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Ha-Shilth-Sa

INTERESTING NEWS



Orange Shirt Day Sept. 30; Photo by Denise Titian

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

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haašit̓sa

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Meeting in Tsaxana the endorsement for Gord Johns in the Courtenay-Alberni riding was unanimous.

Photos by Denise Titian

Ha'wiih endorse Gord Johns in Courtenay-Alberni

The Council of Ha'wiih, the Hereditary Nuu-chah-nulth chiefs and their delegates, have endorsed NDP candidate Gord Johns in the Courtenay-Alberni riding. The Ha'wiih met Oct. 6 and 7 in Tsaxana (Gold River), hosted by Mowachaht/Muchalaht First Nation, for their forum on fisheries.

The discussion leading up to the endorsement began with plans to get Nuu-chah-nulth people motivated to vote in the upcoming federal election.

Nuu-chah-nulth Tribal Council Vice-President Ken Watts said this election

may be the "most important election ever" to chart a new, better course for First Nations. In past elections only about 40 per cent of eligible First Nation voters have voted. If Nuu-chah-nulth come out in large numbers in this election, First Nations will never be ignored again by governments and political parties.

Nuchahlaht's Archie Little said his First Nation couldn't survive another four years of cuts if the Conservatives and Harper win another majority government.

Dr. Simon Lucas made a motion for the Ha'wiih to support NDP candidate Gord

Johns in the Courtenay-Alberni riding, and the motion was carried unanimously.

A video message supporting Gord Johns and the NDP was recorded by the Ha'wiih and released Oct. 8. Speaker for the Ha'wiih was Cliff Atleo Sr. He said it's an important exercise to elect people to represent regions right across the country... the Ha'wiih have taken note that Gord Johns, "more than any others" would best represent their interests for their ha-ha-houlthee (chiefly lands).



Gord Johns, NDP

Community comes together to talk about Usma

By Denise Titian
Ha-Shilth-Sa Reporter

Port Alberni—People concerned about child welfare gathered at Maht Mahs Sept. 29 and Sept. 30 to explore ways in which to better meet the needs of Nuu-chah-nulth families and children.

T'at'atnaaluk - Taking Care of the Children forum, hosted by the Nuu-chah-nulth Tribal Council, was open to everyone and included many Nuu-chah-nulth chiefs and councils, Ha'wiih, social workers, Usma and Nuu-chah-nulth Tribal Council staff. Also in attendance were community members, foster parents, children in care, youth, and elders.

The NTC directors and executive were looking to these people to contribute their thoughts and experiences in how best to strengthen Usma's connection to Nuu-chah-nulth communities, values and principles.

Emcee John Rampanen welcomed the people and introduced John Gomez who officially welcomed the people to Tse-shaht territory.

"You're here to do some important work; to look at Usma and how we've done things in the past and how we can move forward in a healthy way," said Gomez. He asked the people to remember to stay focused on the objective - the children.

Cliff Atleo Sr. of Ahousaht was asked to open the event, with a prayer. He urged people to return to the old teachings. He reminded people that Nuu-chah-nulth-aht had ways to take care of family issues.



Photos by Denise Titian

Kelly Foxcroft Poirier and John Rampanen address the Usma Nuu-chah-nulth forum at Maht Mahs gym Sept. 29. The forum brought together people interested in exploring ways to better meet the needs of Nuu-chah-nulth children.

"We shouldn't be having these problems," he said.

As the forum started, the delegation from Ahousaht stood to share a message from their Tyee Maquinna. "Our head chief wants us to stand up and make a statement about how important this is," said Atleo. "He asked us to be open to participate, listen and find solutions to get us back to that place we were before contact," he continued.

Rampanen said he is actively working to learn the Nuu-chah-nulth language and in doing so is picking up important Nuu-chah-nulth teachings. "One of my

favorite teachings is when we wake our children in the morning, the first thing they should hear is, 'I love you' and they are precious," he shared.

He told the gathering that the two-day forum was about having a dialogue to

share what is most important to the people so that they can come up with an action plan.

NTC President Deb Foxcroft talked about the beginnings of Usma. "Back in the early 80s, I was the Social Development Coordinator for the tribal council, and in those days we'd get up to 500 people attending an AGM," she recalled.

A comprehensive study was carried out that focused on the health care needs of Nuu-chah-nulth people; and in that study it included the vision to take over our child welfare services. One of the things that our people wanted was to take care of our own children, because in those days we lost numerous children to the foster care system and through adoption.

At one of those AGM's, tribal council staff were directed by the people to work toward having our own health and welfare systems. NTC leadership and staff began working toward the transfer of services from the governments of the day.

In 1987, the Nuu-chah-nulth Tribal Council signed the first delegated child welfare agreement in British Columbia.

Continued on page 3.

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Nitanis Desjarlais shares personal experience of living off the grid and with the land with her family. Photos by Melody Charlie

Traditional Foods Conference

Above: The last meal, barbecued salmon along with some cockles, which were a favorite of many. Right: Food from the local Nation's garden used in the traditional pit cook (food cooked under ground).



Evan Touchie, Ahousat/Yuuthluithaht, has been to all eight food conferences proudly holds up ūčap, giggling because it's alive, moving and tickling him.



The 8th annual Traditional Foods Conference was held Oct. 2 and 3, hosted by the Kwakiutl First Nation at Tsaxis (Fort Rupert) and Dłaksiwé', two of the principle villages of the Nation.

Agenda items on Day One included discussion on Nuu-chah-nulth fishing rights, ocean pollution, cultural mapping and Indigenous food systems, harvesting and preparing seaweeds, sustainable aquaculture and food sovereignty, traditional plants and medicines, and language and place names tied to traditional food gathering.

An intriguing evening event was the "Zombie Apocalypse Food Challenge." Conference organizer Norine Messer said it was a challenge for youth which asked "What would you eat if there was a Zombie Apocalypse?" The youth were chased by

volunteers dressed as Zombies through an obstacle course to eat traditional foods like octopus, fish heads, seaweeds and fish eggs. It was a fun way to try traditional foods that looked kind of gross to them but tasted great, she said. Many ran through the course many times so they could eat the foods again. "It was really fun."

On Day Two, it was an early start as the group began to prepare for the Steam Pit Cook for a delicious meal. Workshops included talks on the importance of seeds to the future, and traditional hunting.

Information booths were set up and included traditional crafts, foods and medicines, tools and trade goods as part of the knowledge sharing and marketplace.

NTC AGM tackles forward-looking agenda

By Debora Steel
Ha-Shilth-Sa Reporter

The Nuu-chah-nulth Tribal Council's annual general meeting was held Sept. 28 at Maht Mahs gym. The meeting was opened with a chant by Robert Watts.

Cliff Atleo gave families who had recently lost loved ones ta'afma, a token to demonstrate support while they are

grieving. Atleo also led the Nuu-chah-nulth Song.

Chief Councillor Hugh Braker provided the official welcome from Tseshaht First Nation. He said they were happy to host again this year. He said it was shaping up to be a very exciting and important year for Tseshaht, and he is looking forward to the challenges the year will bring.

Braker also reflected on the challenges

brought by government's "hard line and very narrow position on the Williams decision," which is also known as the Tsilhqot'in decision. He was anxious to speak with other nations about their position on this important court decision that found that Aboriginal title is applied to more

than just postage stamp territories limited to village or fishing sites. Title can be applied to whole swaths of territory, though government entities are still attempting to limit that application, he said.

President Debra Foxcroft chaired the meeting. She said she had promised last year to open the meeting in the Nuu-chah-nulth language and she remained true to that promise, introducing herself in Nuu-chah-nulth. Foxcroft said she was nervous, but wanted to be a role model for language learning and had recently signed up for lessons, and had only two so far.

Vice President Ken Watts followed suit, also using the Nuu-chah-nulth language to introduce his segment of the meeting. In his report, Watts said one of his priorities was getting the Nuu-chah-nulth vote out in the upcoming election. He said it was one of the more important elections of our time.

Watts reported he was also working on a Business Match event for Feb. 1 to Feb. 3 in Nanaimo. This event will bring Nations together with businesses for possible economic development endeavors. He said when the event was held in Saskatchewan, it generated more than \$30 million in deals.

Watts also talked about connecting with Island Nations when they meet for the First Nations Health Council meetings. He suggested taking one evening during the gathering to bring Island families together to discuss issues of common concern, economic development or natural resources.

Chief Councillor Braker moved to have the meeting on the evening of Oct. 21, seconded by Tyee Ha'wilth Anne Mack of Toquaht. Braker said there were a number of topics he could suggest for the meeting, including the management plan for Roosevelt elk.

The vice-president acknowledged Foxcroft for the balance she brings to the roles of the executive. He thanked the staff of the tribal council for the work that they do and for the long hours they often put in. "We are all contributing to a better life for our people." He also acknowledged both the elected and traditional leadership, and the muschim. He noted that though the tribal council had faced substantial cuts, it was still able to get its voice heard and remain a very respected group.

Foxcroft in return said Watts was an up and coming young leader with new ideas. He acknowledged him for the work he was doing on getting out the vote. She talked about relationship building with the Nations, and the six Usma protocols that have been negotiated, with Ahousaht's protocol soon to be signed in November.



Debra Foxcroft, NTC President, introduces herself in the Nuu-chah-nulth language with support from family.

Her advocacy work has included ensuring that the Truth and Reconciliation Commissions 94 calls to action remain part of the national discussion and implemented at all levels of government. She acknowledged residential school survivors, the ones that are no longer with us, and those that couldn't tell their stories.

The theme of the AGM was Hifmehsaqin "Where we want to be". Foxcroft said that means being self-reliant, culturally strong, with an increase of fluent Nuu-chah-nulth speakers, not just managing poverty, but ensuring Nuu-chah-nulth-ah have enough food on their tables.

There have been many challenges at the federal and provincial levels, said Foxcroft, but "we continue to make them aware of our issues." She said we had a strong voice at the table.

On the agenda was a presentation by Sechelt Nation Councillor and Hereditary Chief Garry Feschuk and Tk'emlúps te Secwépemc Day Scholar Coordinator Jo-Anne Gottfriedson on the Day Scholar Class Action. (A full story on the class action appeared in the September issue of Ha-Shilth-Sa.) They were visiting with Nations to explain the class action, explaining the opportunity for nations to opt in to the class action. A number of questions came from the discussion, including some on which schools were included and how members and nations would benefit.

During the Nation's announcements section of the AGM, Tyee Ha'wilth Mike Maquinna reminded people about the Mowachaht/Muchalaht Nations' declaration on their management of resources within their territory, and said it has been extended for an additional five years. The declaration spells out protocol on harvesting within the territory.

Among the topics included for discussion at this year's AGM were:

- treaty loans to nations and the requirement to repay those loans,
 - Fisheries' Coast-wide Allocation limits, about which Francis Frank said he couldn't understand why the temperature wasn't rising on that issue, and
 - a document meant to improve the working relationship between First Nations in B.C. and the provincial government, which flowed out of the recent meeting between Christy Clark and Cabinet and First Nations leaders. On this, Victoria Wells was annoyed with the "motherhood statement" on language revitalization, without resources committed to it. "These words are empty," she said. "You need real investment... as a member, I need to see something that is more concrete."
- Delegates chose McGorman MacLean as auditor for the 2015/2016 fiscal year.



Cliff Atleo Sr. and representatives of the Ahousaht Nation stand to bring a message to the Usma forum from Tyee Ha-wilth Maquinna Lewis George.

Usma forum participants positive, forward-thinking

Continued from page 1.

In the beginning, Foxcroft said, there was more autonomy, funding for community development and prevention services and the program had an elders' advisory committee and a genealogy worker to help foster kids connect with families.

But as the years went by, the funding started to shrink. "We had the autonomy to develop our programs and services based more on our traditional teachings and values. Since that time, there have been funding cuts and more government controls and pressure on how we could develop and practice," she said.

"It hasn't been an easy road," said Foxcroft. The legacy of residential schools and other things has done damage to first nations families and the traditional family structure. Even today we are still dealing with alcohol and drugs, family violence and sexual abuse; but more people are speaking out and are healing, and rebuilding and strengthening their families, said Foxcroft. Progress has been made over the past 30 years, and while those things are still affecting families there has been a lot of healing.

"With our values, our teachings and our families, we are strong, but we need to take responsibility to ensure our children are safe, healthy and happy and we do that by healing ourselves," said Foxcroft. "I am proud to say that our people have led the way in dealing with all of these difficult issues," she added.

Simon Read gave an overview of Usma's mandate and financial hurdles over the decades. It was in 1985 that Usma received delegated child welfare authority from the government and in 1989 Indian Affairs set up a national funding formula. "Some portions of that budget haven't changed since 1989, even though costs have risen," said Read.

"The feds are more focused on saving money rather than providing services and B.C. is similar. They put us through a special audit last year which vindicated NTC and allowed us to keep the money

they tried to take away," Read said.

Tseshaht Chief Councillor Hugh Braker welcomed people to Day Two of the Usma forum. In his opening remarks he said that he served as the NTC staff lawyer in the early 1980's when Usma had its beginnings.

He too spoke about residential schools and the impacts on families' decades after the last institution closed its doors. In those places, he said, the children had their culture and language beaten out of them.

"Late George Watts drew a link between residential schools and the foster care system. He said his white people and the government running the lives of our children," said Braker. It's the same thing and we needed to stop it, he added.

The original vision of Usma, according to Braker, was to have our kids speaking their language and learning their culture. He described his family's traditions and how certain important milestones were celebrated, like catching a first sockeye salmon.

He suggested that the Usma program make provisions that ensure each child in care is raised with cultural teachings specific to their families. "It should be something beyond going to potlatches and dance practises," he said.

Kyra Mason, Usma Child & Family Services director, said several recommendations came from the forum. Mason will include those recommendations in her report to the NTC Directors, which is scheduled for late October 2015.

Mason was pleased with the outcome of the forum. "A lot of people were forward thinking; they were asking, 'how do we make positive change for our children?'" she said. And they were not only speaking about the Usma program but also about the community as a whole and individuals, she continued.

Mason expects to have direction from the forum recommendations following the October NTC Director's meeting.

VOTE



Need a ride? October 19 2015

NTC President Deb Foxcroft & Vice-President Ken Watts will drive Nuu-chah-nulth citizens living in Port Alberni to the polls.



Call or Text 250-731-7218

MUST BRING 2 PIECES OF ID

Ahousaht concerned crab stock will be further depleted

By Denise Titian
Ha-Shilth-Sa Reporter

Tsaxana—The Council of Ha'wiih, which met at the House of Unity on Oct. 6 and 7, took a firm stand with Fisheries and Oceans Canada against additional crab licences that Canada is planning to transfer to Clayoquot Sound.

Kiista, Keith Atleo, said he is concerned about DFO's consultation process. DFO 'consulted' with a former Ahousaht councillor, he said, when they sought approval to transfer the crab licences. Proper consultation with Ahousaht, he told them, did not happen.

"The resource is dwindling and crab is a large part of our diet," said Kiista.

"It's not only us that are complaining. The local commercial crab fishermen don't like all the new licences coming in," said Ahousaht Councillor Angus Campbell.

"Why are they moving the licences here? Is it because it's crappy everywhere else," Campbell asked. Next thing you know we will have nothing between that and the sea otters wiping it out, he continued.

The Ahousaht Ha'wiih stood before Gerry Kelly and Kent Spencer of DFO to declare they will not allow any more crab licences in Ahousaht territory.

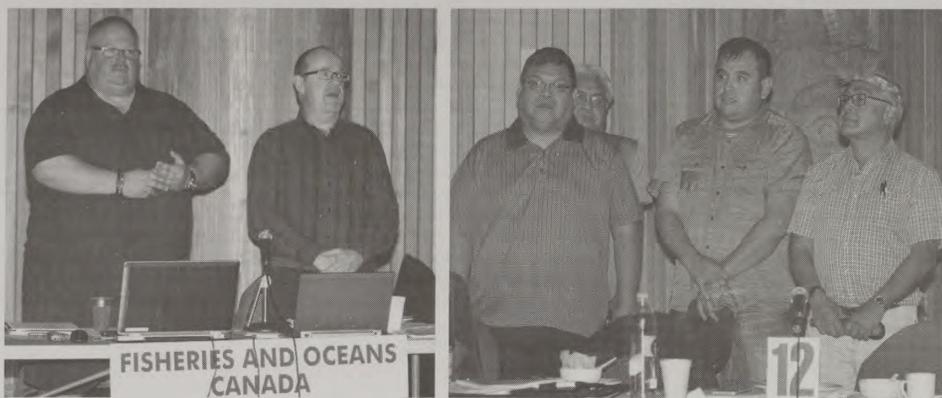
"It's Canada's law that Kou-uss' needs are second only to conservation. There will be no more traps in our territory. That's a firm message from Ahousaht. We will not allow this transfer to happen. Take that message to your bosses," said Wickaninnish, Cliff Atleo, speaking on behalf of Ahousaht Ha'wiih.

Andrew Jackson, Tla-o-qui-aht Fisheries Manager, said they too will not allow any more licences to be moved to their territory until they've had proper consultation.

Kelly said he would like to sit down with Ahousaht to get a better understanding of the issue from the Ahousaht perspective.

The Ha'wiih also discussed their ongoing concerns for returns of herring to Vancouver Island's west coast. Earlier this year Nuu-chah-nulth fishermen set trees where herring were spawning and the result was very poor. There were not enough egg layers to bother harvesting. Most trees were totally bare of any herring spawn.

DFO contracted Nuu-chah-nulth monitors



From left to right: Representing Fisheries and Oceans Canada at the Council of Ha'wiih meeting were Kent Spenser and Gerry Kelly. Ahousaht representatives stood to publicly declare their territory closed to more crab licenses.

and their result was the same: they observed very poor returns in small spawns that didn't last long. Nobody saw any abundance of herring and no significant spawn. The Nations and their Ha'wiih have decided that there will be no herring fishery in their territories in 2016.

Nuu-chah-nulth Tribal Council President Deb Foxcroft had sent a letter to DFO Minister Gail Shea in July 2015 expressing the concerns of the Ha'wiih and Nuu-chah-nulth Nations to conserve and protect WCVI herring.

The letter also recommended that the herring fishery remain closed for 2016 and instead continue to make progress on revising the Herring Management Framework and rebuilding herring on WCVI.

In their meeting with DFO, the Ha'wiih asked why they must fight to protect the herring stocks on a year-by-year basis. They said they wanted to get away from this annual crisis. They said they spent the last two years fighting an ill-conceived commercial fishery. The Ha'wiih said that they need to see positive signs that stocks are improving.

According to Simon Lucas, Hesquiaht hasn't seen enough herring roe to harvest for their food and ceremonial in their territory for nine years.

DFO uses different models for measuring herring abundance and in recent years the DFO model estimates do not correspond with the observations of experienced Nuu-chah-nulth harvesters.

Nuu-chah-nulth fishermen said there wasn't enough while DFO did not agree.

"There are different interpretations of stock abundance which has been the root of our discussions in past years; we're hoping the technical working group can break through that," said Kelly.

Spencer described what DFO did last season to collect information about herring abundance. In the end, he admitted that their information corresponds with what the Nations are saying; that the WCVI herring stocks are depleted.

He went on to say that their scientific information will be released in late October. Their management plan will be released in December and DFO will be looking for input/consultation from First

Nations and other stakeholders.

"There's plenty of herring in other coastal areas to meet the limited market demand; industry, DFO and First Nations would be better off working together building a viable herring management strategy rather than having another fight to keep it closed in 2016," said NTC Fisheries Manager Don Hall.

"We will fight anybody who tries to destroy the resources," said Atleo. "Believe me; we will never back down as long as it's for the future generations," he added.

The next Council of Ha'wiih meeting is scheduled for Feb. 22 and Feb. 23 to be hosted by Hupacasath First Nation.



Hupacasath's Al Ross and Tla-o-qui-aht's Andrew Jackson settle things man to man to determine which nation would host the next Council of Ha'wiih meeting next February. Chair Tom Happynook (centre) presides over the battle.

Provincial News

Nations concerned by comments on Mount Polley

Leaders of the Xat'sull First Nation ("XFN") and Williams Lake Indian Band ("WLIB") issued a statement Oct. 6 expressing concern over comments made by Williams Lake Mayor Walt Cobb in a recent CBC interview regarding a Union of BC Municipalities resolution proposing an environmental bill of rights.

In particular, XFN and WLIB are dismayed by Cobb's statements that downplay the impacts of the Mount Polley Mine dam failure.

According to Cobb, the Aug. 4, 2014 release of approximately 17 million cubic meters of water and eight million cubic meters of tailings/materials into the Quesnel Lake watershed, an area important for salmon spawning and with great First Nations cultural value, does not constitute an environmental disaster.

Cobb compared the Mount Polley event to a mudslide on the Sea-to-Sky Highway and stated, "The stuff that came out of there was water. There were no chemicals in that water."

"Mayor Cobb's comments excessively minimize the scope and gravity of the Mount Polley incident. This was no mere mudslide – it was a disaster that resulted in the complete evacuation of mine-related water and slurry from a tailings storage facility that was nearly four square kilometres in size."

Water quality sampling to date has shown elevated levels of potentially harmful substances, including copper, in the receiving environment post-breach. Ongoing monitoring and assessment is being undertaken by the mine and the province, with input from XFN and WLIB and their team of experts, to better understand the impacts of the spill, both chemical and otherwise.

"Mayor Cobb's comments excessively minimize the scope and gravity of the Mount Polley incident," states WLIB Chief, Ann Louie. "This was no mere mudslide – it was a disaster that resulted

not be denying the significance of this event – we should be working together, meaningfully and determinedly, to ensure it is fully understood and that best practices for remediation and restoration are implemented."

Both XFN and WLIB recognize the need to align resource extraction practices with more reasonable standards for environmental stewardship.

"Our First Nations are not interested in stifling the economy in the Cariboo, or anywhere else," added XFN Chief Donna Dixon. "We do, however, acknowledge that there are numerous shortcomings in existing environmental legislation, policy and standards. We need to renovate this framework to create a more viable and sustainable system. I don't think that this position is unreasonable. It is a goal that we believe should be shared by all British Columbians. We only have a future, economic or otherwise, if we exercise proper stewardship of our lands and our resources."

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Provincial News

Treaty Commission highlights progress

Vancouver—The BC Treaty Commission released its 2015 annual report, BC Treaty Negotiations: Process and Progress, on Oct. 13.

Treaty negotiations are critical to the future of British Columbia and Canada, reads a press statement, and the investment is significant. Resolving the land question in BC is more important than ever.

Given the critical importance of treaties to the future of the province, the statement reads, the Treaty Commission focused this year's annual report on describing and clarifying its process, including the responsibilities of the negotiating parties, and the role and duties of

the Treaty Commission itself.

The report reflects on the progress—significant accomplishments in treaty negotiations in BC over the last two decades.

A fold-out map is included that illustrates the areas of the province where treaties have been reached and where negotiations have advanced significantly. It shows that reconciliation through the BC treaty negotiations process has advanced significantly in almost a third of the province.

"Discussions around reconciliation between the Government and First Nations are more urgent than ever," said acting Chief Commissioner Celeste Haldane. "There is a successful reconciliatory pro-

cess in BC, supported by an established legal foundation—and as the report shows, it's working. This is something to be proud of and something to be protected."

Quick Facts:

- BCTC's 2015 annual report is available online at www.bctreaty.ca
- Video of the press conference is also available online
- There are 65 First Nations, representing over half of all Indian Act Bands in BC, which are participating in or have completed treaties through the treaty negotiations process.
- Active or completed negotiations involve 41 First Nations, representing 78 Indian Act Bands, totaling 39 per cent of all Indian Act Bands in B.C.



BC Treaty Commission Acting Chief Commissioner Celeste Haldane

City of Port Alberni
EMPLOYMENT OPPORTUNITIES

The City of Port Alberni is currently accepting applications for Maintenance Assistants (Casual) at various City locations.

For information on required qualifications and how to apply go to the City of Port Alberni website:
<http://www.portalberni.ca/employment-opportunities>

Nuu-chah-nulth Tribal Council

Request for Proposals

Uu-a-thluk (NTC Fisheries) is seeking proposals from interested individuals to provide administrative services for Nuu-chah-nulth Nations that are negotiating rights-based economic fisheries with the government of Canada (through DFO). Five Nuu-chah-nulth Nations (Ahousaht, Chhattsaht, Hesquiaht, Mowachahst/Muchahst, and Tla-o-qui-aht) lead the negotiations, and are collectively referred to as the T'aaq-wihak Nations.

Terms and Conditions for Proposal Development
The Contractor will have knowledge of the Nuu-chah-nulth Fishing Rights decision (Ahousaht et al.).

The Contractor will have their own vehicle and be willing and able to travel to remote communities on the west coast of Vancouver Island and other locations as required.

The Contractor will work for, be accountable to, and report to the T'aaq-wihak Nations. The Contractor will be supervised by the Uu-a-thluk Program Manager. The Contract will be administered by the NTC. The Contractor will provide administrative services as outlined below:

- Coordinate arrangements for T'aaq-wihak meetings such as venues, catering, agendas, and materials for meeting kits. Reimbursement for meeting expenses (catering, venue) will be paid by the NTC upon submission of eligible receipts, per NTC policies.
- Record minutes at meetings, transcribe and summarize minutes in a format acceptable to the T'aaq-wihak Nations; prepare and distribute minutes and meeting summaries to appropriate parties within one month of meeting date.
- Maintain, revise, and distribute as necessary, a schedule of T'aaq-wihak meetings.
- Identify and record T'aaq-wihak decisions and action items; report on the status of decisions and action items to the Nations.
- Create and maintain all aspects of file maintenance in both print and digital copies related to T'aaq-wihak related correspondence, minutes, decisions, action items, legal documents, reports, presentations, and other information and media.
- Serve as a point of contact for the T'aaq-wihak Nations and follow-up with inquiries or requests as necessary; coordinate information as requested by the Nations; forward internal/external letters as necessary.
- Assist with funding agreements and/or reporting requirements as needed.

It is estimated that the T'aaq-wihak administrative services will require about 30 – 75 hours (4 – 10 days) per month. The amount of time may increase if a more aggressive negotiations schedule is adopted, or if the Nations determine a greater need for services.

Interested individuals, organizations, or businesses should respond to the contact person below by NOON, October 28, 2015, with a minimum of the following information:

- Cover letter indicating skills, knowledge, and ability to meet the conditions specific to the administrative services being requested.
- Résumé.
- Day rate to provide services listed, excluding travel expenses. Travel expenses will be reimbursed at NTC policy rates in effect at the time of travel.
- At least three references.

Deadline for Proposals: NOON, October 28, 2015

Submit Proposals to:
Uu-a-thluk (NTC Fisheries)
Attention: Sally Hill
Email: sally.hill@nuuchahnulth.org
Fax: 250-724-2172
Address: PO Box 1383
Port Alberni, BC V9Y 7M2

Please phone Sally Hill or Don Hall at (250) 724-5757, or email don.hall@nuuchahnulth.org if you have any questions.

Only individuals or organizations selected for further consideration will be contacted.

hupiimin wiikshaiiy'ap
helping us to be well

Mental Illness Awareness

Mental Illness Awareness is a public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

Understanding Mental Illness

Mental illnesses can take many forms, just as physical illnesses do. Mental illnesses are still feared and misunderstood by many people, but the fear will disappear as people learn more about them. If you, or someone you know, has a mental illness, there is good news: all mental illnesses can be treated.

Learn about mental illnesses – which can also be called psychiatric disorders – and their treatment.

Mental illnesses affect everyone in some way. We all likely know someone who has experienced a mental illness at some point. Yet there are still many hurtful attitudes around mental illnesses that fuel stigma and discrimination and make it harder to reach out for help. It's time to look at the facts.

Some of the mental illnesses are:

- Anxiety Disorders
- Children, youth, and depression
- Depression and Bipolar Disorder
- Eating Disorders
- Grieving
- Obsessive Compulsive Disorder (OCD)
- Phobias and Panic Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Postpartum Depression
- Schizophrenia
- Youth and Self-Injury

Source: Canadian Mental Health Association
Submitted by Matilda Atleo, Health Promotion Worker
Vancouver Island 24 Hour Crisis Line: 1-888-494-3888.
For emotional support or assistance.

Quuquatsa Language Society
#10 Maccoah Site, Box 911, Ucluellet, B.C. V0R 3A0

To members of Quuquatsa Language Society,

Quuquatsa Language society invites you to our Annual General Meeting. We will be adding board members.

We will be discussing and answering questions about our society and our plans. Check out our website for updates and events.

Date: Oct 30, 2015
Time: 5pm-7pm
Location: TBT keep checking the website to confirm location.

Sincerely yours,

Quuquatsa Language Society

Cell (250)720-5501 Email coordinator@quuquatsa.ca

Ha-Shilth-Sa newspaper is published by the Nuu-chah-nulth Tribal Council for distribution to the members of the NTC-member First Nations, as well as other interested groups and individuals.

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DEADLINE:

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

November 13, 2015 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.



Expansion of PA friendship center approved with fundraising to begin

By Denise Titian Ha-Shilth-Sa Reporter

Port Alberni—The Port Alberni Friendship Center Society members elected six new board members at their annual general meeting held Sept. 29.

The election followed a community dinner and board reports on exciting new expansion plans for PAFC.

Elected to the Board are Marie Samuel, Brittney Johnson and Wally Samuel for two-year terms. John Barney was elected to a one-year term seat.

A second ballot was carried out to fill two youth director seats. Charlotte Wishart was elected to a two-year term seat while Danielle Sam was elected for a one-year term.

The new directors will join chair Richard Samuel and directors Sharean Van Volsen and Violet Wishart, who each have one year remaining on their terms.

Elder Ben David has long been associated with the PAFC. In his welcoming remarks he acknowledged the hard work of the directors and PAFC staff.

"There are plenty of activities here all year 'round and to get them we need programs and proposal writing and that comes from the vision of the board of directors," said David.

He congratulated Executive Director Cyndi Stevens, who has been with PAFC for 29 years, and Cheri Newberry with more than 30 years at the center.

"This place is about our culture, so I can say I am proud to be aboriginal," David said.

PAFC Chair Richard Samuel introduced



Above, the Board of Directors of the Alberni Friendship Centre run the annual general meeting. Below, Executive Director Cyndi Stevens is acknowledged.

In his report to members, Samuel said a proposal for new construction in vacant lots adjacent to the PAFC building has been approved.

The board is working on plans to build a licensed daycare and expansion to the gathering hall.

Stevens said that when annual events like the Christmas dinner or Aboriginal Day celebration happen the turnout is so large that people are lined up in the hallways. The new expansion will start at the south wall of the hall and out toward the former bottle depot on 4th Ave. Next to it will be the new, licensed daycare.

A building committee has been formed to begin plans for fundraising. They are looking for volunteers to join the committee.



Anyone with fundraising skills and wishing to join the committee should contact Donna Samuel or leave a message for her at the center.

Native Courtworker and Counselling Association of BC elects Ken Watts

The Native Courtworker and Counselling Association of British Columbia (NCCABC) has announced its new President, Ken Watts.

Elected at the NCCABC Annual General Meeting in Osoyoos, on Oct. 3, 2015, Watts brings a wealth of experience and knowledge in Aboriginal issues to the association.

"I am honored to continue in my new role with the Native Courtworker and Counselling Association," said Watts. "I'm excited to continue to help drive the association to the forefront of justice-related services for Aboriginal people across the province."

Watts has served on the Board of the NCCABC for the past year. In addition

to his role within the association, Watts is the Vice-President of the Nuu-chah-nulth Tribal Council in Port Alberni, B.C.

Watts has provided increased communication to the First Nations Summit, Union of BC Indian Chiefs and BC Assembly of First Nations on the newly formed BC Aboriginal Justice Council.



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 41st year of serving the Nuu-chah-nulth First Nations. We look forward to your continued input and support. Kleco! Kleco!

Legal Information

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

Regional chief sent back to Ottawa with a message

By Debora Steel Ha-Shilth-Sa Reporter

Port Alberni—During his report to the Nuu-chah-nulth Tribal Council delegates at this year's Annual General Meeting Sept. 28, Shane Gottfriedson, BC regional chief for the Assembly of First Nations, was given a message to take back to National Chief Perry Bellegarde.

Chief Councillor Hugh Braker of Tse-shaht said Nuu-chah-nulth expected a higher standard of performance than what we've seen so far from the national chief. Braker said it was inappropriate for Bellegarde to assign his own wife as a political advisor at the AFN's expense.

He said Bellegarde's flip-flop on voting in the federal election "made us look stupid." Bellegarde held a press conference calling for First Nations to vote, then said he wouldn't vote himself, then days later said he had decided, in fact, to vote.

"I hope you are not holding back" Braker told Gottfriedson, on telling the national chief that the nations expect better. "We don't want to be embarrassed for what he is doing in public."

Hesquiaht Councillor Jessie Jim said she has a daughter taking First Nation Studies. When the national chief said he wasn't going to vote, her daughter wondered why she should vote.

"The national chief can't be flip-flopping like that... the youth are listening." For his part, Gottfriedson said one thing



B.C. Assembly of First Nations Regional Chief Shane Gottfriedson.

he has made clear at the AFN table is that, as the national organization, "we need to be stronger." He said he wasn't going to tolerate lat-

eral violence or private and hidden agendas. He remembers what happened to "our national chief" (Shawn Atleo), "the back-biting and deplorable behavior."

Gottfriedson said he was not going to tolerate a divided national table. "Our people, our chiefs, and everybody looks up to us... we have to be stronger." Braker was also concerned that Canada is taking the specific claims tribunal to court.

"They set up this court and now they are in court challenging their jurisdiction." He said it was a conflict for the tribunal not to be independent.

In his report, Gottfriedson said the first 90 days after his election were very busy, and while National Chief Perry Bellegarde has yet to assign portfolios, Gottfriedson continues to work towards improvements in such areas as aboriginal and treaty rights, health and wellness for the children and good governance.

He promotes inclusion of language and culture in education, and safeguarding youth and elders. He expects the specific portfolios will be assigned in early November.

The chiefs special assembly will be held Dec. 8 to 10 in Gatineau, Que. There will be a national energy forum held Feb. 10 and 11, 2016.

The regional chief also reported he has moved the BC AFN office from Vancouver to Kamloops to save many tens of thousands of dollars in rent.

Nuchatlaht's Archie Little thanked him for taking that step and freeing up that money for other priorities.

Advertisement for Tla-o-qui-aht First Nation Administrative Financial Manager. Includes contact info: 1119 Pacific Rim Highway Tofino, BC V0R 2Z0. P: 250.725.3350 F:250.725.3352. Lists duties and responsibilities such as managing finance and administrative support staff, and qualifications like successful completion of Grade 12 and a Post-Secondary Diploma.

Summit support For BCTC

Press Release: First Nations Summit leaders were in Vancouver Oct.13 for the release of the 2015 BC Treaty Commission (BCTC) Annual Report.

"The BCTC Annual report clearly articulates the important contributions the Commission has and continues to make as an independent facilitator of the negotiations process despite being hampered by the lack of a Chief Commissioner since March 2014", said Cheryl Casimer of the First Nations Summit Political Executive.

"While the Principals are currently undertaking a multilateral engagement initiative to identify and consider options to improve and expedite treaty negotiations, the First Nations Summit remains of the view that a Chief Commissioner should be appointed as soon as possible to ensure the BCTC has the ability to properly fulfill its mandate. We will continue to reiterate and emphasize this point following the conclusion of the upcoming federal election", added Casimer.

The BCTC report once again identifies the resolution of overlaps and shared territories between First Nations as one of the largest issues to resolve for First Nations seeking treaty agreements.

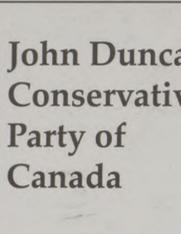
"The FNS supports the work of the BCTC in their direct and indirect efforts in assisting First Nations to achieve resolution on overlap and shared territory issues. This important work will remain a critical focal point and is key to achieving further negotiated agreements", said Robert Phillips of the FNS Political Executive.

The FNS feels it is important to reiterate that, despite BC's lack of willingness to appoint a new BCTC Chief Commissioner, the treaty negotiations process remains active. The FNS remains fully committed to continuing its work with the Principals, especially following next week's federal election, to improve the negotiations process, as well as naming a new Chief Commissioner. Until the Principals reach agreement on this issue, the FNS has every confidence in the BCTC's ability to carry out their mandate as an independent facilitator with the four existing Commissioners.

Who's Who in Courtenay-Alberni



Glenn Sollitt
Green Party of Canada



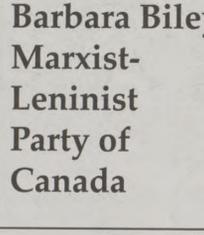
John Duncan
Conservative Party of Canada



Carrie Powell-Davidson
Liberal Party of Canada



Gord Johns
New Democratic Party of Canada



Barbara Biley
Marxist-Leninist Party of Canada

Have your ID ready Three options to prove your identity and address

1 Show one of these pieces of ID
 • your driver's licence
 • your provincial or territorial ID card
 • any other government card with your photo, name and current address

2 Show two pieces of ID
 At least one must have your current address.

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • health card • Canadian passport • birth certificate • certificate of Canadian citizenship • citizenship card • social insurance number card • Indian status card • band membership card • Meta card • card issued by an Inuit local authority • Canadian Forces identity card • Veterans Affairs health card • old age security card • hospital card • medical clinic card • label on a prescription container • identity bracelet issued by a hospital or long-term care facility • blood donor card • CNIB card | <ul style="list-style-type: none"> • credit card • debit card • employee card • student identity card • public transportation card • library card • liquor identity card • parolee card • firearms licence • licence or card issued for fishing, trapping or hunting • utility bill (e.g. electricity, water, telecommunications services including telephone, cable or satellite) • bank statement • credit union statement • credit card statement • personal cheque • government statement of benefits • government cheque or cheque stub • pension plan statement • residential lease or sub-lease | <ul style="list-style-type: none"> • mortgage contract or statement • income tax assessment or evaluation • vehicle ownership • insurance certificate, policy or statement • correspondence issued by a school, college or university • letter from a public curator, public guardian or public trustee • registered reason form from Elections Canada to residents of long-term care facilities • letter of confirmation of residence from a First Nations band or reserve or its local authority • letter of confirmation of residence, letter of stay admission form or statement of benefits from one of the following designated establishments: <ul style="list-style-type: none"> - student residence - senior residence - long-term care facility - shelter - soup kitchen |
|---|---|---|

3 If your ID does not have your current address, take an oath
 Show two pieces of ID with your name and have someone who knows you attest to your address. This person must show proof of identity and address, be registered in the same polling division, and attest for only one person.

Additional pieces of ID may be added. Visit elections.ca or call 1-800-463-6868

Vote in 6 steps

Once you're registered, here's what you can expect when you go to vote at your polling place.

1

When you enter the polling place, an election worker greets you and shows you to the right table.



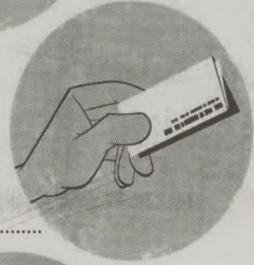
2

At your table, show your proof of identity and address.



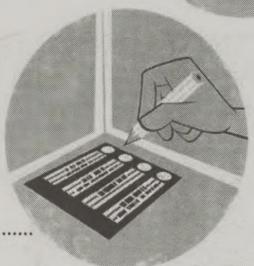
3

The election worker will initial, fold and hand you a ballot.



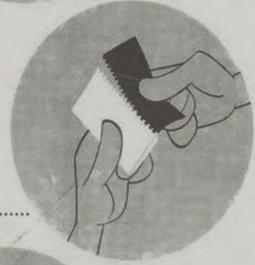
4

Go behind the voting screen, mark and refold your ballot to keep it secret.



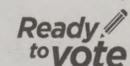
5

Return your ballot to the worker so they can tear off the tab.



6

Put your ballot in the box.



elections.ca | 1-800-463-6868 | TTY 1-800-361-8935



Celebration of Life for Hiyoueah Hosted by son Ray Seitcher held at Tin Wis Oct. 10



Making connections at the DAC Health Ability Fair

The 2015 Disability Access Committee Health Ability Fair kicked off Wednesday morning at Alberni Athletic Hall.

The theme of this year's event was "Wik-ay-its-tsa-wa-chink — You are not walking alone."

This year there was an added focus on trauma, and its effects on the health of people with disabilities and those who care for them.

Noting the need to have a completely safe environment, emcee Barney Williams called for a traditional cleansing ceremony prior to the opening prayer by Joe Tom of the Quu'asa Cultural Team.

Gina Pearson of Tseshaht First Nation and Sharon Van Volsen of Hupacasath welcomed guests into their respective traditional territories.

In her welcome, Nuu-chah-nulth Tribal Council President Deb Foxcroft acknowledged the emphasis on "the generational and historical trauma that affects our people" that Health Ability 2015 would provide.

Foxcroft reminded guests to follow the many guidelines they have been given to maintain their own health and wellbeing. Many of them are simple, she noted.

"It's really important to breathe, deeply, on a regular basis," she said. "Coming together as you are today is really important."

Breathing, socializing, laughing and prayer — all are important to fend off the symptoms of diabetes and heart disease. "Stay connected, by phone, by Facebook. Don't be afraid to pick up that phone," she said.

Foxcroft ended her welcome by inviting guests who were able to stand and join her in a breathing exercise.

Quu'asa Cultural Team

"Now that we're all breathed out," Williams quipped, before inviting up Joe Tom and Dave Frank of the Quu'asa Cultural Team to deliver their keynote presentation, "Wik-ay-its-tsa-wa-chink — You are not walking alone."

In their address, Joe and Dave emphasized the importance of maintaining a spiritual and cultural identity while at the same time functioning in a society that has a different set of rules and expectations. Leading off, Dave spelled out the challenges.

"The Creator is always there for us. But he won't come into our hearts unless we ask," he said.

Part of the confusion is simple terminology, he explained.

"So many names have been given to the Creator," Dave said, naming a series of traditional names, then adding "some call Him God; some call Him Jesus."

The goal is to build and maintain that connection and trust with the Cre-



Photo published with permission from the Elders



Helen Dick is chair of the Disability Access Committee, organizers of the Health Ability Fair.



Above: A ceremonial brushing of the floor was done before the opening prayer. Right: Health Panel was Robert Cluett (NIHB), pharmacists Bijan Mahmoudi and Brant Cullen, with Michael McCarthy (C&HS)



Lisa Watts holds the mic for Deb Foxcroft as who demonstrates deep breathing exercise.

ator, whatever name you assign, he said.

In his presentation, Joe spoke extensively in Nuu-chah-nulth, quoting his grandfather, then explaining the concepts in English.

"Our culture is very powerful, but it is important to keep our focus strong," he explained. "Our fierce struggle is to put those two cultures together. You create your own identity, using what you have learned."

As a Nuu-chah-nulth person, recognize where our pain comes from, but take hold of both worlds and listen to your Creator, Joe said.

"Be receptive to the messages he gives us. It gives us the medicine to deal with it."

Joe noted that many Nuu-chah-nulth have been taught lessons since childhood, by grandparents, aunts and uncles. If those lessons have been filed away somewhere, it is time to reconnect with your family and your culture, he said.

"These are the lessons we have been given, and it is time to give them back," he said.

To emphasize the importance of maintaining connections, Deb Foxcroft was invited to come forward. Foxcroft named her immediate and extended family, from



Dave Frank and Joe Tom of Quu'asa lead Richard Mundy Jr. and Richard Mundy Sr. through a ceremony that helped connect father and son spiritually and culturally.

ancestors down to grandchildren. "It's about remembering who you are and remembering where you came from," Dave said, adding, "And no matter where you are in life, you're here today."

To illustrate the importance of maintaining connections, Dave and Joe led father and son Richard Mundy Jr. and Sr. through an emotional re-bonding ceremony using a braided cedar rope.

Richard Jr. explained that, while he and his father had never been explicitly separated physically or emotionally, it was not until he reached the age of 39 that he realized he had never forged the spiritual and cultural bond his father had been offering since he was a child.

To symbolize that re-bonding, one end of the cedar rope was tied around Richard Jr.'s waist. Richard Sr. took the free end, then drew his son to him. The rope was then wrapped around father and son and the two embraced.

"Now you are connected, no matter where you are," Joe said.

Trauma workshop

Clinical counsellor Margaret Bird spoke on the changing definition of "trauma," and the growing understanding of how it affects us, emotionally, spiritually and physically.

Thanks to a wave of groundbreaking brain research and decades of clini-

cal research, there has been a complete revolution in how patients suffering from trauma are treated, Bird explained.

"We used to talk about the [traumatic] 'event.' Now we talk about how it affects you," she said.

On the physical side, scientists now think of the human brain as three brains, with each handling different functions. In a healthy brain, they all interconnect seamlessly.

"We call one of these 'brains' the Reptilian Brain. That's the 'Survival Brain,'" Bird said. This primitive 'brain' kicks into action during fight-or-flight situations, launching a flow of powerful chemicals and hormones (chiefly cortisol) into the bloodstream to deal with the immediate emergency.

"A traumatic experience triggers these hormones. But when the experience is over, they need to be shaken off, or they can be re-triggered."

In effect, the trauma victim can become programmed to fire off these fight-or-flight chemicals and hormones at the slightest triggering episode. An overload of cortisol can cause brain damage.

As a result of this 'hyperarousal,' the trauma victim may become extremely agitated and nervous, they may disconnect from family and social situations to avoid triggering incidents. They may self-medicate with drugs and/or alcohol or fall prey to other addictions.

Continued on page 11.



Congratulations! Cedar weaving instructor Geraldine Tom (right) is excited about Cindy Keitlah completing her project at the DAC Health Ability Fair.

Learning, living well and laughter at the health fair

Continued from page 10.

"Or they may become compulsively social because they don't want to be alone," Bird said.

With better understanding of the all-encompassing effects of trauma, clinicians now don't ask, "What's wrong with you?" They ask, "What's happened to make you act this way?"

"If we don't understand trauma, the world can be a pretty unforgiving place," Bird said.

That is why there is now a comprehensive goal to make society (especially the school system) more "Trauma Informed."

"We must stop asking that traumatized student, 'What's wrong with you? We must instead ask, 'What's happened to you?'"

Bird noted that much of the new understanding of trauma flowed from the treatment of thousands of mentally and emotionally damaged veterans following the Vietnam War.

By having such a large base of subjects who had undergone similar, specific traumas, it was possible to establish the common physical and psychological responses as their illness played out.

That mass of research led clinicians to define Post Traumatic Stress Disorder and to better understand the full effect of trauma on the human system.

That research has also brought better understanding of the short- and long-term effects of trauma on generations of residential school survivors and their families.

In the question period, one residential school survivor said he exemplifies what Bird described.

"I live alone and I get frustrated when I miss appointments. I lost two doctors because I forgot appointments. I get frustrated and I take it personally."

In response, Bird promptly provided a connection to a clinician in his home community of Ahousaht.

Deb Foxcroft threw in a reminder that trauma can be a direct cause of disease. "True," Bird said. "There is a very high connection between unresolved trauma and illness."

Her final message: "Trauma can be cured. But you have to reach out for help and support."

A chance to be pampered

During the presentations, guests were able to take advantage of the self-care sessions. In the main hall, there were booths for massage, reflexology and acupuncture. Upstairs, there were haircuts and even mini-manicures.



Holly Cameron provides reflexology treatment to Wilma Keitlah.



Clinical counsellor Margaret Bird explains the parts of the brain and the effects of trauma.

This year, due to popular demand, there were two tables devoted to cedar weaving and another for native design applique.

Information and resource tables, included Shoppers Drug Mart, Service Canada and NTC agencies: Non-Insured Health Benefits, Nuu-chah-nulth Employment & Training Program, Nursing, the Disability Access Committee and Quu'asa.

As an added bonus, Curtis Dick and Jason Walker of the First Nations Emergency Services Society set up a table prior to their presentation on fire safety.

Health Panel

Shoppers Drug Mart and NIHB took centre stage for the health panel discussion. Pharmacist Brant Cullen delivered a presentation on mental illness from a community standpoint, while local Shoppers franchisee Bijan Mahmoudi focused on the benefits and hazards of prescription medication, with a focus on



people with disabilities.

Spelling out the dangers of drug interactions, Mahmoudi emphasized how critical it is that your pharmacist knows all of the various prescription medications you are taking, in order to avoid potentially life-threatening consequences of mixing prescription medications with over-the-counter medications, street drugs and/or alcohol.

NTC NIHB Coordinator Robert Cluett delivered an overview on how non-insured health benefits coverage has evolved over the years. Cluett spelled out the services that are now covered, and, even more importantly, the steps which must be taken to receive them.

Following the presentations, panel members answered a wide range of questions from audience members, to clear up misconceptions and to clarify requirements to obtain services and supports.

Helping people communicate

The final formal presentation of the day came from Kevin Dhillon, who has developed an iPad app for clients with autism.

The term autism covers a full spectrum of behaviors and disorders from mild to severe. The common factor is some degree of difficulty in relating to other people.

Dhillon's app contains a range of tools and exercises that allow autistic clients



Comedian Gerry "Big Bear" Barrett prepares to take the stage for the after dinner show at the health fair.

to overcome many of the symptoms that prevent them from functioning. With such a complex disorder, he explained, each client must use a very specific set of tools to obtain the greatest benefit. That means each iPad must be tailored to the individual client.

Dhillon cited several clients to demonstrate the range of needs within the autistic community.

There is BD, "a young woman with extreme difficulties." Those "difficulties" often include punching holes in the wall or ripping out her own fingernails.

"She still has episodes of behavior, but she uses the iPad every day and it is helping her learn to communicate.

"Joe" can verbally communicate, but has poor comprehension. His iPad is programmed to give symbolized instructions to help him function more normally.

"Malcolm" is very high functioning. He works with computers and he builds apps. But he needs help with his social skills."

In this instance, the individualized service plan includes Malcolm's mother.

"Malcolm spends a lot of time on the Internet. The iPad allows his mother to monitor his Internet use and block specific websites. Each plan is created to meet the individual's needs."

As part of the app package, Dhillon provides training, third party insurance and ongoing support.



Luke George helps comedian Gerry Barrett with a song he composed, while ladies in the audience enjoy the fun at the DAC Health Ability Fair held at the Athletic Hall Oct. 7 and 8 in Port Alberni.



Elvis ain't nothing but a hound dog at the fair

By Debora Steel
Ha-Shilth-Sa Reporter

Port Alberni—They say laughter is the best medicine, and it's one reason why the Disability Access Committee always treats participants to a bit of fun on the first evening of the Health Ability Fair, held this year Oct. 7 and 8 at the Alberni Athletic Hall.

This year it was comedian Gerry 'Big Bear' Barrett who warmed up the crowd for a special appearance of the Ojibwe King of Rock and Roll himself, Elvis. Barrett talked about how he knew he was different growing up in the foster care system. He found that his impressions of Elvis got him the good attention he sought, and he enjoys performing to this day.

Elvis came out with his slick crew of Joe Tom, Florence Wylie and Barney William leading him to the stage, and they had to fight back one adoring female trying to make her way to the stage. Soon Elvis was belting out his famous hits,



Photos by Deb Steel



and people were dancing in the aisles or swaying with the beat.

Then Ojibwe Elvis went into the crowd to wrap red scarves over the shoulders of some lucky ladies and sing a few words into their ears. A good time was had by all.



Fire safety: Be prepared

Time is a burning issue when it comes to making your home safe from fire, according to Curtis Dick and Jason Walker of FNESS.

Their presentation coincided with Fire Prevention Week, but as Dick observed in his opening, "You're not alone in not being prepared."

For people living in First Nations communities across Canada, some of the statistics are shocking: fires are twice as likely to happen in a First Nations community compared to the national average rate of injury by fire is twice that of the national average

the cost of damage is ten times higher than the national average

"One of the big things that comes up is overcrowding," Dick explained. When people are stuffed into inadequate, poorly maintained housing, the risk of sparking a fire and of that fire from burning out of control are magnified.

"For one thing, people start removing smoke detectors because somebody is always cooking or smoking," Dick said. "Fire is scary," Walker said. "You should be afraid of fire."

Minutes count. If the smoke alarm goes off, you probably have about three minutes to get yourself, your family and your pets out of the house.

Once the fire department is contacted, then it is a matter of minutes before they arrive. If it is a fully professional urban fire department, they would typically arrive in less than nine minutes. For rural volunteer units you can probably double that.

A short video illustrated how quickly a house fire can burn out of control.

In a simulated living room, a small fire is ignited in a corner near a couch. On screen, a clock ticks off the seconds.

After one minute, the flames have tripled and spreading fast. At 1:30, the flames have reached the ceiling. At two minutes, the smoke alarm goes off.

By 2:30, the entire room is engulfed. Twenty seconds later:

"It has now flashed over and you better be out of your house," Walker said as the blaze suddenly filled the screen.

Note, the smoke detector took two minutes to activate. It takes five to seven minutes for a fire to engulf an entire house. Have a plan in place to get everybody out safely.

And it's not only the flames that can kill or injure you. Heat from the fire can reach 1,500 degrees near the ceiling. It can melt objects and sear your lungs.

Smoke and toxic gases kill more people than flames. Gases like carbon monoxide can make you drowsy and disoriented before you know what's happening. If you are evacuating a home, get down low to avoid that lethal heat and all those toxic gases.

That's why a set of functioning smoke alarms in key rooms (all bedrooms, for a start) is your most important safety tool, Walker said. If you have a woodstove, you also need a carbon monoxide detector.

New building laws require smoke detectors to be hardwired. But in remote communities subject to power blackouts, it is important to keep battery-powered detectors in place for backup. There are also smoke detectors for the hearing impaired that substitute flashing lights for sound.

While it is good to have a fire extinguisher on hand, there are a number of considerations to be made. What type of fire is it? Bearing in mind how quickly a fire can get out of control, can you retrieve your extinguisher and douse the fire before it's too late?

Most important of all? Call your fire department immediately, as soon as the fire is detected. "Use 911 or whatever works," Dick said. "In our community (Ahoosht), we use VHF radio. Use whatever works."



Curtis Dick



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B: 250-724-0185 F: 250-724-1774 Toll Free: 866-724-0185



**Tseshah First Nations Presents
West Coast Wednesdays**

**Location: Tseshah Longhouse
5001 Tsuma-ass Drive, located
on the Tseshah Reserve beside
Maht Mahs gym.**

**Dates and Times
November 16 6 p.m. to 8 p.m.
December 16 6 p.m. to 8 p.m.**

Tseshah would like to invite all Nuu-chah-nulth living in the Alberni Valley area to our West Coast night @ The Longhouse. Let's get together and share our Nuu-chah-nulth songs, dances, stories, masks, drums, shawls and so much more. This our culture, our identity, out night.

**All Nuu-chah-nulth
are invited!!!!
Please come and share
your ideas and suggestions**

**For more info, please contact Gail K Gus
Tseshah Admin office # 250-724-1225
email: gkgus@tseshah.com**

NOTICE IN ACCORDANCE WITH UCHUCKLESAHT LAW



**Uchucklesaht Tribe Government
Elections 2015**

Uchucklesaht Tribe Notice of Poll and Approval of Candidates
Notice is hereby given to the Citizens of the Uchucklesaht Tribe that a Poll will be held for the Election of **Chief Councillor** for the Uchucklesaht Tribe.

Regular Poll

The Regular Poll will be held on:
Saturday November 14, 2015 from 8:00 a.m. to 6:00 p.m.
at the
Port Alberni Lawn Bowling Hall, 4255 Wallace Street, Port Alberni BC.

Advance Poll

An Advance Poll will be held on:
Tuesday November 3, 2015 from 8:00 a.m. to 6:00 p.m.
at the
Uchucklesaht Tribe Administration Building, 5323 River Road Port Alberni BC
A copy of the List of Electors is posted in the Uchucklesaht Tribe Administration Building, 5323 River Road, Port Alberni, BC.

Eligible voters may vote in person at either the Advance Poll or at the Regular Poll.

A mail-in ballot package and an electronic voting PIN will be sent to all electors who live outside of a 25km radius of Port Alberni and to those within a 25 km radius who request it. Mail-in ballots will be received until the close of polling on November 14, 2015 and Internet based electronic voting will be available from November 5, 2015 until 6:00 p.m. November 11, 2015.

The following candidates have been nominated:

For Chief Councillor
Charles Kelly Cootes (aka Charlie Cootes Junior)
Charles Cootes (aka Charlie Cootes Senior)
Megan Cootes
Carla Halvorsen

A nomination meeting for Chief Councillor, family Councillors, and an unaffiliated Councillor was held on September 26, 2015. The foregoing candidates were nominated for Chief Councillor.

Also nominated were:

• Cootes 1 Family Councillor Wilfred Cootes Jr.
• Robinson Family Councillor Sabrina Crowley
• Rush Family Councillor Regina Frank

There were no nominations for the Cootes 2 or the Sam families, nor were there any nominations for the unaffiliated family Councillor position.

Given under my hand at Yellowknife NT, this 3rd day of October, 2015.

Christopher (Kit) Spence
Chief Electoral Officer, Uchucklesaht Tribe Government



Krista with dad Taras Atleo. Her letter came to the attention of the War Amps, an association that has been helping amputees since 1918.

Help comes from War Amps

By Denise Titian
Ha-Shilth-Sa Reporter

Chilliwack, B.C. — It's been a difficult year for the Atleo family after husband and father Taras Atleo lost both his hands in a work place electrical accident in November 2014.

While the family is grateful that Taras survived the accident, they found that dealing with the government agency, WorkSafe BC, has been an experience fraught with stress for the entire family.

The Atleo family's story was in the news earlier this summer after a letter written by their 12-year-old daughter Krista began circulating on social media. The letter described how life had changed for her family and the challenges her father faces as he adjusts to life without hands. When WorkSafe BC said they would discontinue home support services the family felt helpless.

WorkSafe BC reinstated the home support service after the Atleo story hit the media. But their story also caught the attention of The War Amps, an association that has been helping Canadian amputees since 1918.

The War Amps immediately contacted Taras to offer their support.

"We are hoping to develop a sound working relationship with WorkSafe BC, and once the effects of amputation are fully explained, they should understand the level of care and treatment Mr. Atleo will require," said Annelise Petlock, Advocacy Program Manager for The War Amps.

"This is wonderful news," said Lorena Atleo. "This relieves us from the stress of dealing with WorkSafe BC," she added.

Lorena says while home support for her

husband has been reinstated it is only approved until the end of 2015. "At first we only had it on a week-to-week basis but when they saw how much it stressed Taras out they approved it for the remainder of the year," she said. At that time the family would have to negotiate with WorkSafe BC again, for support.

Working through the bureaucracy is frustrating and belittling when you have to let someone else decide what tools you need to get through life, Lorena added.

Taras is working through the application process to get bionic hands, but it's a waiting game. The family hoped Taras would begin rehabilitation soon, in preparation for his new hands but they say WorkSafe BC told them that the approval process takes two years. The family says the wait time is too long and they believe that WorkSafe BC agents do not understand their needs and how profoundly their lives have changed.

The War Amps has an advocacy program that the Atleos will use in their dealings with WorkSafe BC.

"We know, for instance, that recovery from a double amputation doesn't always have specific timeline. There are both the physical and psychological components to consider, as well as the residual effect on the whole family unit," said Petlock.

The family is grateful for the support of The War Amps. "They're very supportive and they know what it's like because most of their organization is made up of amputees," said Lorena.

She said The War Amps are true advocates that have taken a tremendous amount of stress off of the family.

"We feel good having help from someone at their level and we completely trust them," said Lorena.

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Phone: 724-3944

E-mail: tseshahmarket@shaw.ca

Web address: www.tseshahmarket.ca



Nuu-chah-nulth Nursing Services gifting of a Baby Blanket

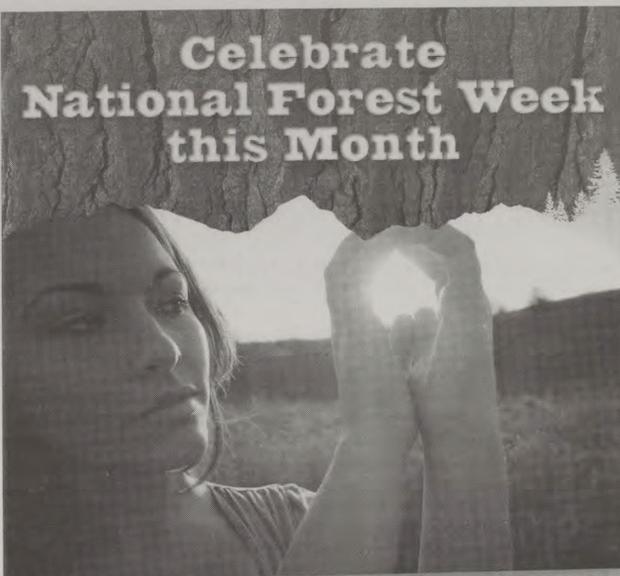
Nuu-chah-nulth Nursing services have provided baby blankets to newborns for some time. The presentation of a blanket is part of the Nursing Services care delivery model in supporting pregnancy, birthing and parenting.

TOP: Cruz Reese Liam Mack

"When I received the blanket, it made us feel so cared for by the NTC nurses. Throughout my pregnancy from December to May Francine Gascoyne was following me and when Cruz was born we saw her weekly. We feel so loved by her. Our experience with NTC nurses was so great. We need our own nurses in the hospitals. Thank you, Francine and all the other NTC nurses that have helped us along the way." Myra Mack

From January 1, 2015 to October 1, 2015 our records show that 86 babies were born. The soft red and black, flannel and cotton blankets were designed and sewn by Deborah Cook, a Huu ay aht community member.

The gift is a positive first contact if the nurse and new mom have not connected. The nurse has the opportunity to see how the mother is managing with her newborn. Even mothers who have delivered babies before may need support. Nurses are available in Nuu chah nulth communities on a regular basis. Any community member can request to see their Community Health Nurse by calling 250-724-5757.



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Federal election day is Monday

Are you ready to vote?

If you're a Canadian citizen, 18 or older, you can vote in the federal election.

Your voter information card tells you when and where to vote.

If you didn't receive your card, you can still register and vote at your polling place.

To find out where to vote, and what ID to bring, visit elections.ca or call 1-800-463-6868 (TTY 1-800-361-8935).

Elections Canada has all the information you need to be ready to vote.



Ready to Vote
October 19, 2015



Community & Beyond

"Real World" Business Skills Training Each Tuesday until Dec. 2 Port Alberni and Online

Thinking or Dreaming of Your Own Business? Need Mentorship for Existing Businesses? Then Join Build My Business Together Workshops held by the Nuu-chah-nulth Economic Development Corporation. See the ad on page 15.

Federal General Election Day Oct. 19 Canada-wide

The Nuu-chah-nulth Tribal Council is encouraging Nuu-chah-nulth people to vote

in this election. The three ridings in Nuu-chah-nulth territory are called Aboriginal Swing Ridings, meaning the Aboriginal vote could be a deciding factor in which candidates will represent Courtenay-Alberni, North Island-Powell River and Cowichan-Malahat-Langford. See pages 7 to 9 for candidates' responses to issues concerning Nuu-chah-nulth people.

Flea Market & Loonie Twoonie Oct. 24 Port Alberni

To be held at the Tseshaht Cultural Centre (Loghouse on hwy on right-hand side before Market) 5211 Watty's Road Sat, Oct 24th 9 a.m. to 4 p.m. Grand Prize:

39" RCA TV, New and Used Treasures, Baked Goodies. Come out for Halloween Howls! Tables available call Linda at 250-724-7152 or text: 250-730-0677. All proceeds to cover student costs. Thank you for your support.

Nick Howard Memorial Potlatch Oct. 24 and 25 Campbell River

We would like to invite the family and friends of the late Nick Howard to a memorial potlatch.

Uchucklesaht Tribe Peoples Assembly and General Voting Day Nov. 14 Port Alberni

Meeting will be held at the Port Alberni Lawn Bowling Hall from 9 a.m. to 2:30 p.m. Voting hours 8 a.m. to 6 p.m. See ads on pages 20 and 21 for details.

Basketball Tournament Nov. 20 to Nov 22 Gold River

Two Gold River Gyms: Wahmeesh Gym - Men's Games & GRSS Gym - Women's Games. For more information please call Jimmy Johnson at 250-283-2150 or by facebook. Entry fee: \$350.00. Men's Prizes: 1st \$1000.00/Trophy, 2nd \$800.00/Trophy, 3rd \$400.00/Trophy, Women's Prizes: 1st \$800.00/Trophy, 2nd \$400.00/Trophy, 3rd \$200.00/Trophy. Starting Friday Nov. 20 at 5 p.m. This is a fundraiser for Colin Johnson's medical expenses

Suicide Peer Support Group First Thursday, Monthly Port Alberni

The KUU-US Crisis Line Society hold a Suicide Peer Support Group Meeting on the first Thursday of each month at the KUU-US Office location, 4589 Adelaide Street in Port Alberni. Time 6-8 pm light refreshments served. Please insert this information into your newspaper. Thank You. If you have any questions please call the crisis line at 250-723-4050



UCHUCKLESAHT TRIBE PEOPLES ASSEMBLY & GENERAL VOTING DAY

Date: Saturday November 14, 2015

Location: Port Alberni Lawn Bowling Hall
4255 Wallace Street
Port Alberni, B.C.

Time: Meeting 9:00 a.m. to 2:30 p.m.
Voting Hours 8:00 a.m. to 6:00 p.m.

What: Peoples Assembly and Election Day

Facilitator: Scott Coulson
Chief Electoral Officer: Kit Spence
Who: Uchucklesaht Tribe Citizens and Enrollees

www.hashilthsa.com



Tla-o-qui-aht First Nation

1119 Pacific Rim Highway Tofino, BC V0R 2Z0
P: 250.725.3350 F:250.725.3352

Administrative Financial Manager

A management position that will oversee and direct financial and administrative staff, and operations and reports to the Chief Executive Officer. This role requires a high level of financial and administrative management knowledge. Experience with the financial program, budgeting, policy development, administrative structure and human resources will be mandatory.

Duties and Responsibilities

- Manage finance and administrative support staff
- Oversee management level functions of reporting, policy review, business operations analysis, and management team meetings
- Annual participation in budget creation (for entire organization)
- Human Resource compliance. Maintaining HR records, and adhering to HR policy for decision making criteria.
- Evaluating staffing requirements as required
- Contracting, and advanced business writing duties.
- Reporting to Chief & Council and Membership as required.
- Implementation and maintenance of Communications, Information Technology, and HR Structure plans.
- Performs accounting related duties
- Responsible for Office Operations at various locations
- Conducts research and analysis as required
- Other duties as required

Qualifications

- Successful completion of Grade 12
- Successful completion of a Post-Secondary Diploma or Certificate in related field or equivalent combination of training and experience
- Highly skilled in MS Office.
- Experience with accounting and information management software.
- Must be able to work in a changing, dynamic, and high stress environment
- Ability to handle conflict with sound judgement
- Must be organized, accountable, responsible and able to maintain confidentiality
- Valid Driver's License, with access to a vehicle
- Pass a criminal records check

Deadline to apply is: **Friday October 23, 2015**

Submit your resume with covering letter that demonstrates how qualifications are met. To the attention of:

Chief Executive Officer - Ted Adnitt
Email: ceo@tla-o-qui-aht.org
Fax: 250.725.3352
Office in a sealed envelope: #1119 Pacific Rim Highway Tofino



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CHANGE EVERYTHING.



Who's Who in North Island - Powell River riding



Brenda Sayer
Green Party
of Canada



Laura Smith
Conservative
Party of
Canada



Peter Schwarzhoff
Liberal Party
of Canada



Rachel Blaney
New
Democratic
Party of
Canada



Communications Coordinator

Nuu-chah-nulth Tribal Council (NTC) is seeking a term, full-time Communications Coordinator to carry out functions that a) strengthen the relationship between the organization and its member nations through information sharing; b) build awareness of NTC's advocacy and program initiatives with Nuu-chah-nulth peoples and the general public; and, c) improve the communications capacity of the various departments of NTC and its member nations. Efforts will include a holistic approach to effective, practical and creative outreach to communities that are remote, have few resources, as well as challenging, limited technologies. Based out of Port Alberni, this position is anticipated to run to March 31, 2016.

Responsibilities will include, but are not limited to:

- Research and draft various official statements and correspondence on a broad range of topics
- Collaborate with Nations and individual NTC departments on communications planning
- Work with NTC departments and designer on Website content
- Assist in the promotion of NTC programs and initiatives
- Build upon the Communications Toolbox as set out in the communications strategy, working creatively to overcome barriers of communication
- Preparation of communications tools and materials to implement the NTC communication strategy
- maintain the NTC brand and encourage a consistent voice for all internal and external content
- remain alert to and informed of the concerns and issues affecting NTC and the Nuu-chah-nulth peoples
- Manage day-to-day engagement with internal and external audiences

Qualifications:

- Ability to write clean, clear, persuasive and engaging copy in a timely manner in response to target news cycles
- Ability to juggle multiple ongoing projects while maintaining flexibility to respond to urgent, unplanned events without constant supervision or direction
- Ability to analyze and recognize opportunities to advance NTC issues, positions, programs and initiatives
- Ability to produce messaging through graphic representation using InDesign, Photoshop and other design programs, with advanced knowledge and proficiency of Windows MS Word, MS Excel, MS PowerPoint and Adobe Suite office products
- Proficiency in producing video messages an asset
- Ability to organize outreach to journalists and maintain relationships with media professionals
- Critical thinking, with knowledge of the Nuu-chah-nulth worldview, values and principles
- Formal training in communications or comparable experience and education
- Strong knowledge of communications principles, practices and strategies for a variety of media channels, including electronic and social media
- Clean criminal record required
- Possess current driver's license and reliable vehicle with ability to travel

Apply by **October 30, 2015** by sending your cover letter, 3 references and resume to:

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

(We regret that we will only respond to those applicants chosen for an interview)



Nuu-chah-nulth Tribal Council

Kleco, Kleco

maaxtaqšičicuuš: you have all done us a kindness. hupīstał. Helpful to each other.

A huge thank you to the Volunteers who made the Quuquuatsa Language Society Fall Fair Booth a success!

Many hands make light the work... we are very appreciative are we that you helped out. We won a free table for 2016 too!

Thank you so much to Eva Prevost, Deanna, Charlotte Rampanen, Patty Frank, Hilda Nookemis and Benson Nookemis, Gerri Thomas, John Rampanen, and Nitani Desjarlais, Robert Wells and Justin Wells, Phyllis Rossignol, Chris, Bernice Touchie, Tessie Smith, and our anonymous supporters!

We also acknowledge the in-kind donations and financial support that has come from 7iihātisath/čīnaxint, Yuuūʔiʔiʔath, čīšath, toqʷath, Tsawayuus: Rainbow Gardens, the Hashilthsa, and North Island College for this past year. Each of these tribes and organizations have donated cash or in-kind services and support. All these supports make a difference toward moving our nations toward fluency and bringing our languages into the open where they belong!

hiikuusinupšīit -
Victoria Wells, President
Quuquuatsa Language Society
www.quuquuatsa.ca
www.facebook.com/Quuquuatsa
C:250-730-9133



Photo by Georgina Sutherland

Students of the Personal Support Workers class were photographed at graduation with Nuu-chah-nulth Tribal Council Nursing Program staff. Students in the 10-month program are Lauren Amos, Jennifer Andrews, Brenda Johnson, Cindy Johnson of Mowachah / Muchalaht, Sara Fred of Tseshaht, Denise John of Kyuquot and Alice John, Clarence John, and Pauline John of Ehattesaht. This is a 42-week course offered in the Northern Region in partnership between NTC and Discovery Community College. The program was designed to specifically meet both the personal and professional needs of the students by incorporating not only the core PSW courses, but also additional training that added to the students' ability to provide personal assistance and support services for people who require short-term assistance or ongoing support, but most importantly to provide assistance for Elders who want to remain at home. The students developed the knowledge, skills, and attitudes necessary to effectively deliver front-line care-services; providing person-centred care aimed at promoting and maintaining the physical, emotional, cognitive, and social well-being of clients.



NOTICE ACCORDANCE WITH UCHUCKLESAHT LAW

Uchucklesaht Tribe Government Elections 2015 Notice of Election and Nomination Meeting

Notice is hereby given to the Citizens of the Uchucklesaht Tribe that an election will be held for the offices of:

- Chief Councillor
- Five members of Council elected individually on a family basis
- One member of Council elected by those citizens not identified as belonging to one of the five Uchucklesaht families

on **Saturday November 14, 2015 at the Port Alberni Lawn Bowling Hall at 4255 Wallace Street Port Alberni**. Polls will be open from 8:00 a.m. until 6:00 p.m.

A nomination meeting will be held on **Saturday September 26, 2015 at 1:00 p.m. at the Echo Park Field House 4200 Wood Avenue Port Alberni, BC** at which time eligible voters will be able to nominate candidates for all offices.

Eligible citizens who are interested in being candidates for any office may get a Nomination Package from the UTG Administration Office or from the UTG Web site. (<http://www.uchucklesaht.ca>)

Eligible citizens who wish to nominate someone as a candidate must submit a nomination form to the Chief Electoral Officer before 1:00 September 25, 2015 through the UTG Administration Office or in person at the nomination meeting on September 26, 2015. Nomination forms are available at the UTG Administration Offices or online at the UTG Web site. (<http://www.uchucklesaht.ca>)

All nominations must be seconded by an eligible voter at the nomination meeting in order to be considered.

Prospective candidates who have been duly nominated and seconded will have until October 2, 2015 to complete their nomination package and submit it to the Chief Electoral Officer.

A notice of poll and list of candidates will be issued by the Chief Electoral Officer by October 6, 2015

Eligible voters may vote:

1. At the regular poll on Saturday November 14, 2015 from 8:00 a.m. to 6:00 p.m. in the Port Alberni Lawn Bowling Hall at 4255 Wallace Street Port Alberni.
2. At the advance poll to be held on November 3, 2015 from 8:00 a.m. to 6:00 p.m. in the UTG Administration offices in Port Alberni.
3. By mail-in ballot. Mail-in ballots will be sent to all citizens who reside outside of a 25 km radius of Port Alberni and may be sent to citizens who reside within 25 km upon receipt of a request to the Chief Electoral Officer for a mail-in ballot package.
4. Electronically on the Internet from November 5 - 11, 2015. Personal Identification Numbers (PIN) and instructions for electronic voting will be sent to all citizens who reside outside of a 25 km radius of Port Alberni and may be sent to citizens who reside within 25 km upon receipt of a request to the Chief Electoral Officer for an electronic voting package.

A list of eligible voters is posted in the UTG Administration Offices in Port Alberni and on the UTG Web site at <http://www.uchucklesaht.ca>

More information about the election, the nomination process, the voters list, and the voting may be obtained from the Chief Electoral Officer who may be contacted by email at UT_CEO@shaw.ca or by telephone at 250-881-0142.

Given under my hand this 8th day of September 2015,
Kit Spence
Chief Electoral Officer
Uchucklesaht Tribe Government

Certificate of Appreciation

October is Foster Parent Appreciation Month! Klecko Klecko to all our Caregivers

This certificate is awarded to

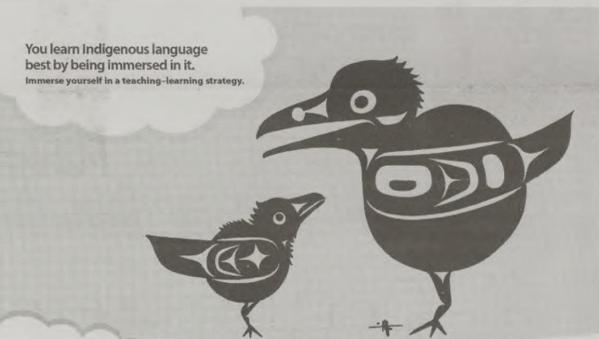
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Usma Resource Team
Signature

October 1, 2015
Date

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LING 180B: Issues, Principles & Practices in Language Revitalization (1.5 units)
Introduces contemporary issues, principles and practice models from Canada and around the world.
Dates: Sept. 18-20 and Oct. 2-4, 2015
Time: 9 am to 5 pm
Instructor: Victoria Wells

LING 183B: Field Methods for Language Preservation and Revitalization: Project Development (1.5 units)
An examination of project planning and development appropriate for field activities. Includes interview and language-data recording methods, language documentation and database development, media production, publishing and approaches to sharing information.
Dates: Oct. 16-18 and Oct. 30-Nov. 1, 2015
Time: 9 am to 5 pm
Instructor: TBA

LING 158: Indigenous Language Mentorship (1.5 units)
100-hour mentorship with a fluent speaker.
Dates: Sept. - Dec., 2015; Orientation: Aug. 24-25

Fee per course: \$526.20 + \$100 program fee (includes materials) = \$626.20 total
For more information and to register, please contact:

Janna Wilson, Program Coordinator
CALR Program, University of Victoria
Phone: 250-721-8504
Email: calr@uvic.ca
Website: www.uvic.ca/aboriginal/

QLS Coordinator
Quuquuatsa Language Society
Phone: 250-730-5501
Email: coordinator@quuquuatsa.ca

Quuquuatsa Language Society

For breaking news and information first, go to www.hashilthsa.com Join us on Facebook and on Twitter too.

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Volunteer

HELP WANTED: Need work experience? The Port Alberni Friendship Centre is looking for interested applicants for various positions. Hours per week vary. Call Jeff 250-723-8281

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FOR SALE: Drums made to order. Great graduation gift. Call Earl 250-730-1916
FOR SALE: Creator's own seal oil. Great source of Omega 3. Faith or Richard Watts, Weelth-tshah. 250-724-2603 or 250-731-5795
FOR SALE: Deer hides, excellent for drum making. Call 250-724-2932

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: Linda Edgar of Nitinaht, 250-741-4192
NATIVE ARTIST: Connie Watts 5235 Hector Road Port Alberni, BC Phone: (604) 313-0029
CARVINGS: Kyuquot Carvings 280 Awatin View Kyuquot, (250) 332-5970

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
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Marine

FOR SALE: Herring net. 30 strips deep, 220 fathoms long. \$1600 250-285-3475

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MEETING RENTAL SPACE AVAILABLE NOW
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 Contact: Christine Hintz 250-724-1225 or chintz@tseshah.com

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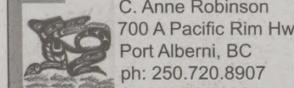
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Brent: 250 - 720 - 5160

Ben David
 Nuu-shah-nulth
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 Email: nedc@nedc.info
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Daniel Blackstone
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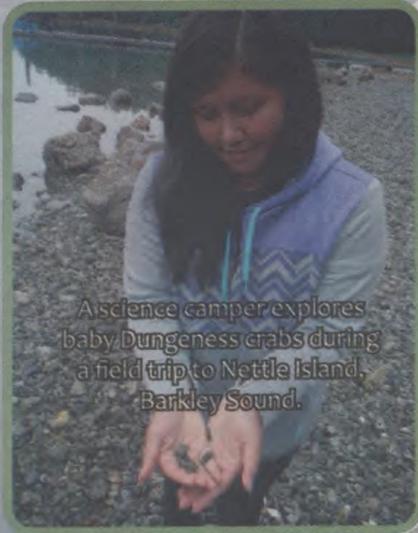
The ceremony was held on Sept. 26 in Port Alberni at the Alberni Athletic Hall



Photos by Deb Steel



Recognizing Our Donors: Uu-a-thluk Summer Camps Bring Science to Life



A science camper explores baby Dungeness crabs during a field trip to Nettle Island, Barkley Sound.

This past summer 100 children from Ahousaht, Ditidaht, Ehattesaht/Chinehkint, Hupacasath, Huu-ay-aht, Mowachaht/Muchalaht, Tseshah, Uchucklesaht and Ucluelet First Nations participated in Uu-a-thluk science camps. Since 2005, Science Venture and the University of Victoria have partnered with Uu-a-thluk to bring a combination of science and Nuuchah-nulth cultural knowledge to kids in Nuuchah-nulth communities.

The camps would not be possible without the ongoing collaboration and donations from sponsors. With the generosity of our donors, Uu-a-thluk raises between \$5,000 and \$8,000 each year. As a result, close to 1,000

kids have participated in this camp over the past 10 years.

"As a business that operates in the marine environment in Nuuchah-nulth traditional territory, Uu-a-thluk Science Camp is a great fit for our community donation program," said Tim Rundle, General Manager for Tofino-based Creative Salmon. "Creative Salmon's aquaculture operation relies on knowledgeable, dedicated employees who care about operating in the ocean in a respectful manner."

The science camps aim to familiarize children grades 4-6 with scientific concepts, especially those concepts related to sea resources and management. The five camps incorporate teachings from elders who hold a wealth of knowledge about managing our resources with a focus on fisheries and marine ecosystems. Some elders who participated in this year's science camps were Hank Gus, Tseshah Beach Keeper, Rowena Cootes from Uchucklesaht who helped out at the Hupacasath/Uchucklesaht camp, and Ray Williams, Mowachaht/Muchalaht elder who

conducted traditional teachings on salmon at Friendly Cove. Each year, campers have the opportunity to participate in field trips that explore the marine environment through the lens of science.

"The photo scavenger hunt was a big hit," said Michelle Colyn, Capacity Building Coordinator referring to the activity that took place on Nettle Island in Barkley Sound. "Youth learned about how the sun bounces off objects to highlight colours, and we gave the kids some paint colour samples to find similar colours in the marine environment."

Currently there are only a few Nuuchah-nulth First Nations in post-secondary programs related to resource management or fisheries science. Teaching scientific concepts through hands-on learning helps foster interest among young children for different areas of science such as marine science, medicine/health, chemistry, biology and environmental science/conservation. Through being exposed to science in this way, the kids can recognize many possibilities for careers in science.

"We feel we need to support young West Coast residents interested in learning, caring for and growing sustenance from the ocean," said Rundle. "We are very happy to help out with science camps, and Uu-a-thluk can count us in as supporters for years to come."



Children engaging in an oil spill activity.

"Science rocks, you rock, and this camp rocks!"

- Camper from Mowachaht Nation

Uu-a-thluk would like to thank the following sponsors for supporting the 2015 science camps

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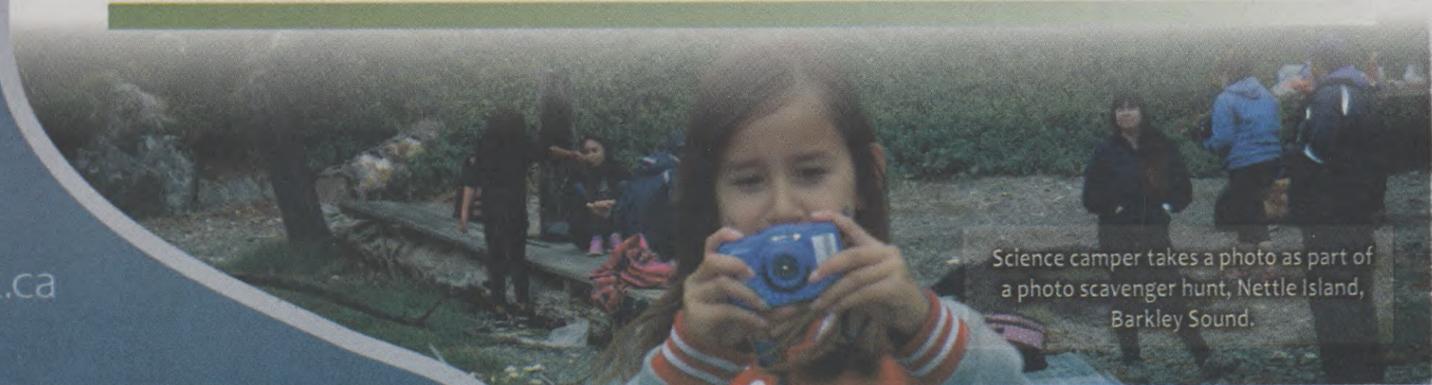
Individuals

- Sophie Amin
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- Leslie Hurtig
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- Mandell Pinder
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Science camper takes a photo as part of a photo scavenger hunt, Nettle Island, Barkley Sound.