles to meet the demands of restaurants in the local area, Vancouver and Los Angeles.

My interests and projects include collecting data from samples of gooseneck barnacles in local areas being harvested by the local people. I have also attended an occupational first aid course and am now certified.

I look forward to gaining more knowledge in fisheries, as well as continuing my related studies, which also include the marine first aid course and small vessel safety and certification.

I wish to learn more from the NTC biologists and to look into a career that can help me share with our communities and expand my knowledge of natural resource management.



Stephenie Charleson is a Fisheries Intern working for Uu-a-thluk with the Nuu-chah-nulth Tribal Council.

Clayoquot Biosphere Trust 2014 Call for Projects

The Clayoquot Biosphere Trust (CBT) is excited to announce the twelfth allocation of funds to support community projects in the areas of community development, culture & events, youth & education, and environment & research. More than ever, we encourage groups to develop projects that respond to our community needs and help us to achieve our long-term community goals. It may help to consider your proposed project in terms of our 2012 Vital Signs report or other community needs documents.

The CBT has \$60,000 available in this Call for Projects. Each project will be funded to a maximum of \$8,000. All applicants must complete the Application for Funding form available at www.clayoquotbiosphere.org under the heading Grant Seekers. Applications must be received by our office by 4 p.m. February 17, 2014. Approval of funding will be announced by April 15, 2014.

Please see our website for more information. As always, CBT staff is here to help. Please contact the office at 725-2219 if you have questions.

City of Port Alberni Employment Opportunity Streets Superintendent

The City of Port Alberni is seeking an experienced municipal manager to fill the position of Streets Superintendent.

Reporting to the City Engineer, the Streets Superintendent is responsible for the safe and efficient management and operation of the Streets branch and its employees at Public Works. The Superintendent supervises directly and through subordinates, work of crews engaged in the maintenance, repair, construction and servicing of streets, roads, bridges, cemetery, traffic signs and lane marking, sidewalks and related surface operations. The incumbent will coordinate priorities, set timelines and prepare and monitor budgets, ensure proper safety and health practices and work closely with other superintendents, departments, contractors, stakeholders and residents.

Preferred Qualifications:

- Completion of the Technical Civil Engineering Diploma or 10 years experience in municipal works with a minimum of 5 years experience in crew supervision at the charge hand or Foreman level, including planning, organizing and supervising public works crew daily operations.
- Completion of courses related to the work including supervisory training.
- Working knowledge of Work Safe BC and relevant OH & S standards and legislation
- Basic computer skills

This is an exempt position with a competitive salary and benefits package. Qualified applicants are invited to forward their resume with covering letter and three work-related references by 4:30 pm on Monday, January 6, 2014 to:

Theresa Kingston, Director of Corporate Services
4850 Argyle Street Port Alberni, B.C. V9Y 1V8
Fax: 250 723-1003

E-mail: humanresources_resumes@portalberni.ca (MS Word format)

We thank all applicants in advance for their interest, however only those selected for an interview will be contacted.

President, Vice-President message to Nuu-chah-nulth citizens

First we would like to acknowledge the recent losses in many of our communities. Secondly we would like to thank our Nuu-chah-nulth Nations for their support in our recent election; we are honored and will continue to serve our people to the best of our abilities for the remainder of this four year term.

We would also like to wish a safe and Happy Holiday to all our Nuu-chah-nulth citizens. We would like all Nuu-chah-nulth to be safe over the holidays and drive safely as road conditions can be slippery.

Since our NTC Annual General Meeting we have both been quite busy on the road attending many events. In order to continue a strong working relationship with the BC First Nations Leadership Council and stay on top of BC First Nations political issues we have attended the BC Assembly of First Nations and Union of BC Indian Chiefs meetings.

Deb continues to attend meetings regarding issues with the Provincial and Federal Governments. Both Ken and Deb have been working to meet with both local governments and regional governments in Nuu-chah-nulth territories. Over the next several months we will continue to connect with MPs and MLAs to strengthen our relationships with elected officials.

It is clear that jobs/employment and training is a hot topic of both the Provin-



Debra Foxcroft, President NTC

cial and Federal governments. Both the President and Vice-President will push this hot topic politically to ensure that any initiatives or programs any level of government develops, supports Nuu-chah-nulth citizens.

Aboriginal Affairs and Northern Development Canada continues to make changes to policy, reporting requirements and even funding that has negatively affected our citizens, communities and the NTC as an organization. We will continue to lobby, advocate and fight for our Nuu-chah-nulth as we have done in the past as we were one of the most vocal in BC when it came to the Tribal Council



Ken Watts, Vice-President NTC

funding cuts.

Deb has continued to connect with NTC managers, staff and departments at various meetings and events. Ken will try to work more closely with our Nuu-chah-nulth communities to not only address issues or concerns of communities, but hopefully connect to support in capacity building/development, governance and community empowerment.

Ken will continue to support our five First Nations of the Nuu-chah-nulth Fishing Rights court case, known as T'aaq-wiihak, and has attended previous main table meetings and will attend future meetings to support negotiations and

provide political support.

First Nations education is a "hot topic" across Canada with the proposed First Nations Education Act and our NTC Directors will have the opportunity to hear from the First Nations Education Steering Committee (FNESC) and the NTC will go through the proposed legislation providing recommendations. To date, there is not one known First Nation in BC that is in favour of the proposed legislation. However, BC First Nations agree that simply saying "no" is not an option and we must provide a "counter offer", recommendations or solutions that meet the needs of BC First Nations schools and more importantly the students who attend our First Nations operated schools.

In addition as a hot topic Deb is lobbying government to expedite getting the desperately needed Enhanced prevention dollars to BC and into our Delegated agency.

Nuu-chah-nulth Nations, the NTC staff and Executive came together to begin discussions and start developing a strategic plan for the organization with a focus on political action and direction from our Nations and work will continue on this document so that it can provide direction for the organization and the President and Vice-President.

Merry Christmas and Happy Holidays

Deb Foxcroft, President
Ken Watts, Vice-President

Decide to eat healthy for the holiday season

Submitted by Renee Jack, Community Health Development Worker, Northern Region

The holidays are a time for us to gather with family and friends to celebrate. For better or worse, with celebration comes food. If you have been working very hard at eating healthy, losing weight, or maintaining your weight, this may be a difficult time for you.

The last thing we want to do is over-indulge in all the delicious food that

surrounds us during the holiday season. What are some things you can do to avoid over-eating and sabotaging all your hard work?

Prepare yourself before the party

One of the biggest mistakes you can make before heading to a party is to skip a meal or arrive hungry. By eating a light, healthy snack before leaving your own house, you can set yourself up to make better choices. Try a low-fat yogurt, fresh fruit, or a small bowl of whole-grain cereal with skim milk.

Bring healthy holiday food

If you are hosting the party, you have control of the ingredients that are added to the favorite holiday recipes, but as a guest, it is not as easy. However, just because you are a guest does not mean you cannot offer to bring a healthy, low-fat dish to add to the selection. Most hosts will welcome an additional dish, and the other guests may enjoy having a healthier option to choose. Consider a simple dish like roasted string beans, or if you offer to bring dessert, consider an apple pie without the crust or baked apples.

Be mindful during the party

The first thing you should do is remember what the celebration is about. Your mind should be focused on enjoying the time with your family and friends. During mealtime, fill your plate up mostly with vegetables. Try not to over-indulge, but you should not feel like you have to avoid any item. Choose items that are your favorite in smaller portions, and eat slowly to savor every bite.

Avoid drinking beverages that are high in sugar and calories, or at least limit your intake to a single drink. Alcohol adds extra unwanted calories and, if too much is consumed, it lowers inhibitions, which can lead to overeating. Try consuming water with a lemon or lime, skim milk, or diet / sugar-free beverages.

One great way to avoid snacking throughout the party is to plan fun activities to participate in with other guests, such as games or making crafts. If it is available, set up a tournament with a gaming system that is interactive. That is a great way to burn some calories and avoid the buffet of snacks sitting out on the counter or table.

Keep moving

This time of the year should be enjoyable. However, you need to keep physically active, maybe now more than ever. Physical activity reduces stress and gives us more energy. Try fitting in a workout before the party because, more likely than not, you will be tired from all the celebrating afterwards. During the party,

go on a brisk walk with some of the other guests or, if there are children around, toss a ball outside. This can give you a burst of energy and a chance to catch up. If you like participating in races, sign yourself up for a seasonal 5K run/walk or some other fitness event that will keep you focused and motivated to stay active. Remember: The holidays are for celebrating with family and friends. If you must splurge one, two, or even three days during the holiday season, then that really is not going to ruin all of your hard work. It takes an extra 500 calories each day, or 3,500 calories a week, to gain a pound. All the extra snacking can really add up, but you can easily pass up all the treats in the office and keep goodies out of your own home. If you do this, you can feel good allowing yourself to enjoy the foods you look forward to every year.

And most of all have a very Merry Christmas & Happy New Year!

Five tips for putting together a last minute Christmas party

Start with a simple tablecloth you already own. Throw it in the dryer for a few minutes on high to take out the creases from storing it from last year's party. No ironing needed.

Add dishes of only one color. White was perfect for our Christmas party and showcases food beautifully too. It is perfectly acceptable to mix and match the shapes and sizes. Variety adds fun.

No cooking means more time having fun and enjoying time with your guests. Easy, last minute Christmas party snacks are all about the memories not the kitchen mess and stress.

Keep the menu simple. Choose a few key ingredients that fit a variety of tastes for your guests and that draw you in visually.

Pick up every food item at only one store. Shopping at Superstore or Walmart meant a parking spot directly in front of the door, aisles clear for browsing, and no wait at the register. A rare find this time of year.

Here We Come

Dates Vary
Locations Vary

Five Little Monkeys Jumping On The Bed. You are invited to a preschool event at your local school. Brought to you by School District #70 (Alberni) and Ministry of Education: Ready Set Learn. Howitt Jan. 16 6:15 to 7:30; Gill Feb. 13 6:15 to 7:30; Wood February 20 6:15 to 7:30; Wickaninnish April 24 10 a.m. to 11:15; Ucluelet April 24 6:15 to 7:30. If you want: Wear your pajamas, dress like a doctor or a monkey. Questions? Call Stacey Manson 250-723-7521

Xmas Xtravaganza Loonie Twoonie
Dec. 21
Port Alberni

Xmas Xtravaganza Craft Fair Flea Market Loonie Twoonie. Port Alberni Friendship Center 355-4th Avenue. 9 a.m. to 4 p.m. Come on out for fun and laughs. All kinds of Christmas Delights to fill your stocking and your heart. You can win the best Christmas Present for only \$2 a ticket: Grand Prize: PS4. Ina's Bannock and Tea Concession. Enjoy her Golden Cup of Coffee. Dale Stewart Native Designs on glass, clothing, and more. Tables available for \$10 each and a donation to the auction is greatly appreciated. More info call/text: Linda at 250-730-0677. All proceeds to Seitcha and Tliimuksti Canoes to Paddle to Tribal Journeys Bella Bella 2014. Thank you for helping to keep our culture and traditions alive. Kleco Kleco!

Memorial Potlatch Nan Vi Johnson
Feb. 22, 2014
Tsaxana, Gold River, B.C.

A memorial potlatch for late mom, grandmother, who everyone knew as Nana Violet Johnson set for Feb. 22, 2014 in Tsaxana at Wahmeesh gym. Time will be posted in future issue. For more info, please contact Shirlee Johnson. 250-283-2665 or Sam Johnson at 250-283-9264.

Lost and Found

Lost Drum at Tate memorial Potlatch Oct 19th, 2013 at the Maht mahs. The drum is in a Tribal Journeys brown bag from Squaxin Island 2012. Size is 16 inch, new with no design, a new drum stick with light brown leather on both sides/ with fringe. The drum was only set down while he was packing things to his vehicle. When he returned for it, it was gone. Please return to David Tate Phone 250-745-3888.

During the last Potlatch held at the Maht-mahs on Nov 30th a **Two way Radio** was found the owner can contact Lisa Gallic @ the Tsheshaht office 250-724-1225.

Check out our Web site at
www.hashilthsa.com

Term and Casual work opportunities in Nursing

Vancouver Island has great locations for rewarding Home Care, CHN and LPN work !

Casual and term positions may be available with the Nursing Department of the Nuu-chah-nulth Tribal Council (NTC). We have a great team of Community Health Nurses, Home Care Nurses and Licensed Practical Nurses serving First Nations communities on Vancouver Island.

Our Nursing program follows a valued Nuu-chah-nulth Nursing framework and partners with Nuu-chah-nulth people to deliver professional, ethical, culturally sensitive, and responsible care. This nurse position also plays a critical role in planning and providing community health services through planned home visits, clinics and workshops.

Casual and backfill positions have been located on the West Coast of Vancouver Island and in Port Alberni. Regular Nurses receive a competitive salary, benefit package, and self-directed professional development plus regular in-service.

To qualify you must be a baccalaureate-prepared nurse with a current license with CRNBC, or have an equivalent combination of education and 5-years nursing experience; and, provide acceptable references and criminal record check.



To learn more and to express interest in this exciting work opportunity, contact Ina Seitcher at (250) 724-5757.

Website: www.nuuchahnulth.org

Nuu-chah-nulth Tribal Council

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CEDAR WEAVER/TEACHER: Earrings for regalia, elders, etc. Available to teach at workshops, conferences, schools, etc. Hats, baskets, headbands. Phone to order or will barter for fish or what ever you have. Materials included in prices. 250-591-8199

MEETING FACILITATOR/NEGOTIATOR: Are you tired of meetings going all night long, never finishing the agenda, going around in circles? 20 years of experience and proven track record. Call Richard Watts, Weelth-tshah. 250-724-2603 or 250-731-5795

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HELP WANTED: Need work experience? The Port Alberni Friendship Centre is looking for interested applicants for volunteer positions including reception and youth workers. We seek individuals who are reliable, committed, flexible and of good character. Hours per week vary. Call Jeff 250-723-8281

Wanted

LOOKING FOR: House to buy on Tseshaht reserve call Jacob 250-730-7773

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FOR SALE: Drums mades to order. Great graduation gift. Available immediately, 18", 2-16" and 14". Call Earl 250-723-8369 or 250-730-1916

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FOR SALE: Creator's own seal oil. Great source of Omega 3. Available from Faith or Richard Watts, Weelth-tshah. 250-724-2603 or 250-731-5795

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FOR SALE: 4x4 GMC truck. ext cab, new tires, excellent condition, comes with good 8' camper. Call Bill at 250-723-8249

FOR SALE: 2002 Buick Rendezous. \$2500.00 4 wheel drive auto, removable back seat, lots of cargo room. Call Robin at 250-891-7154

FOR SALE: 2008 Pontiac Torrent (suv) \$14000.00 obo, like new in and out, only 69000km, auto, tilt, pw, pl,ac. Call Buddy at 250-724-3584

Artists

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

AUTHENTIC GRASS BASKET WEAVING: Picked and processed by Linda Edgar of Nitinaht, 3 corner, sharp, swamp grass and cedar bark. 250-741-4192

For Rent

ON RESERVE OFFICE SPACE: Located in Nanaimo, perfect for consultants. 2 offices available, brand new ground floor, over height ceilings, 2 peice bath, alarm protected, parking available and separate entrance. Contact Shana. shana.n.manson@gmail.com

NITINAHT LAKE MOTEL: Open all year round. Coastal rainforest and world class recreation at your door step. For reservations please call 250-745-3844

FOR RENT: A non profit organization has rooms for rent. By day, week or month. Reasonable rates for room and board or a boardroom. 250-723-6511

WATERFRONT OFFICE RENTAL SPACE AVAILABLE

Beautiful view of the Somas River. Tseshaht First Nation Administration Building 5091 Tsuma-as Drive, Port Alberni, BC For more information please contact: Chris Anderson 250-724-1225

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FOR SALE: Custom made nets. 250-923-9864

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MEETING RENTAL SPACE AVAILABLE NOW

2 Rooms available (boardroom and large great room) Tseshaht First Nation Administration Building 5091 Tsuma-as Drive, Port Alberni, BC For more information please contact: Christine Hintz 250-724-1225 or chintz@tseshaht.com

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



Tim and Norma Taylor were two of the many elders that enjoyed a Christmas dinner at Tseshaht Band Office on Monday Dec. 9.



Bob Soderlund holds a carving that was made by artist Patrick Amos and donated to the Loonie Twoonie, hosted on behalf of Soderlund, whose wife and family in the Philippines were displaced by Typhoon Haiyan. The community raised more than \$8,000 that will go to repair houses and a fishing boat.

Quu?asa feeds the people in Port Alberni

By Debora Steel
Ha-Shilth-Sa Reporter

Port Alberni—Quu?asa team members, who help people deal with the terrible legacy of the residential school system as part of the mental health department of the Nuu-chah-nulth Tribal Council, took a meal to the patrons of the Bread of Life Kitchen in Port Alberni Dec. 9.

It was the second annual Feeding the People celebration and this year a special gift of \$900-plus was presented to the Bread in the name of late Chief Ray Seitcher, who was well known for his care and attention to the less fortunate among us. The funds were made up of personal donations from the staff, and others who wanted to help out as well.

More than a hundred people were served a turkey dinner with all the fixin's at lunch Monday, including an assortment of cakes and pastries for dessert. Friends and family came together for a visit over the meal.

Special guest Santa Claus dropped by to hand out tote bags filled with winter gloves, socks, toiletries and candies.

In keeping with tradition, dinner songs were sung, elders were fed first, then children, and there was even enough food left over for seconds for some who still had room.



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Uu-a-thluk

TAKING CARE OF

Recommendations for Herring

In recent years, herring stocks have only supported a commercial fishery on the east coast of Vancouver Island. Ha'wiih would like the commercial seine and gillnet roe fishery on the west coast to remain closed for another year.



Nuu-chah-nulth Ha'wiih and their representatives are not taking any chances with west coast herring. That was the message they delivered to Fisheries and Oceans Canada (DFO) at a recent meeting where herring featured on the agenda.

"If the stocks aren't healthy, can we really be thinking about economics?" said Archie Little, speaking on behalf of Nuchatlaht.

Following poor returns in recent years, west coast herring stocks are expected to be large enough in 2014 support commercial harvest according to DFO assessment models. But some Ha'wiih weren't convinced DFO models are reflecting reality.

"Herring are the only species that can fertilize the ocean bed," added Simon Lucas for Hesquiaht. "Everything else depends on herring."

The discussion followed a presentation by the ʔaayaaqa committee, a five-person group ap-

pointed by the Ha'wiih to review information regarding herring stocks. Andy Olson, Marion Campbell, Kevin Mack, Rufus Charleson, and Lyle Billy first met in September to develop recommendations for Fisheries and Oceans Canada (DFO). They presented these recommendations at the Council of Ha'wiih Forum on Fisheries in late November.

The first five recommendations addressed the 2014 herring season. They include limiting economic harvests to a nation's spawn-on-kelp (or spawn-on-bough) licences, along with any potential

fisheries arising from fishing rights negotiations. The committee did not want to see commercial gillnet or seine fisheries from the regular commercial sector.

"They are proposing conservative, low-risk fisheries," says Uu-a-thluk biologist, Jim Lane. "Aboriginal spawn-on bough and spawn-on kelp fisheries have low mortality compared to industrial fisheries. They just take the roe, not the herring."

Allowing the herring to go free leaves them in the ocean to spawn again. However, if DFO managed the fishery according to existing harvest plans, industrial fishers could take up to 4,000 tonnes of herring from an estimated 30,000 tonnes.

"Recently DFO changed the assessment model," says Lane. "One significant change is accounting for spawn that was not measured by the assessment teams. They only found 12,000 tonnes during stock assessments, but they expect somewhere between 11,000-40,000 tonnes."

In addition to the five recommendations for the 2014 fishery, the committee also proposed nine recommendations aimed at changing how herring are managed in Nuuchah-nulth ha-houlthee. This set of recommendations included funding assessment and research through the herring fishery and developing a process that permits participation and access to assessment work for Nuuchah-nulth.

"The recommendations presented by the committee are reasonable and well thought-out. I think it shows a very good understanding of the situation."

Ha'wiih and their representatives agreed with the committee's recommendations and presented them during the second day of the meeting to DFO. DFO is now considering these recommendations as they create harvest plans for the 2014 herring season.

For more information or to request a copy of the recommendations, contact Jim Lane, Uu-a-thluk Southern Region biologist (Jim.Lane@nuuchahnulth.org or 250-724-5757).

"The recommendations presented by the committee are reasonable and well thought-out. I think it shows a very good understanding of the situation."

—Jim Lane, Uu-a-thluk biologist

DFO currently manages Pacific herring as five major and two minor stock areas. Along with gathering catch and survey information for each of these seven areas, DFO also gathers information from First Nations on herring behavior, spawn timing, abundance, ecosystem relationships, and fishing methods.

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

Ph: 250.724.5757
Fax: 250.724.2172
info@uuathluk.ca

www.uuathluk.ca



A herring test fishery samples stocks to help assess future harvests.
Photo courtesy of Glenn Lario, DFO

Siihumuu or k'w'aqmis (herring roe) is an important food for many Nuuchah-nulth families.