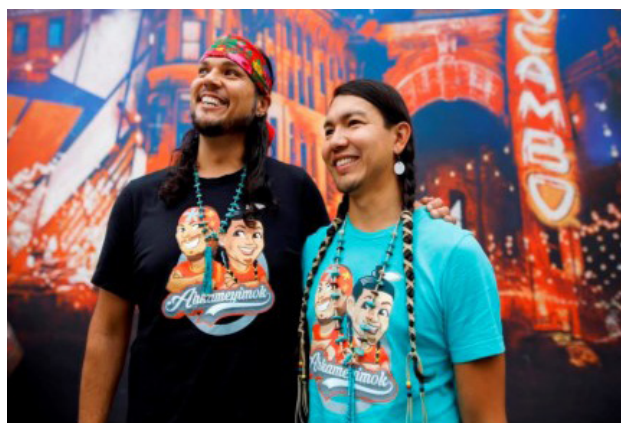


'KALA'MAS

2019

'NAMGIS NEWS
'Lixam/'Magwabo'yi

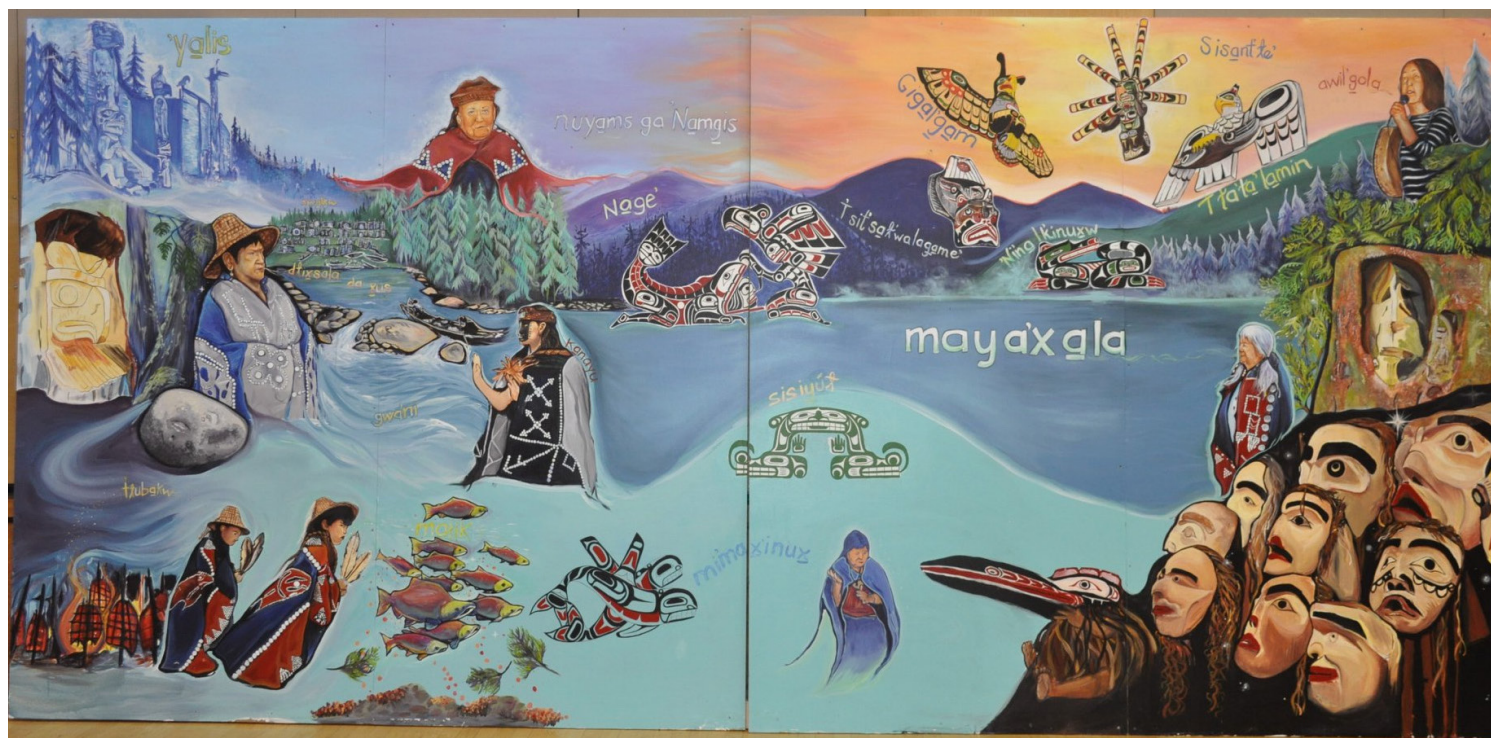
Our Amazing Journey



*An evening with
Anthony Johnson and Dr. James
Makokis "Winners" of the
Amazing Race Canada*

November 11, 2019

LAM 5-8 pm, Dinner and Conversation





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

TOLL FREE:
1-888-9NAMGIS
(1-888-962-6447)

FAX:
250-974-5900

EMAIL:
info@namgis.bc.ca

www.namgis.bc.ca

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

'NAMGIS COUNCIL

CHIEF:
Donald Svanvik

COUNCIL:
John Macko
George Alfred
Jerry Alfred
Kelly Speck
Bill Wasden
Victor Isaac
Robert Mountain
Dixon Taylor
Brian Wadhams

Chief Don Svanvik



Hello 'Namgis,

I hope you have all had a great summer, seems pretty short, kids are back in school. The welcome back to school pancake breakfast was awesome, thanks to the RCMP for joining the staff in cooking!

Welcome home to Megan Whonnock, our new Land Code Manager, Raven Barudin who is back teaching at T'lisalagi'lakw School and Jessica Barudin who works for the First Nations Health Authority and is currently working out of our Health Centre.

It has been a busy summer, our 'Namgis Economic Development Corporation is formed and just about ready to start their work which is to seek out and look into new business opportunities, do the work necessary to determine its viability as a business for us and put it forward to Council for consideration and to oversee our current businesses.

Throughout the last two years, the chum was a key discussion point in meetings involving Pieter Van Will, Stacey Larsen, Dale Desrouche, Nick Leone, Nic Dedeluk and Henry Nelson on planning what could be done to increase the chum salmon in our river. One of the key things Henry Nelson did was to bring the message of respected, late Councillor, Greg Wadhams to this table. That message was to get some chum eggs transplanted from some major rivers/hatcheries to assist in the rebuilding of a chum run back into the Nimpkish River

In December 2018, Gwa'ni Hatchery staff; Hank Nelson, Phil Alfred, Ken Robertson and Thane Alfred went to the Puntledge River Hatchery to get one million Chum eggs. There were two trips to bring the eggs home. Each trip home was made longer by having to stop and sprinkle water onto the eggs.

These eggs were incubated and were thermally marked into two groups; one to be ponded in the hatchery to grow and be released into the river and the second was ponded into sea pens in the Alert Bay harbor.

Special thanks to Laurent Frisson, Puntledge Hatchery and his assistant Dave as well as to Jack Gillen and Bob from the Nile Creek Hatchery for the loan of the transport boxes.

Drug Crisis

We have started an initiative to stop people from selling cocaine and prescription drugs.

We are getting quotes for cameras and have spoken to the RCMP about where they should be placed.

Some say that when someone stops selling drugs, someone else will take their place. I think this is generally true. If we allow them to, Council is committed to have people stop selling drugs. We need to do this as a community.

We will be having a community meeting soon to inform you of our ideas and get some from you.

These drugs enslave and kill our people. We need to come together to work for a healthier community.

Our children are worth it!

ᑭᐱᐱᓄᓂ

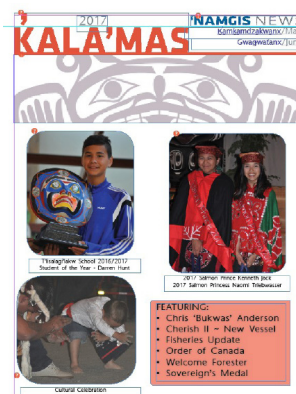
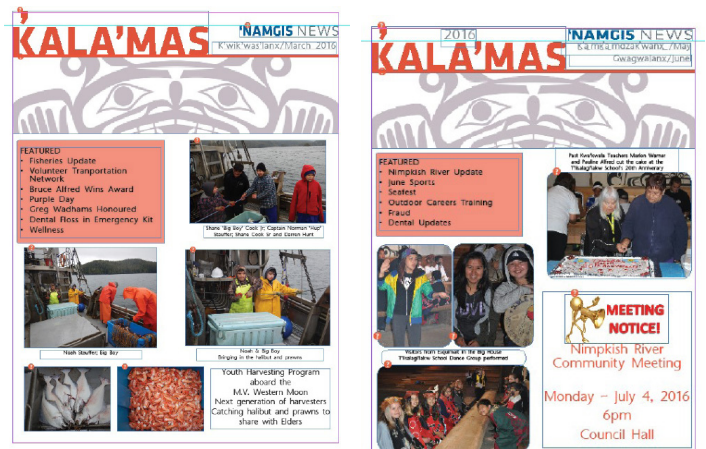
Hello!

I am very happy to be working on ᑭᐱᐱᓄᓂ once again. It's been quite some time. My position changed approximately 18 months ago where the workload increased. Unfortunately, I did not get to work on the newsletter. Our goal is to start opening the line of communication with our members and the newsletter is one of the great tools to do that. Tentative schedule for the newsletter will be bi-monthly.

As in the past, ᑭᐱᐱᓄᓂ will be sent out digitally so, please ensure your contact information/email address is updated with the nation. You can do this by calling me at 250-974-5556 #3115 or by email: info@namgis.bc.ca

If you have suggestions, comments for the newsletter, please get in touch with me.

Gina



T'lisalagi'lakw School Update



‘Yo wixas everyone,

It is so nice to be back in the Bay! I am hoping that everyone had a great summer - full of rejuvenation and time spent with family and friends. We are so excited to start another year here at T'lisalagi'lakw School and I am grateful to welcome everyone back. We started this year off with a well attended pancake breakfast for students and families – thank you to all who attended. Judging from the past two weeks, all signs point to another incredible, productive school year. The energy in the hallways is buzzing with positivity, the students are excited, and our staff is busy planning, sharing ideas and connecting with our amazing students. We are pleased to welcome Ms. Raven Barudin back to the school as she will be teaching a combined class of grades 1 and 2. This year we will continue to make Kwak'wala a priority for students and staff. Pewi and her team have so many exciting things planned around language learning and culture. If anyone did not receive a school handbook for this year, please drop by the office and ask Svea for a copy. T'lisalagi'lakw School is eagerly looking forward to enriching the lives of all our young people and we thank you in advance for your help. We are hoping to see lots of familiar (and new) faces at our upcoming BBQ luncheon and sports afternoon next Friday, September 13. Bring your soccer cleats if you have some so you can join us on the soccer field.

Gilakas'la, Shane Douglas ~ T'lisalagi'lakw School Principal

Kwagis Community Benefit Fund

The 'Namgis First Nation established the Kwagis Community Benefit Fund for the development of social, cultural and community interests.

'Namgis is committed to supporting individuals, events or activities that fall within the following focus areas:

- nurturing 'Namgis youth;
- improving education outcomes for 'Namgis youth;
- support 'Namgis elders; and
- strengthening our language and culture

Only members of the 'Namgis First Nation are eligible to apply for an allocation of Funds from the Kwagis Community Benefit Fund.

For an application form and to review the policy, please feel free to contact:
Hazel Cook at 250-974-5556

Dr. Dan Cutfeet

The long road to health transformation

Posted on August 8, 2019 by Healthcare Management Forum



Alert Bay is a small Island in the Johnstone Strait. It resides just off the northern tip of Vancouver Island and a 40 minute ferry ride from Port McNeill. It is just a little less than 5 km long and 1 km wide. It has a population of approximately 1200 people, most of whom belong to the 'Namgis First Nation. The Island is actually split into half Village of Alert Bay and half 'Namgis First Nation reserve.

The 'Namgis are a resolute people. They have long struggled with health disparities, but theirs is not simply a story of colonial oppression and its long harrowing effects. The 'Namgis people are actively involved in creating their own futures and thus determining their own stories and future identities. This is not to say that colonialism has not left its indelible mark upon the people and their community. Indeed the effects of colonialism are deeply ingrained and readily apparent.

The story of the 'Namgis people is long and true. My story of their journey begins in 1979 with the death of an 11 year old girl. Renee Smith was brought into St. George's Hospital by her uncle on January 18, 1979 with severe abdominal pain. She suffered for days in hospital with pain, fever, nausea and vomiting. She passed away on January 22, 1979. The autopsy revealed that the cause of her death was acute appendicitis. The community was shaken and angered. They had long felt their healthcare was inadequate and racially biased, and now they had proof.

The death of 11 year old Renee Smith galvanized the 'Namgis Nation. The 'Namgis people demanded change to the quality of their healthcare and an inquest into the death of Renee Smith. These demands split the community mostly along racial divides. The demands were not at first met but the people persisted. On March 3, 1980 the Government of Canada Inquiry into Indian Health and Health Care in Alert Bay was conducted by Dr. Gary Goldthorpe. The findings of the Inquiry were many, but some of the more significant findings were as follows:

Renee Smith, and at least two other patients died as a result of errors in judgment, or neglect.

Alert Bay Indians were less healthy than other B.C. Indians.

Alert Bay Indians were 25% more likely of dying within the year than other Indians elsewhere in Canada.

The Inquiry also made recommendations. The most important of these was that "Native people should begin taking over the delivery of social services, education and healthcare within their own communities." This recommendation was not just meant for the 'Namgis people but for all Aboriginal people across Canada.

The death of Renee Smith was the catalyst for significant change to the health and well-being of the 'Namgis people. A Treatment Centre and Health Centre were established as per the Goldthorpe recommendations, and a new hospital and long term care centre run by Vancouver Island Health Authority (VIHA) was later built on reserve land. The 'Namgis Chief and council made the health of their people a priority by hiring a dentists and dental hygienists, as well as 3 nurses and 2 doctors for the community, the expense of which is paid by the 'Namgis First Nation. The Nation did not simply stop with these health provisions but went on to provide an elementary school that teaches language and culture, a recreation centre for its youth, an Elder's centre for its seniors, a Big House for ceremony and traditions, and the U'mista which serves to celebrate their culture. They also have amenities within their community that other First Nations reserves can only hope for, like paved roads and a reliable water treatment plant. The 'Namgis are even progressive economically providing income and jobs locally with their gravel company, logging company, land based fish farm and fishing boats.

With all its amenities and healthcare provisions the 'Namgis Nation is still left with its share of troubles. The problems that plague the 'Namgis people are the same issues that all First Nations struggle with across Canada. Alcoholism is rampant in the community, as is drug abuse. Drugs like cocaine, crack and even heroin are present in the community. Prescription drug abuse is particularly bad in Alert Bay. Suicide, though not rampant, is always a concern and the 'Namgis people have lost their share of young people. Housing is always in short supply and unemployment and poverty are the norm.

The current health status of Alert Bay has improved greatly since 1979. Unfortunately, the administrators and decision makers within VIHA no longer feel the shame that was theirs for the death of 11 year old Renee Smith. They have forgotten the original reasoning behind establishing a hospital on reserve land in Alert Bay. They are now questioning the financial expense of the whole experiment. Alert Bay is located within the regional district of Mount Waddington, which is the northernmost region of VIHA. Mount Waddington has put forward its 10 year plan which does not include Alert Bay. Mount Waddington managers would like to see the Hospital in Alert Bay become an Urgent Care Centre. This would mean the removal of nursing staff and thus the inability to admit patients or provide in hospital palliative care. Throughout Canada First Nations are demanding better healthcare services and yet VIHA wants to provide less. VIHA has no less obligation than it did in 1979, but its healthcare model is based upon capitalism and as such will always look to provide the cheapest healthcare that it is legally obligated to provide.

The 'Namgis Nation has taken this latest development to heart and is considering its options. As the senior physician in Alert Bay, I have advised the Chief and Council to take over the management of the hospital, and thus fulfill the Goldthorpe recommendation to take control of their own healthcare. We are in the preliminary phase of talking to all parties involved, but the excitement and nervousness of what this might mean is palpable.

What does an Indigenous healthcare system look like? There are few examples in Canada but they do exist. One such example is that of Chisasibi. Chisasibi has a regional hospital providing services to 9 Cree communities in northern Quebec, just southeast of James Bay. It represents a First Nations run healthcare system that services a population of just under 20,000 people. The people of Eeyou Istchee have been managing their own healthcare services since early 2000s. I put forward this example in order to censor those who might believe an Indigenous healthcare system an impossibility.

I am aware of the First Nations Health Authority in British Columbia. I am also aware that the creation of other First Nations Health Authorities is underway in Canada. This is a good first step, but First Nations must not content themselves on managing the apparatus. We must seek to create something new. We must strive to create something that represents our ideals. If we do not, then the care we provide will be no better and potentially worse than what exists. An example of potential deficiencies are that of the First Nations schools across Canada. The schools are now managed by First Nations and are overseen by First Nations boards but they teach a Eurocentric curriculum. This is an example of Indians failing Indians. No longer is the Federal government or Clergy providing an inadequate education, but it is us.

In creating an Indigenous healthcare system we do not simply want to take over the organizations that exist. The current healthcare system is failing First Nations people. Its structure and design will not allow for it to do otherwise. In developing an Indigenous healthcare system it is imperative that our values, beliefs, culture and traditions be represented in the care we provide. But what does this mean? How will this translate financially? What kind of mandate will we give ourselves? I believe the creation of an Indigenous healthcare system will require a shift in thinking. I liken the magnitude of the shift required to that of the country of Bhutan, which places the importance of "Gross National Happiness" over that of "Gross National Product". An Indigenous healthcare system will require a different way of thinking and of being. It should stand apart from the current Western model that exists.

Let it be said, with the creation of an Indigenous healthcare system, that the Federal and Provincial governments still must fulfill their obligations with regards to Aboriginal peoples. Section 91 of the British North American Act states:

"The policy of the Federal Government has been and is that in accordance with its general responsibility

in respect of Indians it should do what is necessary to ensure that Indians have access to adequate health services so they can achieve a standard of health comparable to that of other Canadians.”

This must be said, as it is the history of the Canadian government to want to absolve itself of its commitments concerning Aboriginal peoples. An Indigenous healthcare system is not an absolution but a shift in power.

The ‘Namgis people strive for what is rightfully theirs, which is the power to determine their own future. This requires the control over services, education, and healthcare within their own territory. The ‘Namgis people have been the driving force of change in Alert Bay, and yet so much more is required for them to attain a standard of health and well-being comparable to other Canadians. Evolution is no easy task and much change is painful. The ‘Namgis have suffered through their share of pain. The ‘Namgis will continue their journey. Theirs is a journey of decolonization and the pursuit of an alternative truth.

References

Speck, Dara. An Error in Judgement: The Politics of Medical Care in an Indian/White Community. Vancouver, BC: Talonbooks; 1987: 25-270.

Dr. Dan Cutfeet is a family doctor who regularly speaks at conferences about healthcare in the ‘Namgis First Nation.

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## Welcome New Land Code Manager

### Megan Whonnock

Hello ‘Namgis community, I am happy and excited to introduce myself as the new Land Code Manager for the Nation. A little about myself; I am originally from the Sayisi Dene First Nation, now situated in Tadoule Lake, MB, a small fly-in only reserve just west of Churchill. The majority of my time growing up has been in Fanny Bay and Victoria. My connection to the ‘Namgis is through my husband Joseph Whonnock (Smith). Together we have four children; our youngest two have made the move with us to Alert Bay.

I’m very honoured to be working on the newly operational Land Code as I am passionate about working hard to support Indigenous rights to self-determination. I have moved here from my role as Manager, Indigenous Knowledge Policy & Engagement with the Ministry of Forests, Lands, Natural Resource Operations & Rural Development (FLNRORD) and have previously worked in the fields of program management, economic development, youth services, event management and communications. I am looking forward to bringing these skills and experience into this new role, and most of all, I look forward to catching up and meeting many of you!

Mahsi cho | Gilakas’la



# Haley

“So, there I was 22 yrs old, out of university and cleaning bathrooms, not that glamorous, not what I had planned. One day I got a call out to a Bates Motel set for a post clean; when I had arrived an ALM (Assistant Location Manager), recognized me from other locations I had cleaned, and asked me if I wanted a job on an upcoming NBC pilot. That was the start of my career in the movie industry.”

Nobody starts at the top and Haley was no exception the entry point was being a production assistant in the locations department. Long boring hours of guarding gates, watching generators or bubble wrapping the interior of houses before filming. After a year of this, she met the necessary requirements and was able to join the DGC (Directors Guild of Canada) as an associate member.

“Through 2016 and 2017 I put in a lot of time working on whatever I could get, building my reputation as a hard worker, networking and learning as much as I could.” This included working on pictures like Prison Break, Timeless, Lost in Space and The Crossing and day calling for TV series like “The Flash” and “Supergirl”. I would jump at any opportunity to learn and expand my repertoire”.

“In May of 2017 my Uncle convinced me to try and get onto Deadpool 2. I thought it was out of my league but contacted the 2nd Assistant Director, asking that he consider me for his team. I was floored when I got an interview and was hired, initially as a production assistant but before the end of production I was upgraded to Trainee AD”.

Since Deadpool 2 Haley has been an AD on the Sony Picture “A Dogs Way Home”, Fox 20th Century’s “Racing in the Rain” (Starring Amanda Seyfried and ‘This is Us’ Star, Milo Ventimiglia) and “Sonic the Hedge Hog” which was shot partially on Vancouver Island. Currently Haley is working as a 3rd Assistant Director on a Disney feature. The Film industry isn’t just a career it’s a way of life with 18-hour work days, week after week.

“If I were to look back on the past 7 years of my life, and pull out any particular turning point, or point of growth to share with others, I would land on risk taking, and doing what makes oneself happy. I have no regrets regarding my life choices because they led me to where I am today. I learned quickly to focus my energies on what makes me feel a sense of fulfillment, accomplishment and at the end of the day what makes me happy. I hope to one day be a household name, like Martin

Scorsese, Quentin Tarantino, Guillermo del Toro or Steven Spielberg”.

Haley brings it all back to the community that she grew up in. Although she’s been gone nearly a decade, she always takes pride in her hometown and feels a sense of honor to be a part of the community that brought her up. Her culture is what has driven her to make her mark in the film industry. She has dreams to one day tell the stories of her people through motion picture.

“Everything I’ve done, I’ve done with my culture at the forefront of my intentions. When I was working on my major in psychology and criminology, it was my dream to reduce recidivism rates among aboriginal youth, by implementing new programming intended to keep the youth away from incarceration, and away from the institutions created by the government. When I started working in film, a new spark ignited within me, I started networking, and writing screenplays that tell stories of struggle, resilience, and cultural strength in our people. I want to celebrate my culture and the lives of our people – I see my friends back home, teaching the youth, and keeping our culture alive, I just want to do the same, through filmmaking”.

You can find movies Haley has been credited for at: <https://www.imdb.com/name/nm9724404/>



Haley with camera gear “Dogs Way Home”)



Haley with Josh Brolin “Cable” Dead Pool 2



# Duplicate Cheque Cashing

There have been incidents where individuals within the community have been involved in duplicate cheque cashing. Specifically, these persons have been depositing cheques electronically through their respective financial institutions by way of an app or computer and are also depositing the original cheque by way of an ATM or teller.

Please understand that this is a method of Fraud and is an offence under Section 362 and Section 380 of the Criminal Code of Canada which may carry the following penalties:

False Pretences; Sec 363 (2) CCC:

- a. Is guilty of an indictable offence and liable to a term of imprisonment not exceeding ten years, where the property obtained is a testamentary instrument or the value of what is obtained exceeds five thousand dollars; or
- b. is guilty
  - i. of an indictable offence and liable to imprisonment for a term not exceeding two years, or
  - ii. of an offence punishable on summary conviction, where the value of what is obtained does not exceed five thousand dollars.

Fraud; Sec 380 CCC:

1. (a) is guilty of an indictable offence and liable to a term of imprisonment not exceeding fourteen years, where the subject-matter of the offence is a testamentary instrument or the value of the subject-matter of the offence exceeds five thousand dollars; or
- (b) is guilty
  - (i) of an indictable offence and liable to imprisonment for a term not exceeding two years; or
  - (ii) of an offence punishable on summary conviction, where the value of what is obtained does not exceed five thousand dollars.

Should the Alert Bay RCMP receive reports of individuals engaging in this practice, we will commence an investigation and follow up with the appropriate financial institutions in order to substantiate the above noted offences. Should it be established that a person has knowingly engaged in the practice of duplicate cheque cashing, criminal charges will be considered.

Any questions regarding this matter may be directed to the RCMP at 250-974-5544.

# General Meeting

‘Namgis First Nation General Meeting

Date has been set for:

Saturday ~ November 30th, 2019 and Sunday ~ December 1st, 2019

Notices will be sent to membership soon

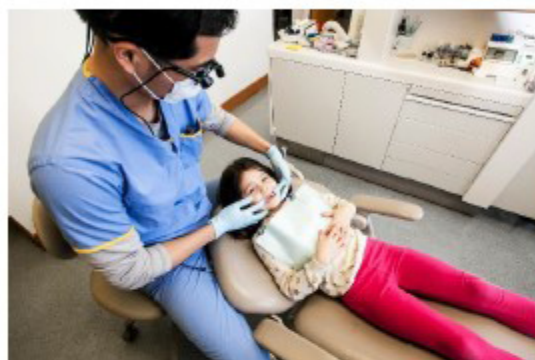
# Improved First Nations Health Benefits Plan for dental, vision, and medical supplies & equipment

## Launching September 16, 2019

The First Nations Health Authority (FNHA) is set to launch a new health benefits plan that will be more convenient to use and expand benefit coverage in key areas.

On September 16, the FNHA will transition dental, vision, and medical supplies and equipment (MS&E) benefits off the federal Non-Insured Health Benefits program. [The FNHA's new partner](#), BC-based benefits provider Pacific Blue Cross, will administer these benefits as of this date.

FNHA clients and their health care providers will find the new system easier to use, with fewer requirements for pre-approvals and quicker turnarounds for adjudications and payments.



In addition, the new plan will offer improved coverage for many health services, such as teeth cleaning, dentures, eye exams and eyeglasses.

The changes to the plan are based on extensive engagement with clients, their health care providers and First Nations health leaders. The FNHA has led 51 focus groups with 98 communities represented across the province. Clients and health workers provided feedback on how the benefits plan could be improved. FNHA also asked Health Directors and care providers what needed to change. Discussions with health care providers included education about cultural safety and humility, one of the topics identified as a concern by clients and health leaders.

### Host an Information session

The FNHA will share more updates on plan coverage and features in the coming weeks. FNHA Health Benefits Community Relations Representatives are coordinating information sessions in the Regions and invite communities and health workers to contact them about the new plan.

**Candy-Lea Chikite**  
Health Benefits Community Relations Representative  
Vancouver Island Region  
[Candy-Lea.Chikite@fnha.ca](mailto:Candy-Lea.Chikite@fnha.ca)  
250-830-7346

The FNHA provides other benefits to meet health needs not covered by provincial or third-party health insurance. These include medical transportation, mental health support, and pharmacy benefits through BC PharmaCare Plan W.

### Questions about your health benefits?

Call us toll-free at 1.855.550.5454  
Email: [healthbenefits@fnha.ca](mailto:healthbenefits@fnha.ca)



# Master of Arts in Sustainable Leisure Management

Sara Fulla

As an Indigenous woman and leisure scholar, VIU Master of Arts in Sustainable Leisure Management student Sara Fulla is merging her two worlds with her research project, which explores leisure in a cultural context.

A recipient of the \$17,500 Canada Graduate Scholarships-Master's award, Fulla has the financial support to continue exploring the Kwakwaka'wakw Potlatch as a form of Indigenous leisure.

It seems only fitting that Fulla – whose traditional name is 'Maxw'mawidzamga, which she has been told translates to "Potlatching Woman" – shares the story of her ancestors' sacred ceremony.

"For many years, non-Indigenous people have been sharing their perspectives and perceptions on the Kwakwaka'wakw Potlatch, and I think it's time that our own people share our cultural and traditional knowledge," says Fulla.

As one of the few Indigenous scholars in her field of study, Fulla recognizes that leisure is often represented through a Western context – but she says there are other ways of knowing.

"Although my people did not have a word for leisure, we practiced it every day in our culture," she says.

Raised in 'Yalis, Alert Bay, Fulla grew up immersed in her Kwakwaka'wakw culture. She strongly believes in the importance of continuing her ancestors' traditions and preserving their language and culture. As a mother of a three-year-old daughter, she sees the value of raising her child with the knowledge of their people.

"I don't want my culture or language to die. I want our traditions to be practised for another thousand years and more; for my people to continue to sing our melodies and dance our rhythms," she says.

Fulla says one way Indigenous communities can preserve and share their culture is through tourism. After completing her master's degree, she hopes to start her own consulting firm to support Indigenous communities in sharing their stories with tourists in a sustainable and respectful way.

"In sharing our stories – in whatever capacity and as much as communities feel comfortable with – we can promote understanding between Indigenous and non-Indigenous peoples," she says.

The English translation of the word potlatch means "to give." Many people believe a wealthy person has a full life; however, through the sacred potlatch ceremony, the Kwakwaka'wakw people celebrate that the person who gives the most away. With Fulla's research project she hopes to share the knowledge of her ancestors with others to create a more compassionate and understanding way of being for everyone.



## Christmas Holiday Office Schedule

Non-essential offices are closed Friday ~ December 20, 2019 as the last day

All offices will re-open on Monday ~ January 6th, 2020.

Check with the Doctor and Dental office on their holiday schedules



# Post-Secondary Deane Wadhams



From the desk of Deane Wadhams, Post Secondary Coordinator

Hi everyone, another school year gone by and getting ready for the new semesters. 'Namgis has had 63 students go through the 2018/2019 school year. Students are working hard to achieve their goals and at the end of the summer semester 3 students will have successfully completed their journey.

- 1 – Bachelor of Engineering
- 1 – Long Term Care Diploma
- 1 – Addictions Counsellor Certificate

Congratulations to the 3 and we hope you continue to achieve your goals.

It is always a busy time during the summer months for the post secondary office, there are major reports to get to Indigenous Services, closing up files from the past year, opening new files, trying to ensure that sponsor letters are sent to the institutes so that students can already have their accounts open to sign up for their classes and get the necessary texts needed, we try to make it a smooth transition for the new semesters. It is always good news to see the transcripts come in with awesome grades for each term and we are happy to be able to make the life of obtaining your educational goal a little easier where you can concentrate on your studies rather than worrying about day to day living expenses.

There have been a few downfalls with students not complying to both the education institute and policies of 'Namgis and we do not wish to end sponsorship but if you are receiving costs to go to school, there are consequences for failing to follow our policies. In all fairness, there is a wait list of members who wish to access the education funds so our office will be reviewing files more closely to make sure everything is up to date, your transcripts are in following each semester, updates on whether you will be continuing following each term, etc., students should not have to be reminded to get the necessary documents in for their file, it is very important that we can see you are achieving what you have set out to do.

Please be reminded to send us any changes that may occur, email address, mailing address, phone number, we have had a few cheques returned because of moves and not being informed. Also, direct deposit is ONLY for your living allowance, all other are paid by cheque, such as term registration fee, books not purchased at the bookstore, workshop costs, nurses uniforms, etc., also if you need any reimbursements, the accounting office will only pay on original receipts, so they need to be sent to us so we can get it back to you as soon as possible.

Good luck to you all with moving on to a higher education for the first time, as well as continuing students, do your best, work hard. If you run into any problems just remember to see the school counsellor and between you, the counsellor and our office most times we can work out the situation to benefit you the student.

Happy New School Year

# 'Namgis Economic Development Corporation

Keena Hicken-Gabberia



Want to meet face to face? Keena is in town next week!  
October 22-24th

Visit [Namgis-EDC.ca](http://Namgis-EDC.ca) or call Local Alert Bay #: 236-274-6332 to schedule an appointment. The Namgis Ec Dev office is located on the 2nd floor of the Wharfmaster Building at the Ferry dock. Keena is the CEO of NEDC and would love to hear from you. Visit [Namgis-EDC.ca](http://Namgis-EDC.ca) to learn more about her and what benefits she brings to our Nation.

Subscribe to Us: Keep up on what NEDC is doing!

Please visit [facebook.com/namgisedc](https://facebook.com/namgisedc) and click "Subscribe to us!" on the left, or [www.Namgis-EDC.ca](http://www.Namgis-EDC.ca) (pop up or footer). You can opt to have the news delivered to your email address, or in the mail (snail mail). Just indicate your preference, and if you choose snail mail, please enter your complete mailing address. We look forward to sharing what's going on.

## APPLY TO WIN!

Are you a local entrepreneur or committed to become one?  
Want to see Cormorant Island thrive for years to come?

**Apply to attend:** *Deadline: Oct 25*

**Rural Islands Economic Forum**  
November 7-8 2019  
Pender Island, Tsawout Nation

The RIEF will be the first time BC's rural islands, along with Indigenous Communities, will gather to advance community economic growth and resilience on the islands.

If you are a **'NAMGIS First Nation member AND** a Cormorant Island resident, you are eligible to apply for a chance to receive **FREE** registration, travel expenses and accommodation to participate in this forum (max value \$1300).

Panels • Workshops • Round Tables • Networking

Tell us why you want to attend (max. 250 words)  
Send email to: [info@Namgis-EDC.ca](mailto:info@Namgis-EDC.ca)  
[www.Namgis-EDC.ca](http://www.Namgis-EDC.ca)    [www.ruralislandsforum.com](http://www.ruralislandsforum.com)

2019 RURAL ISLANDS ECONOMIC FORUM

Namgis Economic Development Corp.

## NEDC KEY FOCUS AREAS:

- Employment
- Profitability
- Sustainability

Namgis Economic Development Corp.

# ŁAXWE'GILA GATHERING 2019

There are so many people to thank for making our gathering such a success. First and foremost is 'Namgis Chief and Council for giving us dollars to do this annually. There are different departments from our Nation who give:

'Namgis Health Centre for cereal and milk, fresh fruit for snacks and Porto-potties that are cleaned every second day. This is so appreciated because our children/youth dislike outhouses and they are better suited for elders in a clear area where elders have a less chance of being hurt.



Jamie Hunt for getting extra dollars to supplement unforeseen expenses, helping to pay for facilitators and purchasing new camping equipment and making sure our children were fed well.

Lands and Resources (Ian/Jack) who pick up ice from Keltic Ice plant and deliver in a tote for all to share, bring our canoe to where we are, take garbage out and then come pick up tables, chairs, garbage. Ian cleans, barbecues 10 sockeye and delivers this treat to us!

Facilitators who go out of their way to come to teach us language, medicine, harvesting, cedar weaving and we all appreciate the effort you do even if it is only for a few hours. Facilitators were: Gloria Hunt and Donna Cranmer for cedar weaving; Pat Dawson-Hunt for native Medicine; Art Dick and Marion Warner for Kwak'wala.

The experienced harvesters taught the first-time cedar bark and devil club harvesters how to do things properly and answered numerous questions. These knowledgeable people were Jamie Hunt, Matt Ambers, Pat Dawson, Shannon Alfred, Gloria Hunt and Lindsay Beans.

Summer students from 'Namgis and Whe-La-La-U who stepped up and did so much for the campout.

Bill Wasden for the use of Intertribal Health Canoe that many made use of to see Atluck Lake from afar.

Janet Lehde who brought paint and paper for the children to use when they took a break from swimming or a workshop.

Shannon Alfred who has been there helping run Łaxwe'gila since Barb Cranmer handed it over

We had a total of 104 participants, 80 who camped, 24 day-trippers, 33 tents that were pitched and 3 trailers. THIS was a RECORD for all camping trips excluding the original canoe journey that 'Namgis hosted at Woss in 2002.

Band Administrator Verna Ambers and Robin Henry, Human Resources Director delivered fresh crabs from Chief Don Svanvik for the community potluck dinner on Wednesday. Councillors who travelled up to spend Wednesday with us were Bill Wasden and Dixon Taylor and wife Sue. Thank you Dixon for the prayer before we feasted. Bill Wasden and Dixon also spoke some great words about the campout. Hereditary Chief Arthur Dick thanked 'Namgis for inviting others to the campout because this is our teachings. He more or less said this is how we are and always will be.

Most important of all, the parents that went with their children on this campout. They helped even though they were tired. They asked the children to pick up any garbage if they saw any.

It was not perfect...some glitches here and there but it was a great Łaxwe'gila Gathering. It is a learning curve for new campers and we only want more of our people in our territory seeing the beauty of where our ancestors lived.

We may often disagree but we all see the greater good in Łaxwe'gila Gatherings because it does empower us, we do gain strength because all of us are all related because if you follow that family tree, the roots tie us all together if you dig deep enough.





## 'Namgis Council Election

|                         |                   |                      |
|-------------------------|-------------------|----------------------|
| Nomination Date:        | November 1, 2019  | 9:00am – 9:00pm      |
| All Candidates Meeting: | November 22, 2019 | 6:00pm at Rec Centre |
| Advance Poll:           | November 29, 2019 | 9:00am – 9:00pm      |
| Election Date           | December 13, 2019 | 9:00am – 9:00pm      |

### 'Namgis Band Councillors Terms Expiring:

Alfred, George William

Speck, Kelly Ann

Wadhams, Brian Wayne

Wasden, William Edward (Sr)

All registered non-resident electors that have current address information on file will receive an election package detailing how they can participate in the election.

A copy of the regulations is available at the 'Namgis Administration Office.

For more information, contact Verna Ambers at the Administration Office 250-974-5556, or Electoral Officer Jamie Taylor 250-974-5877

# Membership Clerk DeeDee Alfred



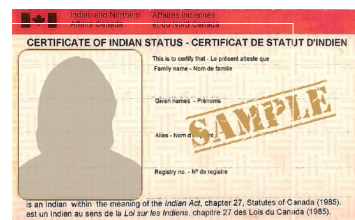
Appointments are required to see Membership Clerk DeeDee Alfred.  
Call: 250-974-5556 Extension # 2010

## PLEASE UPDATE YOUR CONTACT INFORMATION

To receive information, election packages etc from the 'Namgis First Nation, it is your responsibility to ensure that your contact information is kept up-to-date. Contact DeeDee 250-974-5556 Ext 2010 or by email: [DeeDee.Alfred@namgis.bc.ca](mailto:DeeDee.Alfred@namgis.bc.ca)

To: 'Namgis First Nation Members  
Re: Status Cards

This notice is to inform you that in order to receive a Status Card you must come into the office. I cannot mail, e-mail or fax applications.



## GUIDING PRINCIPLES

- Registered Indians shall be issued a CIS upon request made IN PERSON to any issuing Band Office.
- Applicants must sign the CIS in the presence of the ISSUING OFFICER.

To avoid the cost of having to come home, I suggest you call the Bands in your area to see if they can do other Bands, which they may be able to for a fee.

In Vancouver, go directly to the head office: 600 – 1138 Melville Street.

Phone number 1-604-666-9006; voice message gives you times for walk in's and tells you what is needed when applying for a CIS.

To: 'Namgis First Nation Members  
Re: Membership List

In an effort to help us maintain a current membership list, we require some assistance from our Band members.

When a family member passes away, it is very important that a copy of the death certificate is brought to the direct attention of our Indian Registry Administrator (IRA) DeeDee Alfred. With the document, our IRA (DeeDee) can prepare and submit the required reports to INAC so membership lists can be updated accordingly. Our IRA does not have the authority to remove names from the list unless she receives approval from INAC.

We understand how upset members are when they receive correspondence from INAC or see members' names on the Band list that should have been removed.

# Jessica Barudin



Introducing Jessica Barudin as Community Engagement Coordinator, Kwakwaka'wakw

Jessica and her family are excited to start a new chapter in their lives moving back to their home community, Alert Bay where Jessica will join the First Nations Health Authority as the Community Engagement Coordinator in Kwakwaka'wakw communities.

The First Nation Health Authority, Vancouver Island Regional Team is proud to welcome Jessica Barudin to our Vancouver Island Region Community Engagement Team.

Jessica is a proud mother of two daughters, wife, Sundancer, Indigenous health advocate, doctoral student and yoga teacher. Jessica received a Master's in Applied Science in Physical Therapy from McGill University and an Undergraduate Degree in Human Kinetics from the University of British Columbia.

Prior to joining the FNHA team, Jessica was a founding member and the Program Manager of the Indigenous Health Professions Program (IHPP) in the Faculty of Medicine at McGill University. She teaches yoga to Indigenous youth and women through an initiative she co-founded called Cedar and Gold, where she offers sacred spaces for community participants feel connected and empowered in their bodies and cultural teachings. She has completed yoga training in Vancouver, Montreal, and NYC. Jessica will be commencing doctoral studies at Concordia University. Her research will create and evaluate a culturally-adapted yoga program led by Kwakwaka'wakw women and girls. The focus is empowerment through movement, ceremony, women's teachings and language revitalization.

jessica.barudin@fnha.ca

## 'Namgis Dental Clinic

### ATTENDANCE POLICY



It is our optimal goal to provide high quality dental care. This clinic is funded by our billings for services therefore, in order to keep our doors open, we must see patients.

Your dental appointment is considered confirmed at time of booking. That means we are reserving time with the Dentist or Hygienist.

Please take note of your scheduled appointment.

If we are unable to reach you to remind you, your appointment will be unscheduled. Please do not make appointments you are not sure you will keep.

\$25.00 Fee applies to ALL 'No Shows' and 'Short Notice Cancellations'

We ask that you please observe the following cancellation policy:

- Confirm your scheduled appointment 24 hours prior
- The clinic requires 24 hour cancellation notice if an appointment must be cancelled
- A fee of \$25.00 will be charged for no show or short notice cancellation
- Further broken appointments will lead to SUSPENSION for 60 days
- Exceptions are made when in pain. If you have been suspended, you will not be given an appointment time but, come and wait to be WORKED IN



# Info

## 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)

## ALANO

Meetings held every Tuesday at 7p.m. at  
A.A. Sunshine Room.  
For relatives and friends of alcoholics.

## Men's Support Group

Organizer has moved away.  
There are no Men's Support Groups  
at this present time.

# Crimestoppers



Crime Stoppers is an organization of citizens whose mission is to provide a community with a mechanism to protect the health and well-being of its members. If you have information that, when properly handled, might help ease someone's pain or protect your community, you can report that information and be absolutely certain that you will not ever have to be further involved. All we want is your information.

We don't want to know who you are.

Help keep your community safe, report suspicious drug activity to Crime Stoppers or anonymously to the local RCMP. Your community needs your help.