

Skidegate Newsletter



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Ph: 250-559-4496/Fax: 250-559-8247
Email: doris@skidegate.ca

February 17, 2011

Tllgid Naay (Helping House)

For all your island family, wellness, mental health and addictions info. check out our website: hgbalance.ca

To post information on the website contact John Harvey: life skills worker: 250-559-8835

Box 1348, Skidegate, B.C., Haida Gwaii, V0T 1S1

Canoe Journeys Project

- 1) New Coordinator: Janet Rigg
- 2) New QCSS Teacher for canoe Journeys:

Jennifer Jury

- 3) **Power Play**

Community Theatre/ Prevention / Awareness

Headlines Theatre: Theatre for the Living: website for more details
April 11-16th 2011 David Diamond

For SUCCESS: Need committee volunteers for event and those who want to assist with planning and prep, food etc. and/or commit to the theatre process (1 week long April 11-16th) with a final performance in Skidegate, April 16th

BC Ferries Update:

As safety is our first concern, for both passengers and employees, BC Ferries has implemented policies to ensure we know who is onboard our ships during longer voyages. Personal identification is required.

On all sailings longer than 5.5 hours in duration (from first port of call to last), BC Ferries complies with the Transport Canada requirement for the names, gender and passenger types for every passenger on board.

Effective MARCH 1st, BC Ferries self declared Identity Certificates that have been issued at the terminals, will no longer be accepted for travel for persons over the age of 16.

Thank you for your continued support in helping to keep our ferries safe - for our employees and our passengers.

Earth Quake Emergency Checklist

Think of any special needs that someone in your family might have. Include any other items that your family would need. Here are some suggestions:

- Babies/toddlers: diapers, bottled milk, toys, crayons and paper
- Other family members: prescription medication, extra eye glasses (keep at least one week supply of medication in your emergency kit and include copies of prescriptions for your medicine and glasses.)
- Pets: dog/cat food
- Large orange garbage bags make great rain ponchos
- Keep supplies in an easy-to-find spot.



Emergency Food and Water Kit: have at least a 3-day supply of food and water on hand. Choose ready-to-eat-foods that your family likes. And choose food that doesn't need refrigeration.

- Drinking Water: At least one litre per person per day

Food: canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits, crackers and biscuits, honey, peanut butter, syrup, jam, salt & pepper, sugar, instant coffee, tea.

REPLACE CANNED FOOD AND DRY GOODS ONCE A YEAR.

Equipment: knives, forks, spoons, disposable cups and plates, manual can opener, bottle opener, fuel stove and fuel (follow manufacturer's instructions). Don't use a barbecue indoors. Waterproof matches and plastic garbage bags.

Survival Kit: flashlight and batteries or crank radio (so you can listen to news bulletins), first aid kit, candles and matches/lighter, extra car keys and cash (including coins for telephone), important papers (identification for everyone, personal documents), clothing and footwear (one change of clothes per person.), blankets or sleeping bags (one per person), toilet paper and other personal supplies, medication, backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate), whistle (in case you need to attract someone's attention), playing cards, games.

Car Kit: shovel, sand, salt or kitty litter, traction mats, tow chain, compass, cloth or roll of paper towels, warning light or road flares, extra clothing and footwear, emergency food pack, axe or hatchet, booster cables, ice scraper and brush, road maps, matches and a survival candle in a deep can (to warm hand, heat a drink or use as an emergency light), fire extinguisher, methyl hydrate (for fuel line and windshield de-icing), flashlight, first-aid kit with seatbelt cutter, blanket (special 'survival' blankets are best).



Haida Gwaii Watchmen Program

Box 1413 Skidegate, BC V0T 1S1 P (250) 559-8225 F (250) 559-8247

Email: watchmen@skidegate.ca

Haida Gwaii Watchmen Program Job Posting:

The Watchmen Program is now accepting applications for the 2011 Season.

The Watchmen season runs from May through September and requires the applicant to be at a site for their entire shift. (Anywhere from 1 to 2 months.)

Qualifications:

- Preference will be given to experienced or trained applicants of Haida Ancestry or their spouses
- Must have ability to work cooperatively with others
- Be prepared to be away from town & in camp for at least a month
- Some knowledge of Haida Culture and history
- Some knowledge of the Gwaii Haanas area and local tide and weather conditions

Duties:

- Taking direction from the Program Manager
- The main purpose of the Watchmen is to safeguard the natural and cultural heritage of Gwaii Haanas
- To run an efficient and cost effective camp in keeping with the policies of the HGW Program

**Complete Job descriptions for Senior and Assistant Watchmen available at the Watchmen Office located in the Skidegate Band Office.*

Assets:

- Wilderness First Aid
- MED A3
- Radio Operator Certificate
- Small Vessel Operator Proficiency
- Chainsaw Operations Training
- Bear Awareness
- Cultural Training

Please include an application with your resume and cover letter. Applications are available at the Watchmen Office. Please submit by fax, email or in person to Anita (Upsy) Moody at the Skidegate Band Office

DEADLINE: Friday, March 11, 2011. at 3:30pm.

Haida Health Hub

Visioning for Optimal Health & Wellness

Part One of a Two Part Series

Submitted by Patricia Greer

The Haida Health Hub is creating a vision for Optimal Health and Wellness through the development and implementation of a Community Wellness Plan, that integrates the Western World View and its scientific bio-medical model with the Aboriginal World View and its traditional healing practices. By integrating the two World Views, we are addressing a gap in knowledge that is essential for the attainment of Optimal Health and Wellness.

Our brain consists of two separate hemisphere, the right and left, and for the past two hundred years, scientists have known that language & language-related capabilities are mainly located in the left hemisphere. Because speech & language were seen as highly developed functions, the left hemisphere became known as the 'dominant hemisphere.' The scientific approach as well as our educational systems were built primarily to engage the attention of the left hemisphere. **

Left-right brain hemisphere studies conducted since the 1960's reveal however that there appears to be two modes of thinking & learning, verbal & non-verbal, represented rather separately in the left & right hemispheres.

The left hemisphere of our brain, considered to be our masculine aspect, regulates language, analysis, logic, order and is linear in nature. The right hemisphere of our brain, considered to be our feminine aspect, regulates creativity, music, intuition, dreams, mediation and is non-linear or wholistic in nature.

The Western World View is based on strategies that gain the attention of the left hemisphere or the masculine aspect of the brain: talking, listening, reading, reasoning, mental activities, coping strategies. The Aboriginal World View is based on strategies that gain the attention of the right hemisphere or feminine aspect of the brain: art making, singing, dancing, drumming, visualization, journey work, ceremony.

To be whole human beings, we must have both hemispheres of our brain functioning equally and harmoniously. The Haida Health Hub's process of creating a Community Wellness Plan that harmonizes the Western World View and its bio-medical model with the Aboriginal World View and its traditional healing practices supports this process and fills an essential gap in knowledge that is provided by the right hemisphere and the feminine aspect of our brain. This process of combining World Views and integrating the masculine and feminine aspects of our brain is healing for the whole world. It is a Wellness Model for Humanity.

Our Logo, designed by Billy Yovanovich, and pictured with this article, reflects our process. The design is a Spirit Catcher used by Shamans to cleanse a person's soul if they were sick or hurt in anyway. The traditional healing practice of cleansing a person's soul, made the person healthier.

In next week's article, part two of this series,' we will explore more how the Haida Health Hub is creating their Vision for Optimal Health and Wellness through the integration of the two World Views and the reintroduction of traditional healing practices. For more information on the Haida Health Hub call Patricia at 250-557-2400

Haida Health Hub

Visioning for Optimal Health & Wellness

Part Two of a Two Part Series

Submitted by Patricia Greer

In part one of this series, we discussed the fact that our brain has two hemispheres. We have a left hemisphere considered to be our masculine aspect and a right hemisphere considered to be our feminine aspect and to be whole human beings, we must have both aspects of our brain functioning equally and harmoniously.

The Western World View and its linear bio-medical model that is based on the strategies that gain the attention of the left hemisphere of our brain is only one side of the equation. Its domination has created a gap in knowledge that has led to poor health outcomes not only for Aboriginal people but for all of humanity.

An important step in filling this knowledge gap is the reintroduction of traditional healing practices. Traditional healing practices are wholistic in nature and are based on strategies that gain the attention of the right hemisphere and the feminine aspect of our brain.

Traditional healing practices have been defined as methods designed to promote mental, physical and spiritual well-being. When Aboriginal People's in Canada talk about traditional healing, they include a wide range of activities, from physical cures using herbal medicines and other remedies, to the promotion of psychological and spiritual well-being using ceremony and the traditional healing practices of Medicine Men and Women in their use of art-making, drumming, dancing, journey work and visualization.

The Haida Health Hub recognizes the importance of both aspects of our brain functioning equally and harmoniously. In our visioning for Optimal Health and Wellness, we have combined the strategies of collage (art-making), music, ceremony, visualization and working in a circle that appeal to the feminine aspect of our brain with the strategies of talking, listening, reading and other mental activities that appeal to the masculine aspect of our brain. Taking a more wholistic approach, we have discussed the fundamental importance of addressing the root cause of why we are not as healthy and well as we would like to be. In the case of Aboriginal people, the fundamental root is the trauma caused by a loss of identity, a loss of self-esteem. Trauma can affect our mental wellness and our mental wellness is causal when it comes to our physical ailments, addictions and suicide.

One example of a best possible outcome to our wellness planning and process of integration, would be that of our present on-island Health Care Facilities offering both traditional and western medical approaches to wellness, such as traditional healers, midwives and cultural coordinators, as well as physicians and nurse practitioners. People would have a choice of healing pathways including ceremonial space and traditional medicines. Programs would be available that taught traditional foods, language, cultural awareness and offered access to Elders.

The Haida Health Hub is engaged in an ever expanding process with our wellness planning only begun. The success of the Haida Health Hub and its vision for Optimal Health and Wellness will be greatly enhanced with the participation and collaboration of every community member and organization.

In February and March 2011, the Haida Health Hub Staff will be going door to door in Skidegate and Old Massett, meeting with Community Organizations, as well as setting up a table periodically at the two Coops, to gather community feedback on the outcomes of our Wellness Planning to date. We are offering a \$500.00 Coop Voucher as a Draw Prize for those who wish to participate. Our next Wellness Planning Sessions are scheduled for April. For more information call Patricia at 557-2400.



Newest NWCC trades programs for women only For the first time ever, Northwest Community College (NWCC) will offer two trades programs for women at its Terrace Campus.

The Women in Road Building and Heavy Construction (WRBHC) program will run from Feb. 21 until Mar. 25, while the Women in Heavy Equipment Operator (WHEO) Apprenticeship program will run from Mar. 28 until Apr. 29.

“Women have much to offer in the world of trades and Northwest Community College wants to do whatever it takes to encourage more to get involved,” according to NWCC Trades Coordinator Brian Badge. “We are offering these particular programs as both have healthy local job prospects – especially with the Northwest

Transmission Line in the works and significant exploration and mining activity in the area,” Badge continues. Both the WRBHC and WHEO programs are five weeks long and combine classroom and worksite training. During the WHEO program, students also gain significant hands-on experience driving heavy equipment such as an articulated rock truck, excavator, dozer and loader.

Eligible applicants may be able to access funding to help pay tuition and fees through NWCC’s Employment Skills Access Program.

For more information contact:
Kristine Kofoed Director of
Communications and College Advancement
Northwest Community College
Phone: 250.638.5470
Toll-Free: 1.877.277.2288
Email: kkofloed@nwcc.bc.ca

To learn more about the exciting events and programs happening at NWCC visit us at nwcc.bc.ca Northwest Community College is an accredited post-secondary education institution that offers a range of comprehensive courses and programs to the northwest region of British Columbia. It serves this area through campuses in Haida Gwaii (Kaay Llnagaay, Masset, Village of Queen Charlotte), Hazelton, Houston, Kitimat, Nass Valley, Prince Rupert, Smithers and Terrace. NWCC celebrates the diversity of its northern and First Nations populations and reflects this diversity in its programs, services and workforce.

Helmer Family Thank-you

Our heartfelt thanks to the following people who showed so much love and support to our family in our time of Sorrow with the loss of our beautiful girl Alicia Marie Helmer.

- Our niece Tamara Davidson, cousin Ruth Davies for making all the arrangements to get Alicia home to Haida Gwaii. The prayer circle in Vancouver, Violet Cross and the Helmer family in Vancouver.
- Doris Rosang for beautiful poster.
- Lynn Hughan, Brenda Vandal, Jenny Cross for writing the Eulogy.
- To Marcie Piercey for printing the Eulgy.
- Robert Russ for organizing everything from start to finish.
- Green tea club: Pete and Denise, Sue and Veron Williams for the ceremony on the arrival in Charlotte, it was beautiful.
- My cousins Ruby, Denise, Auntie Chuffer, Mook & Karlene, Nancy who took charge of my kitchen making sure everything OK in the kitchen.
- Nancy & Karlene for taking care of Isaiah.
- To the people who brought baking and sandwiches and pots of soups every day.
- My cousin Jenny Cross for her love, support and guidance.
- My best friend Dossie for her support.
- All the flowers that were sent to our home and to the gravesite.
- Cousin Mook for setting up the hall and he helpers-Phil Gladstone, Steve Leland and son, and Bert Crosby for picking a gravesite and prepared it.
- Pallbearers : Les Mearns, Eddie Sawyer, Cameron Wesley, Willie Zeller, Chris Ness and Daniel Helmer.
- Lily Bell for the beautiful service,
- Jenny Cross, Sue Gladstone for the singing of the Spirit song.
- Gladys Vandal for the Haida prayer, Lynn Hughan for reading the Eulogy. Brenda Vandall and Lynn Hughan for reading the poems, Brenda for Beautiful video in the arms of angels. Lesley Moraes for the beautiful hand drawn portrait of Alicia for Tanika. Karen for playing the piano.
- SHIP for the Lord's Prayer in Haida. Cousin Mook for the song Precious Lord Take My Hand. Songs, sung at the gravesite: Guujaw, Veron Williams. MC Robert Russ awesome job. The beautiful tea done by Vi Husband, Marg Parker and all the helper.
- All the food donations by the Community and all the cash donation, the speakers who spoke. Thanks to all who travelled home to pay their respects,
- the 2 RCMP officers who attended.
- The Skidegate Band Council for closing down all their programs for the afternoon out of respect.
- Our Stastas Clan, matriach Amelia Hugand for giving thanks to the people who supported our family, Lois Helmer for thanks given on behalf of the Helmer Family

Thanks to all from the Helmer Family.

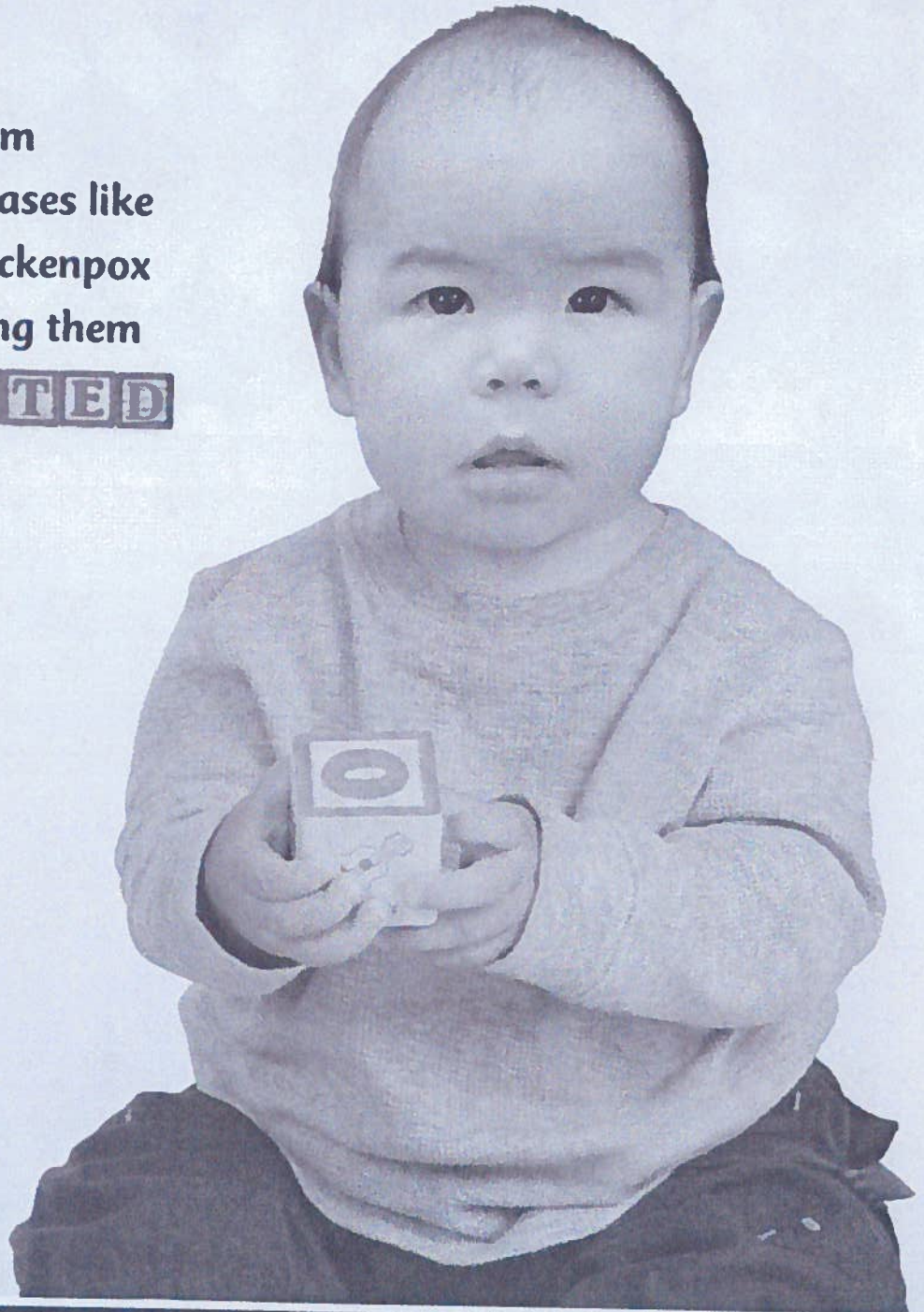


Don't Wait, Vaccinate!

Protect your child from many childhood diseases like whooping cough, chickenpox and measles by having them

VACCINATED

on time.



Learn more!

- Talk to your health care provider
- Get your guide
- Hear what others have to say and share your story at www.healthcanada.gc.ca/vaccinate

Hello from the Library!

Things here at the Library have been ticking along into Spring, it is nice to see sunshine beaming through these big windows. We continue to have a great turnout for our Wednesday Night QCSS Homework Hangout, and it's nice that when the library opens for homework help at 6 pm it is no longer pitch dark outside! It won't be long before Homework Night will end at 9 pm and it will still be light outside too - isn't that a nice thought. A round of applause for the teachers who have recently volunteered to help out at the Homework Hangout - Debi Laughlin, Karl Puls and David Greenall have all recently stopped by.

We now have three PC computers at the library for patron use, thanks to a donation from Sk'aadgaa Naay Elementary School. They are being set up the afternoon that I am writing this newsletter entry, so by the time you read this, they should be available for use. Combined with the recent addition of 30 new books to our library shelves, we are continuing to grow. The new books include a number of West-Coast themed picture books for our young patrons, some great non-fiction for teens and adults including David Suzuki's "Tree," and "Candy Apple" novels geared towards teen girls. The Skidegate Health Centre also donated about 20 hand puppets for dramatic play, they are mostly people puppets with some animals included. Haawa for the community support! Kuugin King Naay hopes to provide something for everybody, so come on down and take a browse.

Don't forget that the library is now open Sundays from 2 - 8 pm, along with our previous Tuesdays and Thursdays 10am - 1pm and 2pm - 5pm. We're finding Sundays to be a busy day here which is wonderful- The more the merrier! If you would like to contact the Library, please call 250-559-8174, email library@skidegate.ca, or find us on Facebook at Kuugin King Naay.



Youth Skills BC

I would like to tell you about a new program, offering BC employers a \$2000 hiring incentive (up to 3 employees at \$2000 each) to hire eligible youth between the ages of 15 and 29. The Youth Skills BC program, funded by the Ministry of Regional Economic and Skills Development has been specifically created as easy-to-use for employers and employees. There is also an additional training allowance, of up to \$1000, available should an employer wish to train their new employee externally.

The criteria for the potential employee to qualify for YSBC:

Aged 15 – 29

Not currently receiving EI and must not have received EI within the past 36 months; or 60 months for a parental claim

Not a full-time student or returning to school

Is a resident of BC and legally entitled to work in Canada

Not participating in any other government funded program

The criteria for the employer to qualify for YSBC:

In business for a minimum of one year

In good standing with WCB

To learn more about the program (available until March 2012) please visit

<http://www.bowmanemployment.com/ysbc/>. You can read a little more about the program, download the application form, fill it out (save a copy for your files) and submit it to us when you're ready.

Please note that we will require an original or faxed signature. To see the official Press Release, please [click here](#).

If you have any questions or need assistance, please call me during the day from 8:30am to 4:30pm.

Have a Wonderful Day!!

Andrea Lindal, Marketing Coordinator

Youth Skills BC Workplace Pilot Program

Phone: 250-448-4609 Toll Free: 1-877-866-3100

Fax: 250-448-4601 Toll Free Fax: 1-855-448-4601

Email: alindal@bowmanemployment.com

Aboriginal Studio Work Study

Program dates: May 2, 2011 - December 16, 2011

Application deadline: March 1, 2011

Also see the Studio Work Study



[Program Information](#)

[Program Fees](#)

[How to Apply](#)

[Apply Now](#)

Program Information

Visual Arts Studio Work Study programs are internship-style opportunities designed to expand and enhance participants' technical skills and to increase knowledge and creativity in the areas of printmaking, papermaking, ceramics, sculpture, and photography. Programs offer a dynamic combination of learning opportunities which include attending workshops, demonstrations, and presentations; contact with professional staff, visiting artists, and faculty; and collaboration with facilitators in Visual Arts and other Banff Centre arts programs.

Learning opportunities are primarily practical, hands-on experiences arising from the participant's support of the residency program. Under the supervision of experienced mentors Work Studies assist Visual Arts staff in the delivery of programs by offering studio assistance to artists and in the maintenance and safe operation of studio facilities. Benefits to participants include enhanced technical and artistic knowledge, decision-making and problem-solving expertise, as well as more mature communication, critical thinking, teamwork, and leadership skills. In addition to the work component of the program, participants have one day each week that is dedicated to their personal studio activities.

Work Study placements are appropriate for recent graduates of studio-based programs and individuals wishing to leave their current work worlds or formal advanced studies for a period of time in order to gain professional experience and expand and develop their careers and capabilities. These programs require full-time commitment and independent thinking.

Eligibility: Candidates for the Studio Work Study program must possess a solid foundation in at least one of the studio areas offered by the Visual Arts department (printmaking, papermaking, ceramics, sculpture, and photography), as well as an enthusiasm for learning.

Applicants or leaders from professional arts organizations, other training organizations, colleges and universities, research centres, and labour and government agencies are encouraged to contact Visual Arts to create Work Study partnerships.

Please note: Enrolment to this program is limited to individuals of Aboriginal descent (status, non-status, Métis or Inuit).

How to Apply

Above photo: Art Class, 1971. Photo: Chris Lunch. Courtesy Banff Centre Archive

All programs, faculty, dates, fees, and offers of financial assistance are subject to change. Non-refundable fees and deposits will be retained upon cancellation. Any other fees are refunded at the discretion of The Banff Centre.

Graduation 2011

Please contact Lisa Shoop, the Education Coordinator at the band office if your son/daughter is graduating and would like to participate in the Button Blanket Ceremonies. The Band Council supplies lightweight black and red wool material as well as buttons, these are available from Lisa upon request. If you have family members off-island who are graduating this year, please let Lisa know so they can be acknowledged at our event.

The date of the ceremonies has not been set, parents and families of grads are more than welcome to forward any suggestions to education@skidegate.ca.

Haaw'a

"It's not what you look at that matters, it's what you see" Henry David Thoreau

Lisa Shoop, Education Coordinator

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