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Ha-Shilth-Sa
INTERESTING NEWS



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A chance to heal for survivors and families

By Shayne Morrow
Ha-Shilth-Sa Contributor

Port Alberni—Residential school survivors and their families gathered at Papermill Dam in Tseshaht traditional territory to welcome in a new school year and to find healing from memories of school years past.

The Teechuktl (mental health) event began with lunch at noon on Saturday, which allowed participants to attend the Fall Fair Parade, which took place earlier in the morning.

Quu'asa organizer Ruby Ambrose said the timing of the event was important.

"Back to school week is not a good memory for some of the survivors," Ambrose explained. "We're just bringing in the families for a fun day."

Tseshaht readily gave permission for Quu'asa to hold the event in their territory, acknowledging that the notorious Alberni Indian Residential School (AIRS) operated on Tseshaht land.

"I am really happy that this event is taking place here," said Tseshaht elder Willard Gallic in his welcome, which followed an emotional healing ceremony.

"We don't want you to see Tsuma-as only as a place of bad memories."

"I know there was a time when people came to our territory, and they were not happy," said Nuu-chah-nulth Tribal Council president and Tseshaht member Deb Foxcroft.

Her late father attended AIRS, and it left him unable to display affection for his children. The goal of the healing process is to break that multi-generational legacy, she said.

"We know we're not going to forget what went on, but we are here for our children, to help us move on."

Ahousaht member and residential school survivor Tim Sutherland said he hadn't made the connection with back-to-school week until recently. After attending Day School in Ahousaht through Grade 8, he was shipped to AIRS for Grade 9.

"I was up at the Fall Fair earlier, and I realized I was not able to go to the Fall Fair [while at AIRS]. I didn't even know what a Fall Fair was," Sutherland said.

Worse, some of the incoming children from up the coast had been able to attend the PNE in Vancouver and the Fall Fair in Port Alberni before they went through the intake process at AIRS.

"I was stuck on school clean-up," he said.

And as many Nuu-chah-nulth who experienced the residential school system and even the public school system in Port Alberni have testified, Sutherland was subjected to a toxic learning atmosphere that crushed his appetite for further education.

"I was the top student at the Day School. Here, it was Cs and Ds," he said. "After four years, I finally said, 'Mom, I can't do it anymore.'"



Above: Leah Morgan with mother Delores Keitlah.



Two-year-old Jonathan Robinson



A birthday cake for the ancestors.



Joe Tom with a painting representing the spiritual journey survivors were undertaking at the event.



Above:
A community circle with everyone holding part of the cedar rope.

Photos by
Shayne Morrow

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Step taken towards economic reconciliation

The BC-Assembly of First Nations signed a Memorandum of Understanding with the BC Business Council Sept. 6, which outlines an economic development partnership between First Nations and business leaders in the province.

It focuses on providing a remedy for the negative economic and social outcomes for First Nations in B.C.

Regional Chief Shane Gottfriedson and Premier Christy Clark also announced the

commitment of \$2.5 million over three years to support the BCAFN's Sustainable Economic Development Strategy. The funding will support environmentally-responsible economic development as B.C. Nations develop economic opportunities.

"The British Columbia Assembly of First Nations continues to work with First Nations to develop our sustainable economic development and fiscal relations

strategy, however, in order to advance reconciliation, we must continue to build bridges," said Gottfriedson in press statement.

"It's not my role to administer this strategy, but to help communicate, educate, and advocate for First Nations to develop as they see fit. We must work together to ensure more positive, constructive, and meaningful relationships with government and industry, and in turn,

we must work together as First Nations governments to address the poverty in our communities that has sadly become commonplace. It is time for us to start managing wealth rather than administering poverty."

Gottfriedson is also scheduled to meet with provincial Cabinet ministers this week.

SAVE THE DATE



The NTC DAC Committee invites you to the 2016 Health Ability Fair



**November 3 and 4, 2016
Alberni Athletic Hall,
Port Alberni**

We look forward to seeing you for this 2 day event of learning, networking, personal growth and healing.

More details to follow.

Chuu, Florence Wylie,
DAC Coordinator, NTC



Nuu-chah-nulth singers Trevor Little and Kevin Titian.



Face painter Charli Chaisson works on Jaxxon Gallic.

Mental health department kicks off new school year

Continued from page 1.

Sutherland never returned to school, and worked mostly in the forest industry. But he closed out his career in a scientific role, performing cultural assessments of standing timber, to determine the value of traditional resources such as bark and medicinal plants.

Delores Keitlah is another AIRS survivor from Ahousaht First Nation. Like many, she occasionally experiences flashbacks.

"When I see a child of the age I was, and I realize they're so free," she said.

Keitlah noted that at AIRS, the children were kept year-round. She said she was fortunate she had a grandmother living in Port Alberni.

"We were able to get out of [AIRS], and we went to school downtown. We stayed with my Grandma."

While many Nuu-chah-nulth had equally bad experiences in the public system, Keitlah said she had a generally positive time in school.

"That was the year the Dutch people came over, and we became friends."

Now, she says, she is encouraged by how Nuu-chah-nulth children have had the opportunity to learn their language and culture.

"It feels good to see my grandchildren being able to sing and dance, and to talk about how we are as family," she said.

On that note, when Trevor Little led the singers to introduce the healing ceremony, attendees marveled at two-year-old Jonathan Robinson, who picked up a drum and joined in the singing. Later, he performed solo in front of an array of smartphone video recorders.

Quu'asa Senior Wellness Counsellor Joe Tom Sr. spelled out the three-part ceremony for those who intended to make the journey.

"It's time you take control of your life, and to clear your minds of that which we have faced for the past 100 years, so

we can see the truths that our ancestors used," he said.

"It is time to let it go and find something that is powerful for you, to be strong. We do not walk alone anymore."

First, those who participated were given a small bough of spruce. After brushing, they were each escorted down the stairway to the edge of the river, where they were invited to toss their bough through a Circle of Spruce.

The next step was a cedar mat and a Circle of Cedar (representing strength). After passing through the Cedar Circle, the participant faced a painting representing the spiritual journey they were undergoing. The painting is dominated by a chaputz (canoe), a killer whale and a Moon and Thunderbird.

"You steer your own canoe," Tom explained for Ha-Shilth-Sa. "The paddles are the principles to guide you. And the killer whale is your transformation."

The next step was to take hold of a cedar rope. When the last person had completed the emotional journey, Tom called for them to form a community Circle, and then invited all attendees to join.

Children were invited to take a place in the centre.

Following Willard Gallic and Deb Foxcroft, Haahuupayak teacher and cultural instructor Trevor Little acknowledged that he had suffered the multi-generational effects of the residential school system. But surveying the gathering, and with a nod to the children at his feet, Little said Nuu-chah-nulth people have taken great, if sometimes painful, strides towards burying the legacy of the past.

"We are educated," Little said. "We are not afraid any more. And our children will be even stronger."

Following the ceremony, it was time for chumus (something sweet to eat). Guests were invited to take a piece of a special cake, which represented a birthday cake for the ancestors.



Fishermen confronted while food fishing

By Debora Steel
Ha-Shilth-Sa Reporter

Tahsis—RCMP are investigating a racially-charged incident that occurred Sept 6 at the edge of Canton River near Tahsis when Nuu-chah-nulth fishermen were confronted by two non-Native men unhappy the group was out food fishing in the area.

The two men are alleged to have uttered death threats, spewed racial remarks and foul language, and then are suspected of smashing the front windows of two of the fishermen's vehicles before they sped back into town.

Chief Dan Savey of the Mowachaht Muchalaht First Nations Council of Chiefs told Ha-Shilth-Sa he was out with five others when the men threatened them. Chief Savey did not wish to get into details about the incident while it was under police investigation and charges against the men were considered.

John Amos confirmed the incident, saying he had just pulled in a fish when the men approached and started to raise their voices, swearing at the fishermen and calling them derogatory names. It began at about 7:20 p.m., Amos said, and lasted about 30 minutes. The fishermen worked to ignore the abuses being hurled at them, he told Ha-Shilth-Sa.

Amos said he could see that the young fishermen with the group were scared, especially when one of the men threatened to 'pick them off, one by one.' John said he started to think about his wife and

kids. The two men on the bridge left for their cars. Then the fishermen heard, smash, smash. When Savey and Amos investigated, their vehicles' front windows were shattered.

The police were called and an officer from the Nootka detachment came out to take a statement. Amos said the officer understood that the fishermen were in their own traditional territory and allowed to fish for food and ceremonial purposes there.

A description of the two men and their vehicle has been provided to the RCMP, who confirmed to Ha-Shilth-Sa that they were called about the incident last night and were back in Tahsis today to continue their investigation.

Amos has called for calm, telling community members, who were up in arms about the incident, that the police were handling the situation. He told Ha-Shilth-Sa that everyone got home safely, and nobody got hurt, and that he was grateful for the RCMP's help.

On Sept. 13, Ha-Shilth-Sa contacted the Nootka Detachment of the RCMP for an update on the situation. Cst. Walker told us that this has become a priority file with the six members of the detachment, as well as an outside agency, which is actively seeking the vehicle, watching for it on area roads.

The RCMP has been in Tahsis every day since the incident, he said. This is an ongoing investigation.

Come & Celebrate With Us!

INEO Employment and the Port Alberni Association of Community Living are hosting an Open House to rejoice community members who promote inclusive employment for those with disabilities throughout the Alberni Valley and YOU ARE INVITED!

Open House & Refreshments
Thursday, September 29th @ 4PM-6PM
PAACL Connections - 4471 Margaret Street

For more information, please contact
Kate Walton - kate@ineoemployment.com OR
Julie Wakefield - childrensservicesmgr@paacl.ca



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Help Nuuchah-nulth children begin their journey home.

Hupacasath launches waste-hauling service

By Shayne Morrow
 Ha-Shilth-Sa Contributor

For Hupacasath First Nation, an interruption in their on-reserve garbage collection has led to the creation of a brand-new residential/commercial waste-hauling business.

HFN Environmental Waste Disposal Services has been providing both services on-reserve since June, with five employees and two trucks, said Hupacasath CEO Rick Hewson.

"And today (Aug. 22), we just got the commercial license for operations off-reserve," Hewson said. "We are at the ready and we will be soliciting commercial clients and residential clients."

In the spring of 2015, the private residential company servicing the 76 homes was forced out of business following an accident. A few months later, the City of Port Alberni announced it was getting out of the commercial garbage pickup business.

Hupacasath Council was already actively seeking business opportunities in the environmental field, so Hewson was directed to put together a business case looking at the Nation's residential needs—recycling and at commercial garbage—to determine whether there was the potential to create a viable operation.

"That plan was sent out to be vetted by a third party. That is to give you the comfort that you have created a mouse-trap that works," he said. "We got [the business plan] back, and it proved itself. So we set about to examine our funding opportunities, and we were very successful."

On most First Nations reserves, municipal services such as garbage collection, sewer and water are funded by the Government of Canada.

"The challenge of our council was, we have been contracting that service out for



Hupacasath is actively seeking business for its new waste-hauling service.

a while. Could we be our own provider?"

To continue to receive the same funding, the Nation created a third-party company to deliver the service, Hewson explained.

Once committed, the next step was to acquire one truck for residential pickup and one for picking up commercial bins. The goal was to find units that were affordable, based on the services required and the client base.

"Especially in environmental waste service, you can buy trucks that are in the 'hundreds of thousands of dollars' range that have automated container pickers and automated large commercial waste loaders."

Hewson said spending four to six hundred thousand dollars on a unit seemed "unreasonable," so the search was on for two serviceable, but lower-cost vehicles.

The City of Port Alberni, like many other B.C. municipalities, has converted

its residential garbage collection trucks to automated pickup. Hewson said Hupacasath was able to acquire a truck from the City of Saanich.

"We were able to get it for an extremely attractive price," Hewson said.

Saanich has converted trucks to automated pickup, but this unit had hit the end of the city's seven-year replacement cycle, so it was considered not worth converting, he explained.

"For the commercial operation, we bought a bin-loader, and we actually bought a brand-new vehicle."

The loading system allows the operator to load and stack multiple bins on the deck, then dump them at the collection site.

"That is quite unique, because most bin-loaders cannot dump them," he said, "They can only load them."

Hupacasath was able to acquire the

new vehicle for "quite a bit less" than the \$175,000 sticker price, as well as a number of bins no longer needed by the city to get started.

The residential service now employs three Hupacasath members, with two members on the commercial side. Much of the routine maintenance and administration can be performed in-house, Hewson said.

"The question now is, can we go out and acquire enough commercial clients to get into business?"

Hewson noted that, when the Hupacasath plan was first proposed, and the city announced it was getting out of the commercial pickup business, the telephone started ringing. Commercial clients started looking for alternate service.

Now, with the new license in hand, the new company can take on commercial clients without restriction.

"The City of Port Alberni continues to provide its own residential pickup, but there is opportunity to provide residential service in the regional district."

"Then of course there are the commercial clients. Everyone from the School District, the hospitals, apartment blocks, stores, businesses—all of which require commercial collection services."

As well, Hupacasath is providing pickup service on both provincial and national parks.

There are currently two local commercial waste-haulers, plus one Nanaimo-based company that operate within the regional district.

"It is a competitive market, but one in which we believe we can provide a quality service, with quality products, at an attractive price point."

For more information, HFN Environmental Waste Disposal Services now has a Facebook site at <https://www.facebook.com/HFNenviro/>.



Nuuchah-nulth Tribal Council

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NOTICE

To: NTC First Nations

2016 Annual General Meeting: Tās ii : The way we go.

The NTC 2016 Annual General Meeting has been scheduled as follows:

Date: September 19 & 20, 2016
Time: 9:00 AM
Location: Ucluelet First Nations Government House, Ucluelet BC
Note: A detailed agenda to follow at a later date.
 There will be an open microphone available for Nuuchah-nulth members

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

Oct. 14, 2016
After that date, material submitted and judged appropriate cannot be guaranteed placement but, if material is still relevant, will be included in the following issue. In an ideal world, submissions would be typed rather than hand-written. Articles can be sent by e-mail to hashilthsa@nuuchahnulth.org (Windows PC). Submitted pictures must include a brief description of subject(s) and a return address. Pictures with no return address will remain on file. Allow two - four weeks for return. Photocopied or faxed photographs cannot be accepted.

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Although we would like to be able to cover all stories and events, we will only do so subject to:
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- Reporter availability at the time of the event.
- Editorial space available in the paper.
- Editorial deadlines being adhered to by contributors.

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



Photos by Nora Martin

West Coast kids try out rugby during training camp with retired professional player Phil Mack of Toquaht.

Rugby Camp a huge success

By Nora Martin
Ha-Shilth-Sa Contributor

On Aug 17 and Aug. 18, one girl and about 15 young boys, ages 10 to 16, from Tla-o-qui-aht Hitacu, Toquaht and Ucluelet participated in a rugby training session in Ucluelet. Carlos Mack of Toquaht organized the event, and was pleased with the outcome. Phil Mack, retired professional rugby player and role model for young boys and girls, son of late Sid Mack, joined Mike Scholz of Team Canada Rugby to teach the boys and girl how to play the game. Each session began with a warm up, drills to practise passing, catching and running, and on the second day Carlos invited some Fijian visitors to come and play a friendly game with the trainees. Phil began training in the sport when he was 15, attending Oak Bay High School, and played for Team Canada till the age of 30. The team is based in Langford, B.C. There are 25 players per team, and the game is played year round. Team Canada participates in 10 tournaments each year. Phil has traveled to several coun-

tries around the world throughout his career, and said it is pretty cool putting the jersey on to represent our country. Throughout the training session in Ucluelet, the kids were offered fruit and water, and on Thursday a salmon barbecue was provided. At the end of the second day training, each child was presented with a gift for participating, including shoes, shirts and a boogie board. Jordan Frank of Tla-o-qui-aht said he enjoyed the game a lot and wanted to keep playing. He was very happy to receive the shoes from Phil and Mike. Gramma Carol plans to buy him a rugby ball so he can continue to practise. Carol also said Jordan loves to run. The other boys who attended the camp from Tla-o-qui-aht included Francis Howard, Timmy Masso and Michael Clarke. Carlos' plan is to make this training an annual event, and he is also looking to NFL players to come and offer training camps for boys and girls as well. Phil's mother Jeanine said it is his dream is to form a native rugby



Timmy Masso

team sometime down the road. Carol Frank, acting Education Manager of Tla-o-qui-aht, said there are a lot of opportunities in the world, and if we expose kids to those things offered to them they'll find something they love to do. Carol is glad that Carlos reached out to the different nations to bring Phil to the west coast, and Tla-o-qui-aht were happy to be involved.

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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 42nd year of serving the Nuu-chah-nulth First Nations. We look forward to your continued input and support. Kleco! Kleco!

Tic-Kaa ii-Kwink Games is summer fun for families

By Denise Titian
Ha-Shilth-Sa Reporter

Houpsitas — The 2016 Tic-Kaa ii-Kwink (Northern Region Summer Games) was hosted by Kyuquot/Checlesaht First Nations during a weekend of glorious summer weather that saw families enjoy three days of sports, socializing and culture. Coordinated by Allison Vincent, the games started on the afternoon of Aug. 26 with a very special welcoming home ceremony for northern region children in foster care. Ten children were paddled home, welcomed by their family and friends at the Kyuquot village of Houpsitas. People gathered at the community hall for lunch before climbing the hill to the school field for an afternoon of running races.

See photos here: <http://www.hashilthsa.com/gallery/northern-region-games-kyuquot>

Parents and grandparents huddled under umbrellas on the sidelines in an attempt to escape the heat as the youngsters raced across the field; some barefoot, braving the hot, brittle grass in an effort to be first across the finish line. Others found playful ways to cool down, splashing each other with water toys or shoveling a handful of ice down the shirt of an unsuspecting loved one.

Peter and Daizee Hanson endured heat from the barbecue to serve up Indian tacos and other goodies at their concession stand.

Kyuquot Ha'wiih and elders gathered together following the races to make some presentations. Games coordinator Allison Vincent introduced Kyuquot elders Victor Hanson and Chris Jules as the games' first King and Queen. Vincent told the crowd that the couple were recently engaged to be married.

Following that announcement the children in care that were visiting home for the games were called forward. Dennis John introduced the children to the Ha'wiih and to the people. He thanked Usma staff for making it possible for the children to come home.

Directing his attention to individual children, he told each one who they are related to and who their chief is. At one point he asked people in the crowd to raise their hand if they are related to the child. This was a demonstration of family connections and showing the children how large their families are and how they belong.

"Always remember, this is your home, this is your family and you are directly related to the Ha'wiih," he told the children.

Each child was given a hand-made traditional shawl. Then they were blanketed by people from their community. Earlier in the day they and all other guests were given commemorative 2016 Tic-Kaa ii-Kwink Northern Region Games T-shirts. Nuu-chah-nulth Tribal Council President Deb Foxcroft and NTC Usma staff were also blanketed and thanked for the work they do with Nuu-chah-nulth children and families and for bringing the children home to partake in the games.

Track events were cut short due to a medical evacuation and people ended the day with a community dinner.

The following morning people gathered again at the community hall for breakfast followed by a mini fishing gear-making workshop. Children were invited to a fishing derby that morning but most didn't have fishing rods. That isn't a problem in Nuu-chah-nulth communities as long as you have some hooks, sinkers, fishing line and a stick.



The school field was the place to be for the track and field races during the Northern Region Games.



Kayaking is a favorite activity in Houpsitas.

Below: Ice down the back on a hot day is very refreshing. Allison Vincent is iced by Annie John.



Photos by Denise Titian

Young women helped dozens of children make their own fishing lines so that nobody was left out of the derby.

Down at the dock children jockeyed for space to drop their fish lines and jig for the biggest fish. Kyuquot/Checlesaht Chief Administrative Officer Gary Ardron collected the morning catch, keeping track of who caught the biggest fish.

The fishing derby ended when it came time to board boats to the former main village, Aktis. Ardron spilled the kids' catch back into the ocean as packed coolers, chairs and other beach fun gear aboard boats for the short trip to Aktis.

Aktis is a small island with beautiful beaches and haunting, abandoned homes falling into ruin. The locals say the people moved from there to Houpsitas back in the 1960's. They visit their old home every summer to reconnect with their ancestors and their pasts.

People in small boats landed on the sand beach while the larger boats deposited their passengers on nearby seaweed covered rocks. Some of the local teens kayaked across the channel to Aktis. The children are so well-practised at kayaking that even the smaller children were seen skilfully navigating their way along the shoreline in small kayaks.

Once at the beach volunteers immediately got busy building three fires spaced evenly across the beach for people to roast hotdogs. Young men scoured the shoreline for driftwood, lugging large pieces back over rocky shorelines to feed the fires.

Children spent the afternoon competing in swimming and kayak racing while adults mingled together, enjoying one another's company.

Later in the afternoon the fishermen arrived with their catch, bringing fresh salmon to be served up at the beach feast. The arrival of five, fresh, whole salmon brought an opportunity for another competition: who is the fastest fish cutter?



A fishing derby was part of the fun for the young ones at the games.

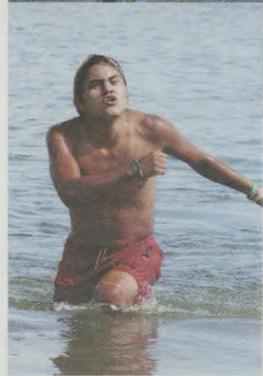
People clamoured around a make-shift table as five competitors vied for the title. In the end, Tic-Kaa ii-Kwink Queen and elder Chris Jules finished first.

Volunteers roasted the salmon over the fire and later served it up with salad for a healthy, satisfying beach dinner. With

full bellies everyone gathered up their belongings and boarded boats back to the village. When darkness fell organizers put on a fireworks show that was enjoyed by all. The evening wrapped up with culture night at the school.

See more photos on next pages.

Northern Region Games August 2016 in Kyuquot



Uchucklesaht apartment project filling up quickly

By Shayne Morrow
Ha-Shilth-Sa Contributor

Port Alberni—The Uchucklesaht Tribe Administration/Thunderbird Apartments complex is nearing completion on the site of the historic Somass Hotel on Argyle Street.

On Monday, as a city work crew set up to complete the main sidewalk, Ha-Shilth-Sa toured the facility with Uchucklesaht Chief Administrative Officer Scott Coulson.

Coulson said the initial plan was to renovate the old hotel, but a close inspection of the century-old building brought about a change of plan.

"There were seismic issues with the building. We decided it would cost more money to renovate to code than it would to build a whole new building," he said.

"We did our initial engineering on the building," Coulson explained. "We had to do the asbestos abatement first, so we basically tore everything out of the building. Then you could actually see the bones of the building. And at that point, we determined that it would be more cost-effective to build a new building."

Starting at the ground floor, there are four offices for Uchucklesaht Human Services, as well as a boardroom (capacity of 30) that will be available for rent.

The Cultural Centre is located on the Kingsway side. An outdoor cedar boardwalk (similar to the boardwalk in Kildonan) has already been completed, and there will be "a water feature."

Inside the Cultural Centre space, wall display boxes have been roughed in to accommodate artifacts that will be repatriated from the Canadian Museum of Civilization in Ottawa and the Royal BC Museum in Victoria.

"This long one is for a herring rake that is coming back from Ottawa," Coulson said, pointing out a long, waist-high slot on the wall.

"We've got masks and baskets and different tools — things like that."

The total administrative footprint is relatively small. Along with Human Services, there are six administration offices located on the second floor, along with the Executive Boardroom and Accounting Department. That takes up half the floor.

Touring the future office space, Coulson said the administrative offices would be completed by the end of September.

The balance of the second floor, as well as the whole of the third and fourth, are private market rental apartments, for a total of 34 suites. Those suites, mostly two-bedroom, were completed as of Sept. 1. Coulson said some were occupied as of the first of the month, and a total of 17



Photos by Shayne Morrow

The Thunderbird Apartments and administration building owned by the Uchucklesaht Tribe is nearing completion. The building is located on Argyle on the site of the old Somass Hotel.

will be occupied by the end of the month.

"There is an application process and we're making sure we get the right kind of people in the building," Coulson said. "Now that it looks like its open, we're getting a lot of phone calls."

There is currently a shortage of upper-end rental apartments in Port Alberni. Coulson said Uchucklesaht did a market analysis and determined that the project would be viable.

"We had a company come in and do an analysis of all the apartments in Port Alberni, and what they are being rented for," Coulson said. "We did a cost analysis of what we could rent ours for, and set our prices by that."

"We didn't set rates that would be keeping people out. But obviously, fourth-floor with a water view is going to go for higher than second-floor/parking lot. But it's not Vancouver rates, by any means."

The roof is currently empty, but the plan is to install garden boxes that will be available for tenants.

"We're also planning to install solar panels for pre-heating in the heating system," Coulson noted.

All suites are equipped with an independent heat-pump system that also provides air-conditioning, but there is some linkage within the building to transfer heat (or cold) as needed, he explained.

The timing of the opening is espe-



The outside of the building will have a boardwalk.

cially good. The current influx of out-of-towners arriving to Port Alberni long for lower-priced houses or rental accommodation.

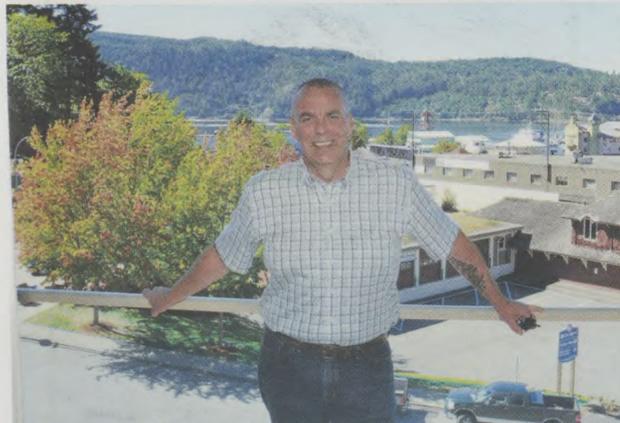
"Most of the people coming in are in their sixties, selling their homes and moving to a smaller town, or locals doing the same thing," Coulson said. "I have someone from Surrey just moved in, as well as people from Victoria and Nanaimo."

The construction trailers are located on the former Dennis Jonsson Motor Products parking lot. When the project is complete, Coulson said the trailers will move out and the site will be incorporated into the Uchucklesaht complex.

"We have rented it from the city on a 33-year renewable lease. There will be green space and some administrative parking."



Uchucklesaht CAO Scott Coulson said these administration offices will be completed by the end of September.



The view from one still-vacant fourth-floor suite overlooking Port Alberni harbour. According to Scott Coulson, the prized corner suite is already taken.

Community & Beyond

Fundraiser: Tseshaht Host Traditional Salmon Bar-b-q for Tour de Rock Riders

Sept. 30
Port Alberni

Maht Mahs Gym at 5pm. Tickets: by donation. Plus: Raffle Tickets: 1st Prize: 30 lbs Fish (Ling cod, Halibut, Red snapper) 2nd Prize: iPad Mini 3rd Prize: \$100.00 Contact Matilda Atleo for Tickets 250-724-5757 or matilda.atleo@nuuchah-nulth.org

Memorial

Oct. 1
Port Alberni

On behalf of her sister Marie Nookemus an May's children and grandchildren, join them Oct 1st at Alberni Athletic Hall 2016. The Family of the late May McCarthy - Doiron invite you to join us beginning at 10 a.m.

Relapse Prevention Workshop

Oct. 6
Port Alberni

Open to everyone at the Tseshaht Boardroom. 6pm to 7pm.

We Have a Story To Tell

Oct. 8
Port Alberni

Haahuupayuk Society Celebrates its 40th Year. Join us as we celebrate our 40th year of hard work, and many accomplishments in First Nations Education Beginning at 10 a.m. onsite at Haahuupayuk School at 6000 Santu Drive, Port Alberni. For information contact C. Anne Robinson on her cell at 250-731-7641.

Charles Watts Memorial Potlatch

Nov. 5
Port Alberni

The family of late Charles Watts will be hosting the remainder of their memorial potlatch at Maht Mahs Gym on Nov 5, 2016 starting at 2 p.m. The family hosted a celebration of life potlatch on Apr. 2, 2016. Partway through the festivities the hosts learned of the passing of a community elder and postponed the potlatch out of respect. They invite people back to Maht Mahs in the fall to complete the celebration of life feast for the late Charles Watts.

Annual Samuel Invitational Basketball Tournament

Nov. 26 - 27
Port Alberni

Taking place at the Alberni Athletic Hall, this year's tournament will be a Junior All Native Tournament, 17 & under, born 1999 or later. Players must provide proof ancestry when requested by tournament organizers. NO cash prizes, trophies and awards. Please contact Richard Samuel at 250.731.4736 for more information.

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.

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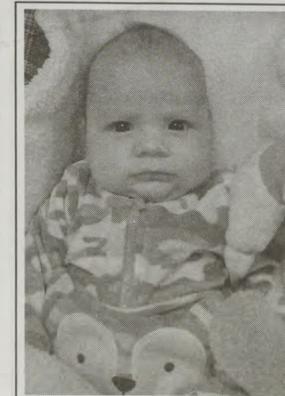
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City of Port Alberni EMPLOYMENT OPPORTUNITIES

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>

The closing date for this position is 4:30 pm, Wednesday, October 5, 2016.



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On Saturday, 08 October 2016



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For information contact C. Anne Robinson on her cell at 250.731.7641.



Alfred Dick and wife Euphrasia, who suffers from rheumatoid arthritis and fibromyalgia, are happy with help from BCANDS and Dreamcatcher Foundation.

Tsashaht elder will live more comfortably with new power chair

By Denise Titan
Ha-Shilth-Sa Reporter

Port Alberni — A Tsashaht elder is suffering less pain thanks to a power lift chair donated to her by the Dreamcatcher Charitable Foundation.

Euphrasia Dick suffers from rheumatoid arthritis and fibromyalgia, causing pain and limiting her mobility. Her husband Alfred has his own health issues and gets visits from Nuu-chah-nulth Tribal Council nurses to check in on him.

According to Alfred, nurse Laurie Sinclair came for a visit about six months back and he talked to her about his concern for his wife's comfort and mobility.

Euphrasia "was sleeping on the couch and she's in pain no matter which way she sleeps," he said.

"I feel pain in my shoulders and my legs and there's nothing I can do about it but take (strong pain medication)," said

Euphrasia.

On Sept. 12 a delivery truck from Motion Specialties in Nanaimo arrived at the Dick home. They dropped off a brand new navy blue power lift chair donated by the Dreamcatcher Foundation.

"Most of the work came from my husband," said Euphrasia, adding that he did a very good job. The couple first approached BCANDS (British Columbia Aboriginal Network on Disability Society) for assistance in getting a much-needed medical chair. Staff at BCANDS assisted with the application process.

The couple said the chair was very high quality, worth more than \$1,700 and beyond their means to purchase on their own.

"This chair will help me quite a bit and we thank the Dreamcatcher Foundation and BCANDS so much," said a very happy Euphrasia.



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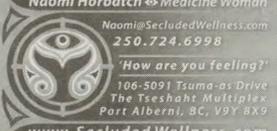
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Employment Opportunity with Uu-a-thluk (NTC Fisheries)

Fisheries Intern

Nuu-chah-nulth Tribal Council's Uu-a-thluk Fisheries Department is seeking a term, full-time Fisheries Intern to join our team from mid-October until the end of March. The Fisheries Intern will be based in the Southern NTC regional office located in Port Alberni.

Job Overview:

Activities will include a variety of fisheries management projects and duties, such as fisheries catch monitoring, assessments of salmon, groundfish, crabs, prawns, herring, goseneck barnacles, and data processing and writing. Uu-a-thluk staff will provide training and mentoring in relevant job skills.

A successful candidate will possess the following:

- Interest in a career in natural resource management
- A desire to do field work
- Comfort in and around water, fishers, and boats
- An understanding of Nuu-chah-nulth culture
- Good physical fitness
- The ability to work independently and as part of a team
- The ability to travel, at times overnight
- Basic understanding of written and verbal communications
- Computer skills
- A driver's licence and access to a vehicle are assets for this position

For more information, contact Michelle Colyn at 250-724-5757 or michelle.colyn@nuuchahnulth.org

(We regret that we will only respond to those applicants chosen for an interview. We thank all applicants for their interest. Pursuant to Section 16(1) of the Canadian Human Rights Act, preference will be given to aboriginal candidates who have a working knowledge of Nuu-chah-nulth culture and fishing practices.)

Apply by **NOON on September 26, 2016** by sending your complete application package which includes cover letter, resume, and 3 references who are available to call to:



Nuu-chah-nulth Tribal Council
P.O. Box 1383
5001 Mission Road
Port Alberni, BC V9Y 7M2
Attn: Uu-a-thluk
Fax: 250-724-2172
Email: info@uathluk.ca

Nuu-chah-nulth Tribal Council

Executive Assistant

The Nuu-chah-nulth Tribal Council is seeking a reliable, highly motivated Executive Assistant to perform a variety of complex and confidential secretarial and administrative duties for the Director of Community and Human Services (CHS) and for the Manager of Social Development & Health Benefits (SD&HB). Based out of the main Port Alberni office, the CHS Executive Assistant is under the direct supervision of the CHS Director.

Responsibilities will include:

- Provide ongoing Senior Management support, including preparing letters, department memos, notices, etc.
- Overseeing the receiving of monthly reports from member First Nations and program staff, ensuring data correctness, compiling into NTC roll up through data entry into the Aboriginal Information System database.
- Track and coordinate completion of program reports required by funding agreements
- Organize and maintain files for Director of CHS and Manager of SD&HB, including all contracts, contributions, negotiations, and reporting
- Collect program information and data as required for annual and other reports
- Completing monthly and annual reports (i.e., for SA, NCB, ESD, Family Violence) for approval
- Coordinate a variety of meetings (i.e., CHS committees or team meetings), including notices, travel arrangements, preparing kits, record and transcribe minutes of meetings
- Review and code various incoming invoices/claims for payment, and refer to Director of CHS for approval

Preferred Qualifications:

- A minimum of a high school diploma/GED with advanced office administrative training with 2 to 5 years of direct experience in assisting an administration
- Experience with complex data entry and/or the Aboriginal Information System Database
- Highly proficient in PC computer software applications (e.g., MS Word and Excel spreadsheets)
- Excellent verbal and superior written communication skills
- Able to act with tact and diplomacy, and maintain effective working relationships
- Ability to multi-task, keep track of multiple deadlines, and plan activities to meet priorities
- Possess valid driver's licence and have a reliable, insured motor vehicle
- Provide acceptable references and criminal record check

Apply by **Sept. 20, 2016, 4:30pm** by sending your cover letter, resume and three references (who are available to call) 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)

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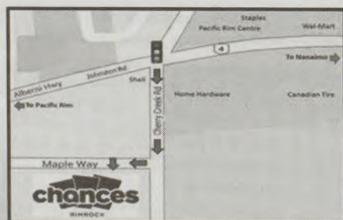
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1. Prior approval is required.
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 - b. Be currently enrolled or eligible to be enrolled in a provincial or territorial health insurance plan and continue to meet residency requirements for provincial/territorial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

What is covered?

For Supplemental Health Insurance Premiums: -

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

For Transportation to Medical Services: -

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

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

What You Should Know- "Before" Leaving British Columbia

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

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

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

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

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

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

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

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

Ancestral teachings included with swimming lessons

By Nora Martin
Ha-Shilth-Sa Contributor

Esowista—Emily Carswell is a certified life guard, who organized swimming lessons at Esowista on Aug. 25 and Aug. 26 for children ages 6 to 10. Emily hopes that some of the children who participated in the class will go onto becoming full-fledged life guards.

Carswell's research found that there is a lack of life guards on the West Coast, and little to no equipment in the communities to help save lives.

Emily has been swimming since the age of three, and is appreciative of the opportunities she had while growing up. She became a fully certified life guard at age eight, and has participated in life guard competitions nationally and locally.

She started volunteering and working as a life guard at age 12. She credits her parents and grandfather for sharing with her very important teachings, and talked about the close bond she has with her grandfather. He is 93 years old and living in Pennsylvania, U.S.A.

Carswell lives at Cat Face and loves it on the West Coast. She commutes by boat from her home to Tofino for work and shopping.

Carswell requested assistance from Carol Frank, Tla-o-qui-aht Preschool Coordinator, to organize the swim lessons, and sought input from other members of the tribe on what Tla-o-qui-aht teachings she could incorporate.

In meeting with a group from the nation, she learned it was important to include some of the history and teachings, so non-natives who come to the territory will have a better understanding and knowledge of the first people of this land. Elder Levi Martin offered an opening prayer as a way of protecting the safety and well-being of the participants.

On Aug. 25 there were eight children who took part in canoe training and swim lessons, and on the second day there were about 30 children and 30 or so adults who attended the event.

On the beach were two dug-out canoes carved by Joe Martin. One was 40 feet long and the other 12 feet long.

Gisele Martin began by talking about Tla-o-qui-aht territory by pointing out the four rocks in the area of Esowista and named each one. These rocks were used as boundary and land markers when the men were out hunting or fishing.

Gisele also explained that there are different types of canoes, including those for whaling, warring and transport.

Long ago canoes were up to 120 feet in length, but today you don't see those. Canoes are mainly made from cedar trees. Gisele shared that although the cedar tree is called the tree of life, it is the spruce trees based at the front of the ocean which helps protect the cedar tree. It is the warrior tree.

The canoes prow is shaped like a wolf, and if you see the white stripes painted on canoes, this symbolizes friendliness.

In former days war canoes were painted black. When our people traveled on the waters they usually sang songs which also meant friendliness. The inside of the canoes used to be painted with red ochre, which you can only get in the Prince George area, and the outside of the canoe they used spruce pitch.

The red ochre and spruce pitch helped preserve the wood. To get red ochre our ancestors traveled north to trade with the tribes in that area.

Joe Martin shared a little about being aware of your surroundings and how our ancestors learned to pay attention to the



Above: Participants set out in a canoe for a paddle and some ancestral teachings. Middle: Stephen McCargherty teaches kids how to save a drowning victim. Below: Crystal Dorward learns some emergency first aid.

sounds, activity of wildlife, clouds and wind to determine how the weather was going to be and whether it was safe to travel, hunt or fish.

In the olden days there was no technology to help determine what the weather was going to be.

After a very short lesson in Tla-o-qui-aht history and teachings, people boarded the canoe, and paddled out into the Pacific Ocean and around the islands and back. The sea was relatively calm, and the sun shone brightly which made for a perfect day.

Both Gisele and Marika Swan took turns steering the canoe, and upon their return to the beach the canoes were backed in rather than going in straight forward. This is following ancestral teachings to always be prepared in case of wars or other emergencies.

Paul Wechselberger, founder of the Life Guards Society of BC and his co-trainers Payton Vermye and Stephen McCargherty, began each day by playing games used as an ice breaker, and to build rapport before they actually began the lessons.

On both days the team taught the kids about water safety, and to always make sure not to go in the water to try and save someone who is drowning, as they could become a victim as well. They also taught them how to use a life ring that is attached to a long rope, and showed them how to position themselves when pulling someone in so they don't get pulled into the ocean as well.

Gisele and the life guards took time on Aug. 26 to add additional teachings about life saving techniques if someone should ever fall out of a boat, and each child practised how to fall out of a canoe and swim to shore.

On the first day the children were taught how to perform emergency first aid by first checking for safety, and to listen and watch the unconscious persons breathing, and how to turn them to a safe position.

At first some were shy to do the first aid, but got on very quickly and they did a great job.

Justin Dorward and his family were at Long Beach for the day on Aug. 25, and were invited to take part in the canoe and swim lessons, and were happy to oblige.

Kleco to Justin, Priscilla, Brandon, Crystal, Carlos and Clorissa for taking part in the lessons.

The BC Life Guard Outreach Society was established in 2015, and has 10 dedicated members, and 50 volunteers located throughout BC.



Criteria for each volunteer is to take a 200-hour life guard training program. They travel around the province with the goal and objective to teach children how to swim and learn emergency first aid, and to keep it fun and interactive. To date they have provided the training to Nisg'ga, Kyuquot, Hesquiaht and Tla-o-qui-aht members.

The overall dream of the life guard outreach society is to teach life guarding. Julia Taffe, artistic director of Aeriosa Dance, sponsored Tashi, owned and operated by Tsimka Martin and Emery, to join the second day of activities to teach children and adults how to paddle board. The children and adults were happy and excited to paddle board, and were very appreciative of the opportunity to try

something new and exciting. This gave the people a chance to connect with nature, family and friends, and is great for health, happiness and a way to be creative. Aeriosa Dance was established in 2005, and is based out of Vancouver.

Snacks, lunch and transportation was provided by Carol Frank and the Life Guard Society.

Carol, Emily, Carol, Paul, Stephen and Payton were very pleased with the outcome and appreciated all the people who came out on both days.

In closing, Levi thanked the Life Guards for taking the time to come to the community to teach the children and adults canoe safety, emergency first aid and swim lessons.



Knowledge holder Gisele Martin, Tla-o-qui-aht First Nation, leading a Nuu-chah-nulth Forest Walk at Schooner Cove Trail.

Recognizing Our Sponsors: Uu-a-thluk Science Camps 2016

There's an old proverb that it takes a village to raise a child. This summer's Uu-a-thluk Science Camps brought that message home as children ages 8-12, elders, and youth participated in science- and knowledge-based learning in Nuu-chah-nulth communities, with several individuals and companies pledging to send one child or more to science camps.

"The best way to learn and succeed in science is to have ongoing support from people in the community," said Celine Kehoe-Doehring, a youth STEM (Science, Technology, Engineering and Math) instructor for Science Venture and one of this year's camp instructors. "We help to spark an interest in science among kids, yet the community plays a significant role in nurturing this interest."

Since our partnership began in 2005, Uu-a-thluk and the University of Victoria's Science Venture program have been familiarizing children grades 4-6 with scientific concepts, especially those related to aquatic resources. Science Venture is a network member organization of Actua, a national charity that readies youth to be innovators and leaders by engaging them in accessible STEM experiences that build crucial skills and self-confidence.

Uu-a-thluk works to incorporate teachings from elders and other community members who hold a wealth of knowledge about managing our resources. One knowledge holder at this year's science camps was Gisele Martin from Tla-o-qui-aht. She led a forest walk through Schooner Cove Trail while teaching lessons about hišukʔiš cawaak (Everything is one; everything is connected.) and ʔiisaak (respect) related

to interactions with our environment and marine resources.

A favourite activity at the Tseshaht and Hupacasath science camps was the salmon dissection led by Coleton Gomez-Leishman. The Uu-a-thluk intern dissected a sockeye, demonstrating parts of the fish while also teaching the Nuu-chah-nulth words for each part. Campers were especially interested in learning about the "slime" of the salmon that allows it to slide through the water and escape from predators, and the "swim bladder" that helps a salmon control its buoyancy. It's this kind of curiosity that Science Venture instructors and Uu-a-thluk staff hope to foster. "I told them they should go in to Biology 11 and 12 if they like dissecting things," said Gomez-Leishman. "I want to get across the idea that science is cool."

Stephanie Robertson, a youth STEM instructor for Science Venture and one of this year's camp instructors noted that some activities engaged the kids physically, making it fun for them to learn about science. "When they exercise their muscle memory they retain more of what is taught," said Robertson. She noted that for some activities they paired younger kids with older ones to further engage them in learning. "If a younger child sees an older one involved in what's being taught then he or she thinks, 'maybe I should learn it.'" The Species ID activity—a big hit with the campers—is another example of younger kids learning from the older ones.

"Many of the children already knew about the seaweed we were identifying and happily passed on their knowledge to the younger campers," said Michelle Colyn, capacity building coordinator for Uu-a-thluk. "It was great to see in action the leadership skills these kids already have."

Uu-a-thluk Science Camps wouldn't be possible without the ongoing financial and volunteer support from sponsors. With the generosity of our donors, Uu-a-thluk raises between \$4,000 and \$8,000 each year. As a result, over 1,000 children have participated in Uu-a-thluk Science Camp in the past 11 years.

Uu-a-thluk would like to thank the following sponsors for their generous support and participation in the 2016 science camps:



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Felisha Titian, a camper from Uchucklesaht practising species ID on Wickaninnish Beach.