

### FEATURED

- Economic Development Update
- ASIST Training
- Congratulations Lacey Perrault
- Yaya's Dream Job!
- Allen Speck Donates Mask
- Meeting with Minister TooToo
- Kwak'wala Language



2016 T'lisalagi'lakw School  
Reading Day with Students



Yisya'winuxw Dance Group



MED A2 Group - Survival Suits  
Raft Training



Based on a foundation of culture, the 'Namgis First Nation Council will strive to create a self-governing, prosperous, healthy community with a strong, self-sustaining economy so that every member has the opportunity to achieve their highest potential.

**BAND OFFICE:**  
250-974-5556

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1-888-9NAMGIS  
(1-888-962-6447)

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[www.namgis.bc.ca](http://www.namgis.bc.ca)

**HOURS OF OPERATION:**  
Monday to Friday 8am to 4:30pm

## 'NAMGIS COUNCIL

**CHIEF:**  
Debra Hanuse

**COUNCIL:**  
Arthur Dick  
Sharon Gordon  
Steven Smith  
Kelly Speck  
Bill Wasden  
Victor Isaac  
Robert Mountain  
Dixon Taylor  
Brian Wadhams

## Greetings 'Namgis

In this edition of Kala'mas I'd like to share information with you about housing, St. Michael's residential school and child welfare.



## Housing

In the 'Namgis Community Visioning Survey, our members identified housing as the key issue affecting 'Namgis people at 'Yalis. There are approximately 120 members who have applied for and remain on the waiting list for a loan from the Revolving Housing Fund to purchase or build a home on reserve. Many homes on our reserve are affected by mold contamination. Our Revolving Housing Fund does not generate enough revenue to meet current housing needs at 'Yalis.

Access to capital is the key obstacle to resolving the housing crisis in First Nation communities throughout Canada. To protect First Nations from losing their reserve lands, the *Indian Act* prevents reserve lands from being mortgaged or seized. Thus, banks will only make loans to First Nation individuals to build, purchase or renovate homes on reserve lands if the loans are guaranteed by the First Nation, as represented by Chief and Council.

Council met with representatives of the Bank of Montreal and Vancity in late 2015. We are exploring the option of entering into agreements with one or both of these financial institutions to guarantee loans to individual members to build, purchase or renovate homes on our reserve lands. We have been advised that both BMO and Vancity carefully screen all applicants and that default rates are less than 3%.

I attended a Housing Symposium at Montreal from January 19 to 21, 2016. The purpose of the Symposium was to bring together First Nations with Revolving Housing Funds to share best practices. Some First Nations who are interested in establishing Revolving Housing Funds were also invited to participate in the Symposium. We were advised by the Symposium organizers that ours is the only Revolving Housing Fund in Canada west of Winnipeg.

The most successful Revolving Housing Funds are operated by the Wendake of Quebec and the Mohawks of Kahnawake. While our fund has grown from \$500,000 to \$3.5 million over the past

forty years, the Wendake and Kahnawake funds have each grown to more than \$30 million over the same period. The key difference between our model and the Wendake and Kahnawake models is that they charge interest to members who qualify for mortgages and they require downpayments of at least 5%. Monies generated from interest charged to members who qualify for mortgages are used to supplement social housing, which remains interest free.

Four First Nations, including 'Namgis were identified as potential pilot projects to explore the potential transition of our Revolving Loan Fund from a social model, where no interest is charged to a business model. We are developing a pilot project proposal for submission to governments and foundations. As part of our pilot project, we will be seeking funds to develop a best practices manual for establishing and operating a Revolving Loan Fund.

Over \$2.5 million of our \$3.5 million Revolving Housing Fund has been loaned to members for housing construction, purchases and major repair loans. Of the \$2.5 million loaned out to members, there are arrears totaling \$596,000. 'Namgis is liable for arrears owed by members to CHMC. Thus, part of the fund needs to be preserved to pay for CMHC arrears. Part of the fund also needs to be preserved to pay for insurance for social housing and elders. If we enter into an agreement with BMO or Vancity, part of the fund will also have to be preserved for loan guarantees.

The shrinking size of our loan fund, which is now less than \$900,000, the arrears of \$596,000 and the need to preserve part of the fund for CMHC payments and insurance significantly constrains Council's ability to make further loans to members from the Revolving Loan Fund. We are at an important crossroads and need to carefully manage and leverage the remaining \$900,000 in the fund to obtain maximum benefit for 'Namgis members and address the serious housing shortages and mold contamination issues in our community. We will keep you updated on our progress in addressing housing issues.

### **St. Michael's Residential School**

We are approaching the one year anniversary of the healing ceremony that was held at 'Yalis on February 18, 2015 to honor the survivors of the St. Michael's residential school and mark its demolition. Community members are organizing a ceremony to mark the one year anniversary of the demolition of the building and to facilitate healing among our members and survivors.

On January 27, 2016 our Senior Administrator, Assistant Administrator and I met with the A/Regional Director General, Allyson Rowe of Indigenous and Northern Affairs Canada (INAC). Establishing a memorial for survivors at the site of the former residential school and making copies of the documentary *Our Voices, Our Stories* available to survivors were among the topics addressed with the A/Regional Director General.

We will be submitting a funding proposal to INAC for funds to host viewings of the documentary at those First Nations communities whose children attended St. Michael's residential school and to provide free copies of the video to survivors. The proposal will also seek funds to obtain input from survivors on a memorial that will be placed at the site of the former residential school. Our goal will be to engage in consultations with survivors while at communities to host viewings of *Our Voices, Our Stories*.

## Child Welfare

On January 26, 2016, the Canadian Human Rights Tribunal ruled that Canada discriminates against First Nation children on reserve by providing inequitable and insufficient funding for child welfare services.

The Tribunal ruled that Directive 20-1, which is the federal funding formula applied by Canada to First Nations in BC, effectively “creates incentives to remove children from their homes and communities.” The Tribunal found that the Directive is out of date, flawed and results in underfunding.

The Tribunal ordered Canada to immediately cease its discriminatory practices, reform its child welfare policies.

Canada responded immediately with a press release on January 26, 2016. Although there were no commitments to specific action in the press release, the Honourable Carolyn Bennett, Minister of Indigenous and Northern Affairs, and the Honourable Jody Wilson-Raybould, Minister of Justice and Attorney General of Canada stated that the “Tribunal has made it clear that the system in place today is failing. In a society as prosperous and as generous as Canada, this is unacceptable. This Government agrees that we can and must do better.” Canada has until January 22, 2016 to appeal the decision.

The complaint was brought before the Tribunal by the First Nations Child and Family Caring Society of Canada. The Caring Society has recommended 11 preliminary steps for the immediate reform of the Directive 20-1 funding formula. These 11 preliminary steps can be found at [https://fncaringsociety.com/sites/default/files/Remedy%2020-1%20Final\\_0.pdf](https://fncaringsociety.com/sites/default/files/Remedy%2020-1%20Final_0.pdf).

There are presently no ‘Namgis children in care at ‘Yalis and approximately 18 ‘Namgis children in continuing care away from ‘Yalis. Our goals are to strengthen our families and where possible, to reunite ‘Namgis children currently in care with their families, extended families or our community. Implementation of this ruling by the Tribunal would enhance our ability to realize these goals. We will keep you posted on actions taken by Canada to appeal or implement this historic decision.

## Community Fisheries Meeting

NIMPKISH RIVER COMMUNITY MEETING

DATE: Thursday March 3<sup>rd</sup>, 2016

TIME: 5:30 – 8:00PM

LOCATION: ‘Namgis Council Hall

Dinner will be served



Please join us for an update on the activities that occurred on the Nimpkish River last summer and a preview of 2016's activities. This is a follow-up to the meeting held last July.

*Nic Dedeluk*

Aquatic Resources Manager  
‘Namgis First Nation

# Indian Residential Schools (IRS)

## Resolution Health Support Program

Here is a list of counsellors available in the Campbell River area for anyone from the Alert Bay area who attended a residential school or for anyone who is intergenerational and had a relative who went to residential school.

You are eligible to see a counsellor. IRS can cover your return travel by bus or by mileage, and place you in a hotel, be it Coast Discovery Inn with a meal allowance of \$48.00, plus taxi fare to and from your appointment, if need be.

You call one of the counsellors to set a counselling appointment and to let the counsellor know you are booking through IRS Health Authority. You need to give at least one's week notice of booking your appointment. The counsellor will fill out a form so bring your status card and ID to your first appointment. If you are intergenerational, you need your relative's full name, birthdate and name of the residential school, at your first visit with your counsellor.

If after seeing a counsellor you decide that you would like to try someone else you can change and there is no problem, just let Owen know at IRS.

For more information about this program, you can call 1-877-477-0775 extension 2.

List of counsellors available in Campbell River:

- |                      |   |
|----------------------|---|
| 1. Rod Chant         | 250-286-0820 (202-911 Island Hwy., across from old KFC).              |
| 2. Gary Hartford     | 250-203-7898 (302-911 Isl. Hwy., across from old KFC).                |
| 3. Heather Simpson   | 250-202-7699 (202-911 Isl. Hwy., across from old KFC).                |
| 4. Azima Buell       | 604-725-0424 (625B 11 <sup>th</sup> Avenue, pass the Community Ctre.) |
| 5. Trevor Broadhurst | 250-204-2652 (619 Birch St.)  |

## T'lisalagi'lakw School

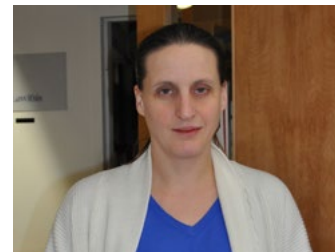
### Notice to Parents

T'lisalagi'lakw School will be closed February 19 and February 22 for staff professional development.

The School Board has approved an extra Professional Development Day for Teachers to prepare for the new Provincial K-7 curriculum.

T'lisalagi'lakw staff will be traveling to Stz'uminus to participate in a workshop for First Nation schools.

**Pro-D Day**  
**School Closed!**



My name is Geneya Fredette. I am the new grade two and three teacher. I am very excited to be in this community and you will likely see me walking around with my dog. I have been teaching for five years and I enjoy learning from and teaching children. I graduated university with a degree in sociology and did my Bachelor of Education at University of Western Ontario. I am excited to be here and looking forward to meeting others in the village.

# Senior Administrator



Yo, wiksas? Yes, as promised I have been working on my Kwak'wala. Brian Svanvik in our Land and Resources Department, posts Kwak'wala phrases weekly. This is in addition to the words or phrases that are published monthly in the Kala'mas.

Council has decided to make language revitalization an initiative for the coming years. Along with the above, North Island College will be offering a Kwak'wala speaking course at the Learning Centre (see the advertisement in this edition). By the way, funding is available to do the course. Just contact NIC. As well, 'Namgis have applied for a language revitalization grant through the Indian Brotherhood Foundation to assist in the efforts to increase the number of speakers of the language. Of course a language does not have a tongue, we do and so if it is to be revitalized we have to use it, that is to say our tongue and the language. Let's keep it alive! l'xalan. l'axala'mas?

The gardeners are out in their gardens and I see gardening catalogues spread out on coffee and dining room tables. The jackets and coats are getting less bulky but still water proof. I have been taking pictures of the crocus and daffodils and sending them to my friends and family in Alberta. It's nice to have those colours this time of year I say in my note and leave it at that.

Fifty people or so came out to the community session on food security and commercial food production held at the Council Hall on January 25<sup>th</sup>. It was a wonderful session filled with what we have attempted, accomplished and failed at before in trying to address our food security. There was a great deal of enthusiasm, sharing of ideas and working together. It was good to see Kim Mercer and David Faren there who expressed an interest in purchasing food for their businesses. The facilitator Jammi, will be completing a feasibility study, putting together a business case and an action plan as part of assessing the feasibility of producing some of our own foods. I know all the participants are waiting anxiously to see the outcome of the meeting. Again, all things come with their challenges and tribulations but that's what makes success so sweet.

And the mudslide that moved the double-deckers just tells us how much rain we had last week (with more to come this week). We made the news because of a landslide. That landslide disrupted not only traffic, Colin Ritchie and Mayor Mike Berry but also Wally who told me he had to postpone his afternoon nap to go and see it. Bill Wasden joked that it was all the people who came to see the mudslide that snarled traffic, not the slide itself.

'Till next month ..... Gilakas'la and Halakas'la! Stay well,

Hope

# Kwak'wala

First Voices

angwis abam̓pa'os? Who is your mother?  
hedan abampi \_\_\_\_\_. My mother is \_\_\_\_\_. (\_\_\_\_\_ is my mother.)

angwis umpa'os? Who is your father?  
hedan umpi \_\_\_\_\_. My father is \_\_\_\_\_. (\_\_\_\_\_ is my father.)

angwis ga'agampa'os? Who are your grandparents?  
hedan ga'agampi \_\_\_\_ dlu' \_\_\_\_\_. My grandparents are \_\_\_\_ and \_\_\_\_\_.

angwis giga'oł'nukwa'os? Who are your parents?  
he'man giga'oł'nukwi \_\_\_\_ dlu' \_\_\_\_\_. \_\_\_\_ and \_\_\_\_ are my parents.

# Vancouver Co-op Radio

This fierce and beautiful Ławit'sis warrior mask has been donated by Allen Speck to be auctioned for Vancouver Co-op Radio CFRO. Allen Speck is a member of the 'Namgis First Nation. Son of James and Amy Speck.



Ławit'sis (Tlowitsis) carver Allen Speck has gifted Co-op Radio with one of his masks in order to help the station raise funds for continued programming honouring First Nations perspectives. We are very glad and grateful for this gift from carver Allen Speck and his family.

The 31-year-old Speck has been carving since he was nine years old and drawing since the age of three. He estimates he has carved thousands of masks. His great-great-grandfather Arthur Shaughnessy was one of the head master carvers on the coast who went from village to village helping to build big houses.

Asked about his interest in carving, Speck explained, "I was pretty much compelled to it after I went to my first potlatch. It was the environment I grew up in."

This environment is also the root of his generosity: "I grew up in a system in my own house where giving was the way to be and then moving over from Port McNeil to Alert Bay when I was a kid and actually being able to sit there in a Big House and gain a little more understanding that that's exactly the way of everybody here was. When I do stuff today and carve in tribute so I can give it away, give a little bit of history to somebody who would like it, or has none, or has the interest in it. I believe that the art work isn't just for First Nations people, but for everybody ..."

Speck explained on air on "Sne'Waylh" December 22 why many years ago he carved the warrior mask he has gifted to Co-op Radio to auction. "It represents the warrior and the warriors that come out of Turner Island are fierce: the wide eyes and the open mouth represent his war cries, and the one thing that the Ławit'sis warriors were good for was putting the fear of God in people just through sound."

"I carved that mask in honour of all the Turner Island warriors, because I went to the BC Archives online and come across some old pictures of some of the Turner Island Hamatsa and they were HUGE. They were actually warriors and their hands were bigger than my face and they were standing beside their Chief and they must have stood 7 and a half almost 8 feet tall. ... From the day that I seen that, I always thought Turner Island warriors were something I wanted to be."

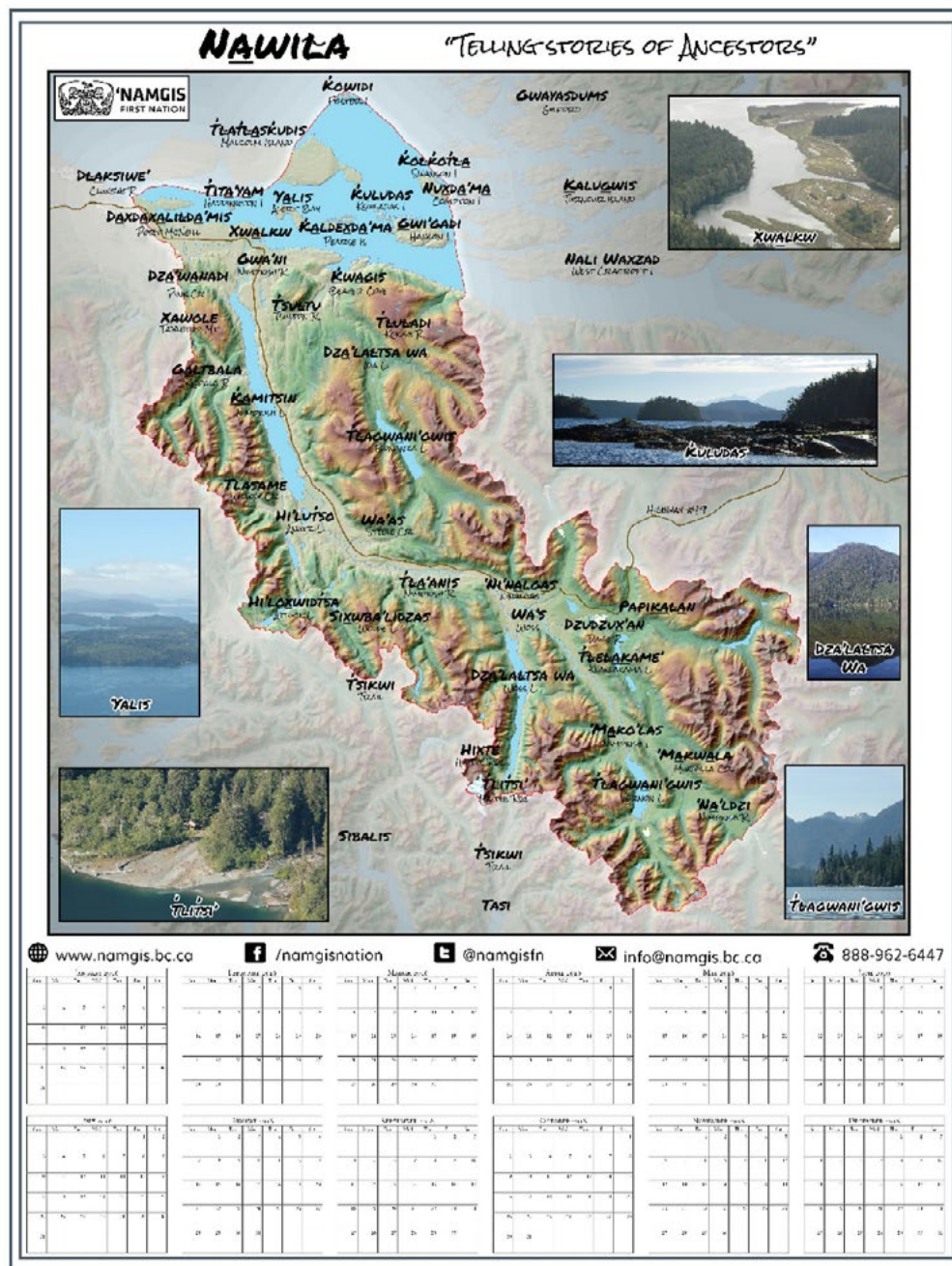


# 'Namgis Territory Map Available

The Natural Resource Department has created a large colour poster with a calendar and a map of our Territory that shows 'Namgis place names. Perhaps you saw a copy of this map at the last General Meeting. We would like give copies of this poster to 'Namgis members. To receive this poster, please come to the Administration Office and ask to speak with someone in the Natural Resources Department.

The poster was created to share information with members and to increase awareness of the territory. It shows how many of the English place names are taken from the 'Namgis names.

Examples: Woss/Wa's, Klaklakama Lakes/ᑭᑭᑭᑭᑭᑭ, and Mukwilla Creek/ᑭᑭᑭᑭᑭᑭ.



# Economic Development Update



Agriculture Workshop

Hello from the Economic Development Trainee corner

I am going into my fourth month as the Economic Development Trainee, already. It has been busy with the day to day duties of a trainee. I have learned so much about Economic Development since November and looking forward to learning more.

Thank you to all that attended the January 7<sup>th</sup> kick off information session, calling all Entrepreneurs with Massey Whiteknife, the Agriculture Opportunities community meeting with Jammi Kumar January 25<sup>th</sup> and those of you who took the four classes of Excel 1 course at the learning centre. Attending these events show that you all have interest in what could happen in our community.

There is so much that can be done in our beautiful community. Hopefully you, our community members will take advantage of what is being offered to you and start your dream business. We need to bring our community back to life, for the future of our children and grand-children.

Posters are put up around town and posts are put up on the 'Namgis site daily on workshops and training opportunities that could help you in your planning, with what I have learned while here I am available to help get you started.

Never be afraid to put your ideas down on paper, no idea is stupid. You are more than welcome come in and see me, or call me at 250-974-5556 Ext# 2030. I would love to throw ideas around with you. I am here at the Band Office until the end of March.

DeeDee - Economic Development Trainee



Massey Whiteknife



Excel Training

# Congratulations Lacey!

For those of you who do not know who I am, my name is Lacey Perrault. I am the daughter of Derek and Carole Perrault.

Two and a half years ago, I began my educational journey. July 2014, I made one of the hardest decisions - I quit my full time job and moved my daughter and I to Nanaimo BC so that I could attend the Vancouver Island University full time.

From September 2014 until December 2015, I have been working away at the first three years of my degree program.

On January 28th 2016, I graduated with a diploma in Arts and Sciences and an Associate of Arts Degree.

I am still attending full time and am currently finishing up year three of my degree program. I have two years left and am extremely excited about the future possibilities for me as a teacher!

Thank you for the continued support and I will continue to work away here and keep everyone posted about my success.



## Meeting with Minister Tootoo

The Hon. Hunter Tootoo met with the Fraser Salmon Management Council this morning in Ottawa.

"It was a great first meeting and I came out feeling optimistic looking forward," said Darren Haskell (FSMC, President). "It felt like meeting another First Nation leader, because he has dealt with similar issues in his own community."

They spoke about the instructions in the Mandate Letter that Minister Tootoo received from Prime Minister Trudeau, such as:

"A renewed, nation-to-nation relationship with Indigenous Peoples, based on recognition of rights, respect, cooperation and partnership."

Better "co-management" of Canada's three oceans.

"Act on recommendations of the Cohen Commission on restoring sockeye salmon stocks in the Fraser River."

The FSMC delegation also explained to the Minister the work that has gone into building a robust governance structure that is the Fraser Salmon Management Council.

The delegation was made up of Main Table members representing all four regions (upper, mid and lower watershed, and marine approach) of the

Fraser salmon's complex migratory system.

In this photo: Tina Donald (FSMC Vice-President; Simpcw); Robert Leech (T'it'qet); Minister Hunter Tootoo; Ken Malloway (Kwaw Kwaw Apilt); Victor Isaac ('Namgis); and Darren Haskell (FSMC President; Tl'azt'en).



Tina is holding a pine needle basket made by her mother, Eunice Donald (Simpco), that was presented to the Minister. FSMC also presented Minister Tootoo with a drum, with our logo by artist Jennifer Pighin (Lheidli T'enneh).

FSMC is a mandated Tier 1 governance body by which First Nations will enter into negotiations with DFO. The goal: a management agreement over Fraser salmon.

Hunter Tootoo is the newly-appointed Minister of Fisheries, Oceans and the Canadian Coast Guard.

# ASIST Training

## Applied Suicide Intervention Skills Training

Six hardy souls all participated the ASIST on February 2-3, 2016. The course was facilitated by Allan Campbell and Brenda Deakin. Ivan Voyageur organized and did the logistics for the workshop. Our six participants were involved in role-plays, discussions, group work and the practice of suicide intervention

Applied Suicide Intervention Skills Training (ASIST) is for everyone 16 or older—regardless of prior experience—who wants to be able to provide suicide first aid. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

ASIST has saved and changed hundreds of thousands of lives around the world. It teaches participants:

- be open, honest and direct about suicide,
- exercise care in expressing their own values about suicide,
- do whatever they can to respect a person at risk's decision-making rights,
- appreciate the importance of letting the person at risk talk about suicide,
- appreciate that some part of a person at risk wants to live,
- value collaboration with the person at risk,
- consider things that might threaten the person at risk's safety,
- develop a plan that fits the immediate safety needs of the person at risk, and,
- to make sure that the person at risk understands the plan and is committed to carrying it out.

Feeling tired, irritable, or down in the dumps this time of year? It's estimated that 15% of Canadians experience these symptoms of winter blues. "It's a combination of lack of sunlight, less activity, and less socializing that is probably most responsible," says Mark Pottier, a psychologist in Yarmouth, N.S.

### What causes winter depression?

Despite the fact that millions of us say we've suffered a winter-related low mood, it can feel as though the winter blues is just a myth. But there's sound scientific evidence to support the idea that the season can affect our moods.

Most scientists believe that the problem is related to the way the body responds to daylight. Alison Kerry, from the mental health charity MIND, says: "With SAD, (Seasonal affective disorder), one theory is that light entering the eye causes changes in hormone levels in the body. In our bodies, light functions to stop the production of the sleep hormone melatonin, making us wake up.

"It's thought that SAD sufferers are affected by shorter daylight hours in the winter. They produce higher melatonin, causing lethargy and symptoms of depression."

If you're going through a bout of winter blues, lack of daylight is probably playing a part.

Looking to lift your spirits? A few simple tips can make a big difference to your frame of mind.



### Get on Your Feet

- Snack Sensibly
- See the Light
- Be Social
- Watch What You Drink

Mental Health Department

# Dreams Do Come True!

In 2014, Mariah 'Yaya' Robinson graduated from Vancouver Island University with a Degree in Tourism Management with a major in Recreation. Two years later she has landed her 'dream job'.

Mariah was hired as the newest General Manager for the Canadian Recreation Excellence Corporation (RecEx) to operate the new 14,700 sq ft. Snuneymuxw Recreation Centre. The facility consists of a full sized Gymnasium, Fitness Centre, Commercial Kitchen, and Multipurpose Room.

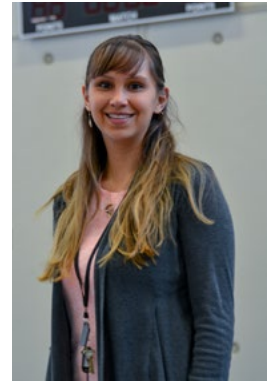
Mariah's new journey started on February 1st, 2016. Currently, she is working with Snuneymuxw First Nation (SFN) and RecEx on developing the facility's Policy and Procedures, and later planning the Grand Opening of the facility.

In June 2015, Yaya moved home to Alert Bay for a while to be with family after the loss of her Father Greg Wadhams. During her time at home, she organized an intramural volleyball league which was a huge success.

It is with mixed emotions that her and her family leave home again, but Yaya is ready to move into the position and create new memories in Nanaimo with her family. Nanaimo is her home away from home.

Yaya is very grateful to the 'Namgis First Nation for funding her while she attended VIU to get her degree.

Good Luck! Reach for the Stars!



Photos credit:  
Tricia Thomas  
Salish Sea Sentinel



## Viv's Veggie Patties

Make up some pancake mix from scratch. Flour, salt, baking powder, maybe a bit of baking soda. You can use white flour, whole grain, combination of both, or some other gluten free option if you choose. Store in a sealed container so it's ready to use.

Then all you have to do is add an egg or two, a splash of oil, and milk or water to a fairly thick consistency. (You can add more liquid once the veggies have been added, if necessary.)

Grate or chop thinly: Veggies you have in the fridge. Carrots, cabbage, onion, celery, etc. Broccoli and cauliflower cut little florets in half for faster cooking, use all the stalk cut finely. You could also add some leftover brown rice, flax or...

Put the veggies in the pancake batter, have just enough batter to hold everything together, heat pan to low medium, and spread out mixture with spoon. Cook till browned, flip and put in warm oven while you cook the rest.

Top with low fat sour cream, yogurt, or salsa.

They really fill you up, and I like to have a couple as leftovers to munch on later.



# 'Namgis Dental Clinic

## Dentist Larry Hill

My name is Larry Hill and I'm a Dentist from Nanaimo. I came through this area in the early 1970's when my brother and I owned and operated a commercial fishing boat (long before dental school days!). I retired from full-time dental practice last year and have been enjoying travelling to distant communities to give people there some time off.



My partner Kathie Robertson, a Dental Hygienist, travels and works with me. We're really enjoying our time here in Alert Bay at 'Namgis Clinic and in the beautiful community of Alert Bay. I hope everyone here realizes what a calm, peaceful place this is. 'Namgis Clinic is an excellent dental clinic. It is well equipped (equal to my Nanaimo office) and the staff is great. I'm impressed by the level of care patients are receiving here.

Kathie was very interested to come to Alert Bay because her grandfather James Robertson lived and worked here as the town barber in the 1940's and early 50's. Kathie's Dad Jim spent his early years here and then left to go to school in Vancouver.

When we leave here, Kathie and I are going to a clinic in Haida Gwaii where we have been before. We also spend time working in Hazelton and even went to a small community in Newfoundland this last summer where we spent 6 weeks working.

We have travelled as dental volunteers to Nepal (I have been there three times - Kathie once) where we visited mountain villages in the Anna Purna area. We also volunteer locally at a street clinic in Nanaimo and in West Coast communities like Tahsis and Zeballos. Kathie has done a great deal of volunteer work in Latin America. We both plan on returning here this summer.....maybe some fishing.

## Future Forestry Employment

Throughout the year the 'Namgis Natural Resources Department gets requests from forestry companies working within our territory for temporary laborers in various forest related activities such as, pile burning, tree planting, brushing, etc.

We would like any 'Namgis members who may be interested in future temporary forest work to submit your name and how you can be reached, phone/email, and we will inform you of these opportunities as they arise. When we are notified of an opportunity we will put you in touch with the company who is looking for laborers at that time.

These are physical jobs, outside, usually during rainy times, and generally in a forest cut block setting.

You are responsible for all equipment, travel, accommodations etc. that may be needed to fulfill the requirements for any job that arises, we are connecting 'Namgis workers with Forestry employers, and have no involvement with their hiring process.

Send your name and contact information to [forestry@namgis.bc.ca](mailto:forestry@namgis.bc.ca), or bring your information to the 'Namgis First Nation Administration Office.

# Muscle Cramps

## What are muscle cramps?

A muscle cramp is a strong, painful contraction or tightening of a muscle that comes on suddenly and lasts from a few seconds to several minutes. It often occurs in the legs. A muscle cramp is also called a charley horse.

Nighttime leg cramps are usually sudden spasms, or tightening, of muscles in the calf. The muscle cramps can sometimes happen in the thigh or the foot. They often occur just as you are falling asleep or waking up.

## What causes muscle cramps?

The cause of muscle cramps isn't always known.

Muscle cramps may be brought on by many conditions or activities, such as:

- Exercising, injury, or overuse of muscles.
- Pregnancy. Cramps may occur because of decreased amounts of minerals, such as calcium and magnesium, especially in the later months of pregnancy.
- Exposure to cold temperatures, especially to cold water.

Other medical conditions, such as blood flow problems (peripheral arterial disease), kidney disease, thyroid disease, and multiple sclerosis.

- Standing on a hard surface for a long time, sitting for a long time, or putting your legs in awkward positions while you sleep.
- Not having enough potassium, calcium, and other minerals in your blood.

Being dehydrated, which means that your body has lost too much fluid.

Taking certain medicines, such as antipsychotics, birth control pills, diuretics, statins, and steroids.

## How can you stop a muscle cramp when it happens?

You may need to try several different ways to stop a muscle cramp before you find what works best for you. Here are some things you can try:

- Stretch and massage the muscle.
- Take a warm shower or bath to relax the muscle. A heating pad placed on the muscle

can also help.

- Try using an ice or cold pack. Always keep a cloth between your skin and the ice pack.
- Take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Be safe with medicines. Read and follow all instructions on the label.
- If your doctor prescribes medicines for muscle cramps, take them exactly as prescribed. Call your doctor if you have any problems with your medicine.
- Drink plenty of fluids. Sports drinks, such as Gatorade, will often help leg cramps.

## Here are some things you can try for a leg cramp:

- Walk around, or jiggle your leg.
- Stretch your calf muscles. You can do this stretch while you sit or stand:
  - While sitting, straighten your leg and flex your foot up toward your knee. It may help to place a rolled towel under the ball of your foot and, while holding the towel at both ends, gently pull the towel toward you while keeping your knee straight.

While standing about 0.5 m (2 ft) from a wall, lean forward against the wall. Keep the knee of the affected leg straight and the heel on the ground. Do this while you bend the knee of the other leg. See a picture of how to do this calf stretch.

If you think a medicine is causing muscle cramps:

- Before you take another dose, call the doctor who prescribed the medicine. The medicine may need to be stopped or changed, or the dose may need to be adjusted.
- If you are taking any medicine not prescribed by a doctor, stop taking it. Talk to your doctor if you think you need to continue taking the medicine.



### How can you prevent muscle cramps?

These tips may help prevent muscle cramps:

- Drink plenty of water and other fluids, enough so that your urine is light yellow or clear like water.
- Limit or avoid drinks with alcohol or caffeine.
- Make sure you are eating healthy foods (especially if you are pregnant) that are rich in calcium, potassium, and magnesium.
- Ride a bike or stationary bike to condition and stretch your muscles.

Stretch your muscles every day, especially before and after exercise and at bedtime.

- Don't suddenly increase the amount of exercise you get. Increase your exercise a little each week.
- Take a daily multivitamin.

If you are taking medicines that are known to cause leg cramps, your doctor may prescribe different medicines.

### What if muscle cramps keep coming back?

Talk with your doctor if you have muscle cramps that keep coming back or are severe. These may be symptoms of another problem, such as restless legs syndrome.

If cramps keep coming back, bother you a lot, or interfere with your sleep, your doctor may prescribe medicine that relaxes your muscles.

For more information, check the following link:

<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=za1086>



## Youth Soccer League



Registration: February 19 - 29, 2016

League Soccer Season is coming fast

Registration will start on Friday February 19th and end on Monday February 29th.

You can pick up a registration form from Ashley at the 'Namgis Community Services Building.

We will need COACHES for U6, U8, U10, U12, U15, and U18.

Please call Ashley or Sharon at 250-974-5356 to put your name down for one of the following teams.

For all the coaches from last year can you please drop off the soccer balls, cones, and goalie gloves @ the 'Namgis Community Services Building

We will also need some help on game days that are hosted here in Alert Bay. We will need certified referees for all of our games.

## Database Contact Information

Please ensure that your contact information is up to date with us.

Please send me the following:

Mailing Address

Phone

Email Address

It would be great to have the email address as we send out information this way at times and will be doing more so in the future.

The Kala'mas is no longer mailed out. An email is sent out to the members that we have email addresses for with the link to the newsletter.

If you do not have an email address and are interested in receiving a copy of the newsletter mailed to you, contact:

Gina Wadhams  
info@namgis.bc.ca  
250-974-5556 Ext #3115

### Crisis Lines:

Vancouver Island Crisis Line  
1 – 888-494-3888  
24 hour service.

A & D On call Line  
250-974-8015

### Alcoholics Anonymous meetings

Mondays: 7 p.m. at Sunshine Room  
Wednesdays: 7 p.m. at Sunshine Room  
Sundays: 1 p.m. at NTC (when group in session)

### Narcotics Anonymous meeting

Fridays: 7 p.m. at NTC (when group in session)

## 'Namgis Council Portfolios:

Aboriginal Title and Rights  
All Council

Economic Development  
Sharon Gordon  
Rob Mountain  
Dixon Taylor

Social Services  
Kelly Speck  
Brian Wadhams

Public Works and Housing  
Kelly Speck  
Victor Isaac

Education  
Dixon Taylor  
Sharon Gordon

Health and Recreation  
Bill Wasden  
Sharon Gordon

Community Justice  
Rob Mountain  
Kelly Speck

Finance  
Dixon Taylor  
Victor Isaac

Aquatic Resources (Fisheries)  
Victor Isaac  
Rob Mountain  
Art Dick  
Brian Wadhams  
Bill Wasden

Forestry/Parks & Protected Areas  
Art Dick  
Steven Smith  
Brian Wadhams  
Bill Wasden

# Hiring Kwa'kwala Instructor

## North Island College (NIC)

NIC received approval to give preference to the hiring of a person of Aboriginal ancestry for this position.

NIC is seeking a faculty member to provide instruction in KWA 096 - Introduction to Kwak'wala, during the period March 7th - May 27, 2016 (schedule to be determined). This will take place at the Learning Centre, Alert Bay.

The successful candidate will have proficiency with the Kwak'wala U'mista Orthography and an ability to work with fluent speakers in the language in order to facilitate learning.

The teaching faculty of NIC are responsible for implementing the College's vision, goals, and objectives as they relate to teaching and learning. To carry out their teaching assignments, faculty use organizational skills, inter-personal skills, and their knowledge of subject matter, pedagogy, and curricular design. In addition, they have a responsibility to serve as role models for students and colleagues.

Responsibilities and typical duties listed below constitute a generic job description for teaching faculty whose responsibility may be for the delivery of scheduled classes, the support of self-paced, on-line, and distance courses, and/or instruction and supervision in laboratories, practicums, shops, etc.

### Position Competencies

- Creates a Positive Climate and Culture;
- Effective Communication Skills;
- Effectively Develops Goals & Objectives;
- Focuses Effectively on Key Results and Priorities;
- Demonstrates a Focus on Continuous Improvement;
- Interpersonal Effectiveness.

### Duties and Responsibilities

#### 1.0 INSTRUCTIONAL

- To plan and prepare learning materials for instructional environments;
- To use a variety of approaches and materials, as appropriate, in order to address different learning needs;
- To teach in assigned subject areas and to include in courses, and in course outlines, all required subject matter or skill activity;
- To direct student learning in a positive,

supportive, and caring environment;

- To be available to students regularly during scheduled office hours and classroom hours, to discuss their progress and other issues that influence their learning. (See Policy #3-03: Faculty Absence from Class - Cancellation of Classes);
- To clearly communicate in writing learning outcomes for programs and courses, and the way in which learners will be evaluated against those outcomes;
- To design and conduct evaluations or appraisals of students and to keep students informed of their progress;
- To submit grades in a timely manner, in accordance with Policy 4-15, -Reporting Final Grades;
- To maintain records of student enrolment and achievement and other records required by the College and affiliated agencies. At the end of employment with the College, to submit marks and student records to the department Chair.

#### 2.0 TYPICAL PROFESSIONAL DUTIES OF INSTRUCTIONAL FACULTY

- To be aware of, and to work within, College educational policies;
- To be aware of the Education and Strategic plans and to contribute to their development and assist in the achievement of its goals and objectives;
- To advise the Department Chair, within a reasonable time frame, of items that need to be ordered so that inventories of books, supplies, and equipment are adequate for the courses taught;
- To advise the Department Chair regarding enrolment management (recruitment and retention) strategies for their areas of responsibility;
- To advise the Department Chair responsible, and the appropriate Administrator and/or Campus Health and Safety Committee, of any health and safety concerns and to assist, where possible, in rectifying the problem;
- To demonstrate knowledge of computer applications appropriate to the teaching environment;
- To maintain continuous professional development of competencies and qualifications as required in the appropriate discipline;
- To participate actively as a contributing member of the College community on College committees and other College-wide activities, where appropriate;
- To participate in department meetings and other department activities during normal working hours,

when possible;

- To undertake other related responsibilities and duties which may be assigned by the College when course load permits.

#### Required Education & Experience

- Minimum of Bachelors Degree in related discipline;
- Masters Degree in subject area is highly desirable;
- BC Teaching Certificate or Provincial Instructors Diploma is highly desirable;
- Minimum three years of related experience preferably in a post-secondary setting instructing First Nations students.

#### Required Knowledge, Skills, & Abilities

- Ability to recognize and refer students with learning disabilities;
- Excellent interpersonal, oral and written communication skills, particularly in an inter-cultural learning environment;
- Proven instructional abilities, using creative and motivating approaches to stimulate learning;
- Orientation towards student learning;
- Excellent organizational and time management skills with the ability to plan and prioritize and

efficiently meet deadlines;

- Proficiency with computer applications and word processing.

#### Special Instructions to Applicants

Please scan copies of your transcripts into one document for attachment. If your transcripts are not available at the time of application, please attach a letter or certificate of confirmation from the educational institution.

Closing Date: February 22, 2016

For more information, contact:

Caitlin Hartnett  
250-230-1084

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Contact Caitlin Hartnett at 250-230-1084 if you have any questions.

## Community Weaving Project

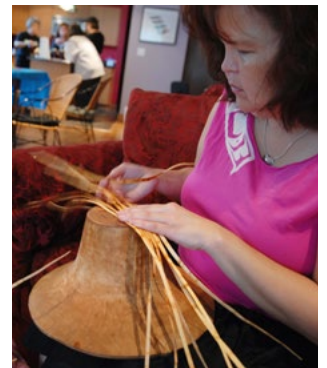
U'mista Cultural Centre  
February 20 & 21, 2016  
10am to 5pm  
Free

Open to Community Members of all ages!

We invite you to join us in creating an innovative woven place for permanent display at U'mista. The place will be dedicated to missing and murdered First Nations' women in Canada. Led by Avis 'Nalaga O'Brien and Donna 'Nalaga Cranmer, we will join as a community of weavers to make a statement about the valuable contribution of First Nations women who have always been the foundation of our families and communities. Before the weaving starts, Avis will share a presentation about the marginalization and oppression faced by First Nations women.

Everyone who is interested is welcome to participate - you can come for the whole thing or just drop in for an hour.

Lunch and refreshments will be provided.



# Grad Auction

Saturday - February 27, 2016

Council Hall in Alert Bay  
4pm

Main Cash Prize: \$650.00

Come out and support the Grad Class of 2016!

Lots of great prizes!

E-transfers for prizes: [vglendale@hotmail.com](mailto:vglendale@hotmail.com)

Private message Vina Glendale for further details.



# Garbage

Birds and dogs have become crafty little critters and seem to be able to knock over the garbage cans and somehow, releasing the tops. Public Works Crew members have been picking up several garbage containers and garbage lately.

**Homeowners:** please ensure that your garbage can tops are tied down. Short bungy cords are available at Rona for approximately \$3 ~ these work great for securing the lids.

Thank you!  
Public Works Crew

## Verna J. Kirkness Science and Engineering Program

Kirkness Science Camp

Deadline extended: Application deadline: February 29, 2016

May 16-20 Grade 11 Aboriginal Students

What: Kirkness Science Camp

When: May 16th – 20th 2016

Eligibility: Aboriginal students in grade 11

Cost: It is free to the student. It includes travel from anywhere in Canada, meals, lodging, a one week science project

Applications are competitive: Students write a 300 word essay and students would be chosen and Kirkness will decide which science lab that they are selected for. Of course, hoping to select a science lab that most closely matches their essay.

The Dean at the UBC Faculty of Forestry is partnering with the Kirkness Science Camp <http://www.vernakirkness.org/> and is hosting six students May 16-20th (as are other programs and universities across Canada).

This is a one-week “camp” where high school students will work on a science project and present their project on Friday May 20th. The

student will join the faculties during the day and have chaperones during the evenings. There will be an honour feast to celebrate the nations joining together.

We have 4 faculty member, myself and graduate students that will work with the students. Lori Daniels will host a tree ring lab to compare the properties of old-growth and second-growth western redcedar; Sue Grayston and Cindy Prescott will examine the biodiversity in soil from Haida Gwaii; and Julie Cool will design a wood product with students. We also have planned a trip to the Malcolm Knapp Research Forest in Maple Ridge.

Let me know if you have any questions. Please share with your connections and communities that you are working with.

Best wishes,

Andrea Lyall, RPF PhD Candidate

Aboriginal Initiatives Coordinator/Sessional Lecturer

Faculty of Forestry, University of British Columbia

[Andrea.Lyall@ubc.ca](mailto:Andrea.Lyall@ubc.ca)  
604.822.5294