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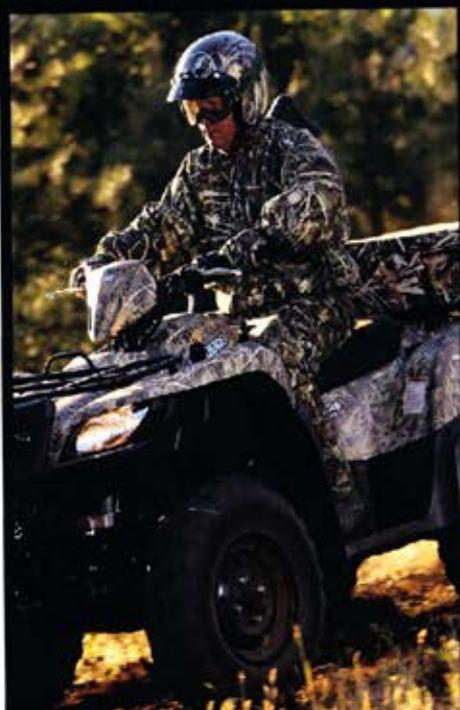
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Summer 2011

July, August
& September

Fall 2011

October, November
& December

Winter 2012

January, February
& March

Spring 2012

April, May
& June

May 15,
2011

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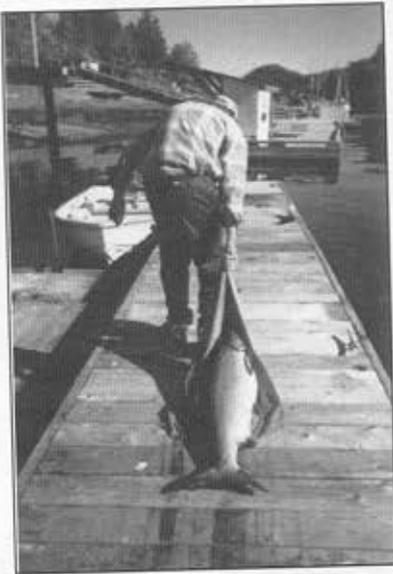
November 15,
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The West Island has many stories. Many of these stories are linked to families that have lived in the region who have a love of the land and sea, and living and adapting to a century of change. Johnnie Vanden was a man with a long family history in Barkley Sound. We honour his passing with this story and remember at the same time, the many other men and women who have lived and died shaping our communities.

Lemons and Misfits

Photographs and Stories submitted by Marc Phillips



My uncle spent the last five years of his life in a seniors' residence. As time went on his world shrunk until he could not leave his room, even for meals. On my last visit with him, a couple of days before he died, he told me about a wonderful dream he'd just had where he could do everything that he used to do, but sadly he awoke to find it was not the case. I hope he can now.

To some he may have appeared a bit pessimistic, but in fact the opposite is true. He did worry more than most, but always solved his problems. Often it was as simple as having spares for anything that could possibly break. For example, he had three spare kitchen faucets and even in his late eighties was loath for me to replace the old set, (now very leaky) as there would only be two spares left. If an outboard would not start by the third pull, he was on the phone to Port Alberni and a new one would arrive on the next *Lady Rose*, the old one banished forever. If one only lasted a couple of years he referred to it as a "lemon". If it was bad right out of the box it was labeled a "misfit". His basement is littered with lemons and misfits. The last outboard he bought is now 10 years old and it still starts by the third pull, even in the winter. He got great pleasure when I used to give him the "pulls to start report". I wish if I still could.

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Johnnie commercial fished for most of his life. After he retired he took up sports fishing with a vengeance. He fished into his late eighties and would tell us that when he got a big one on, he would stop and take a nitro before reeling it in.

It was a sad day when he gave up fishing. To ease the pain my cousin and I told him that when we went fishing we would get one for him too. He spent hours surgically dressing them, then froze them with water in old milk cartons. He ate salmon almost every day but usually ended up with a few cartons left by the time the first fish were caught the following spring. He would then fling the old cartons on the grass despite my protests that the fish was still good.

He always looked through binoculars from his favorite easy chair and watched us unload our catch. One day we came in with 3 springs: a couple of smileys and a medium. I offered him one and he said "I guess that would be the small one". He did have a wry sense of humour!

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Gardening was a natural offshoot of Johnnie's love of good food. He came to it later in life after Mum and Gabriella noticed potatoes growing behind the house - from peelings he had chucked back there they finally deduced. The land was rich and fertile, the garden a veritable sun trap, and before long he began referring to it as 'The Banana Belt.' He had a real knack for gardening. English peas, scarlet runner beans, bush beans, butter crunch lettuce, swiss chard - they all flourished under his watchful eye, supported as required with perfectly split cedar stakes, and weeded and watered regularly at just the right times. Along with all the many benefits a garden has to offer I think the most important for Johnnie might have been that it gave him something to talk about with other people. Johnnie had been painstakingly shy as a younger man but gardening brought him out of himself and he shared both his harvest and his ever growing gardening wisdom with many of us.

One day Johnnie's fridge stopped working so of course he called up and ordered a new one. The Lady Rose dropped it off at his dock and it was soon installed in his kitchen. He carefully read the operating manual and for some reason took to heart the instruction to only open the door as frequently as necessary. From that point on

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JOHN JOSEPH VANDEN.

Bamfield's John Vanden passed away on December 24th at the age of 95, predeceased by his sisters Gabrielle (Doug) and Cecile (Geoff) and niece Linda. Uncle Johnnie will be sadly missed by his nephews Marc (Judith), Garry (Judy), and nieces Abby (Stefan), Nancy (James), and Amy and many great and great, great nephews.

John was born in Victoria on April 6th, 1915, but lived the majority of his life in Bamfield, moving back to Victoria at the age of 88. John was a commercial fisherman on the West Coast of Vancouver Island until 1975. He was an avid gardener and purveyor of his own pragmatic wisdom. He will be missed as our source of all things Bamfield. Johnnie was a font of knowledge for history, gardening tips, the weather and coastal life. He was immortalized in the song "Bamfield's John Vanden" by the Bills in a West Coast sea shanty penned by his great nephew, Chris Frye.

A celebration of his life will take place in Bamfield next summer.

Uncle Johnnies Diet

Johnnie loved good food.

His tastes were simple and very specific. He knew what he liked and stuck to the familiar. During his Bamfield days, his freezer, immaculately organized and always firmly locked, was well stocked with meticulously prepared chunks of salmon and bags of his famous loganberries, perfectly ripe and ready for turning into jam at the end of every summer. There were also bags of frozen bread and a precious stash of Gabrielle's delicious lemon cakes.

One summer there was a particularly assertive bear roaming the back yards of West Bamfield, eating from garbage cans and being a real nuisance. He found his way to Johnnies and up onto the back porch where he ripped open the locked freezer and helped himself to the goodies inside. It made for a grand story, told and retold with great relish but it was the fact that the bear ate the bread, plastic bag and all, that amused Johnnie more than anything.

For many years Mum and I would travel to Bamfield at the end of August to visit Johnnie, make the loganberry jam, clean the house and mend whatever needed mending, all the while with one eye on the mesmerizing activity in the harbour. Johnnie loved his loganberry jam and knew he needed 48 jars to get him through the year, exactly 48 jars. There was always a bit of subterfuge involved though, as the dreaded white sugar needed for jam making was considered too

toxic in large quantities and thus had to be carefully concealed in our luggage. Some of those little suitcases contained nothing but 5 pounds bags of sugar and light they were not. Mum and I would always find it very hard to keep a straight face as Johnnie strained to get the bags out of his boat and load them on the "freighter", the ancient homemade wheelbarrow used to take things from the dock to the house, muttering quietly under his breath about why we always travelled with such heavy bags.

For someone who was as lean as Johnnie he could pack away huge amounts of food. After his first serving he always claimed to be full but with a bit of persuasion could be talked into another serving, and occasionally even a third. Sometimes I wondered if he saved up his appetite for weeks before a visit.

Fresh fruit and vegetables remained high on Johnnie's list of daily foods and there was never quite enough on offer during his last years at Sunrise in Victoria. Each week he would prepare a shopping list and each week it was duly bought and delivered, usually by Marc. It was only a week before he died that Marc laughingly said that Johnnie must be feeling optimistic that week as he ordered six kiwis rather than his usual four. There were still a few sad looking kiwis left in the basket after he'd gone and at the age of 95, it was a poignant reminder to us all of the benefits of eating our daily rations of fruit and vegetables. I'll never eat a kiwi fruit again without thinking of Uncle Johnnie.



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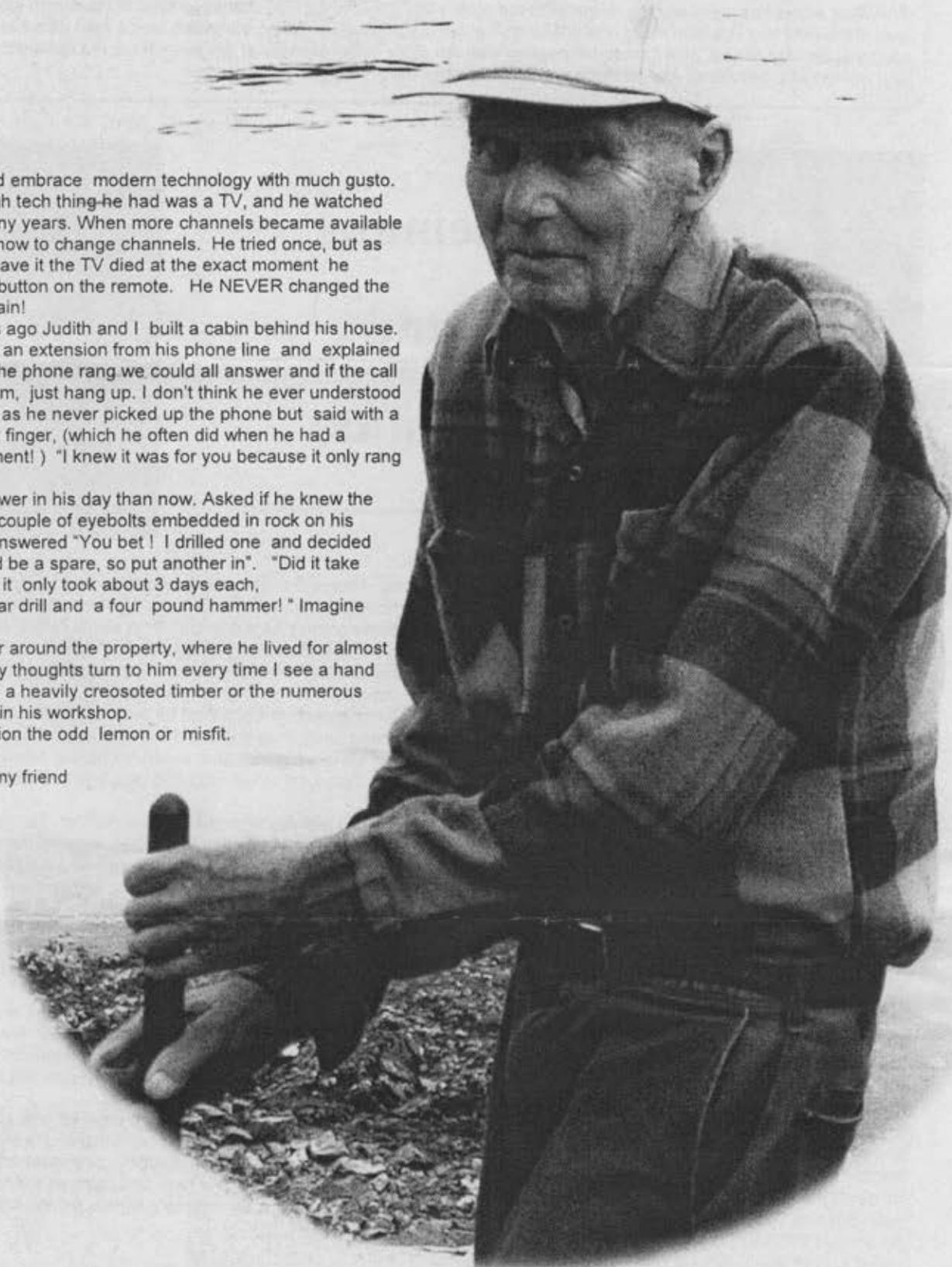
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He never did embrace modern technology with much gusto. The only high tech thing he had was a TV, and he watched CBC for many years. When more channels became available I explained how to change channels. He tried once, but as fate would have it the TV died at the exact moment he pushed the button on the remote. He NEVER changed the channel again!

Many years ago Judith and I built a cabin behind his house. I hooked up an extension from his phone line and explained that when the phone rang we could all answer and if the call wasn't for him, just hang up. I don't think he ever understood the concept as he never picked up the phone but said with a raised index finger, (which he often did when he had a eureka moment!) "I knew it was for you because it only rang twice!"

Life was slower in his day than now. Asked if he knew the history of a couple of eyebolts embedded in rock on his beach, he answered "You bet! I drilled one and decided there should be a spare, so put another in". "Did it take long?" "No, it only took about 3 days each,

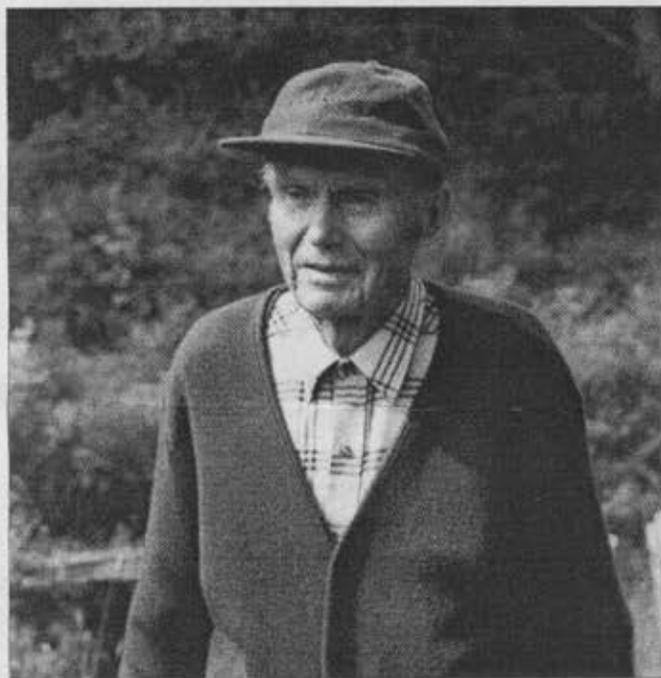
I used a star drill and a four pound hammer!" Imagine that!

As I wander around the property, where he lived for almost 90 years, my thoughts turn to him every time I see a hand hewn plank, a heavily creosoted timber or the numerous spare parts in his workshop.

Not to mention the odd lemon or misfit.

Rest well my friend
Marc

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Michelle gardening at 2 1/2 years old

I attended a Seedy Saturday this year at Qualicum Beach on February 5th. What a great way to start the spring season - even if February brought more snow than sunshine.

What is a Seedy Saturday?

A Seedy Saturday is a time to see food and flowering plants and seeds that will grow in your area and to get ideas from experts in all aspects of gardening. The SEED SWAP is where you can share your saved seeds with other local gardeners or buy seeds they have saved locally.

NURSERIES from the region are well represented with lots of specimens for you to choose from or just to admire. Expert SPEAKERS discuss many aspects of gardening. MASTER GARDENERS are on hand to help with your gardening problems. SEED CATALOGUES are available. Local garden related VENDORS and ARTISANS have their goods for sale.

We sat in on Linda Gilkeson's seminar to learn a few things about successful coastal gardening.

- 1) **Don't plant too early** - here on the coast the 'last frost date' really doesn't apply, it's more about soil temperature. Also, vernalization (when small plants bolt) means that you've planted seeds or seedlings too early.
- 2) **Soil Management** - use lots of mulch, leaves and straw to protect your soil, stop digging deep & reduce hoeing - plant strategically & multi-layered, use cover crops to boost nutrients & add organic matter, test your pH as some veggies like acidic but most prefer neutral.
- 3) **Stock your Outdoor Refrigerator** - learn year-round gardening & make use of protective covers.

July 1st - everyone should plant carrot seeds for winter eating!!

Maybe Bamfield gardeners can one day have a Seedy Saturday event...

My Green Thumb

~Tales of a West Coast Gardener~
by Michelle van Boven

Email: mygreenthumb@mybamfield.ca
Blog: bamfieldgreenthumb.blogspot.com



The face of gardening has been changing all through Canada in recent years, with a more diverse group of people growing their own food & in more and more interesting ways.

Here in Bamfield, many of us are using our own special techniques & dealing with problems in unique ways, but the most recent addition to our way of life as been the **return of deer populations**.

We all have a soft spot in our hearts for deer (those found along the Pacific Coast are **Black-Tailed Deer** - either Columbian (ours) or the Sitka (northern)). But they are wreaking havoc on our attempts to grow vegetables & fruits.

I have just finished reading an excellent book called '**Deerproofing Your Yard & Garden**' by Rhonda Massingham Hart. It is a broad scoping book, covering all of North America, but shares a lot of information that helps gardeners understand what the issue is & how to deal with it. Basically, though, there is no sure-fired way of deer-proofing our gardens other than buying a very large dog & installing 8 foot fencing all around our properties. I don't think we'll be doing that any time soon.

There are easier ways to fool the deer & allow less stressful gardening sessions. **Remember: even on your worst day, you are still smarter than the deer.** I keep telling myself that in the hopes that one day I will believe it.

The easiest way is to **alter the plants** we use in our landscaping. I want to introduce you to the concept of '**Deer Resistant Plants**' - again - nothing is sure-fire deer proof, but finding alternatives to discourage or fool the deer is much simpler than the fencing method.

** note from author **

I am making use of fishing net around all my raised beds, berry bushes & small shrubs this year. I'm not keen on purchasing chemicals to apply as a deterrent but will use the homemade smelly remedies as they worked (sort of) last year. Good luck & let me know what works for you!

If it's smelly, spiky, fuzzy or sappy, deer won't like it as much as you do.

For example:

- 1) **Pick plants that have texture:** fuzzy lamb's ear or rose Campion or mulleins. Ornamental grasses offer a texture that deer won't like & the spiky flowers of coneflower, globe thistle & zinnias will cause them to move on.
- 2) **Aromatic plants** such as yarrow, rosemary, chives, sage, oregano, bee balm will confuse them with their strong scents, so lining a flower bed edge with them could allow you to grow your prize 'tender' plants behind.
- 3) Peonies, spurge (Euphorbia) and butterfly weed (Asclepius) produce a milky sap that will **give the deer an upset tummy**.
- 4) Other plants that don't taste so good are: daffodils, snow drops, foxglove, monkshood & hellebore.
- 5) Shrubs (once they are large enough) that will not feel good in deer mouths include thorny barberry, boxwood, Daphne, smoke bush and spruce.

Basically, deer like a diet of bland, juicy plants: our vegetables & tender annuals.

Other things you might want to make use of to discourage deer browsing include:

- 1) **Foul smells:** soap on a rope, hair, plants, sprays, predator urine, blood meal
- 2) **Bad tastes:** hot pepper spray, rotten eggs, soap, chemicals
- 3) **Startling sights:** moving gizmos, white flapping flags, motion detector
- 4) **Offensive sounds:** rattling pie plates, boomers, radio, ultrasound, dog
- 5) **Touch:** monofilament (fish line), sprinklers (motion or timed).

The key to using strategies is: use several deterrent tactics, rotate them throughout the season, change tactics before the deer get used to them, take advantage of all the deer's senses.



SUPER SURFING SALMON

I am currently located in a mine camp tucked away in a semi-arid pocket of rolling hills of snow covered willows along the Tintinna Trench. So I am writing this article to you all a long way from the surf, and the ocean and with it even farther from my mind.....or so I thought. The trench indicates, a huge fault line that intersects the Yukon in a North-South aspect containing a rich and varied assortment of geological treasures but also large mammals, clean rivers and believe it or not chinook salmon. I don't really know exactly how far I am from the ocean but as the salmon swim it is over 3000km up the Yukon River! It is a major North American river that flows through the central Yukon territory of Canada and central Alaska. It measures 1,980 miles (3,190 kilometres) from the headwaters of the McNeil River (a tributary of the Nisutlin River). The Yukon discharges into the Bering Sea after flowing northwestward and then generally southwestward through a low plateau that slopes down across Alaska. So I am far from my Pacific homeland and after 2 days of travelling by pickup truck from Bamfield to greyhound bus to Victoria followed by a 12minute puddle jump across to Vancouver and a 2 hour flight to Whitehorse followed by a 400km bus ride from there....it is hard to imagine that I am still connected to the coast. I only travelled maybe 1500km!

I am not sure what amazes me more...that the fingerlings or at least a few of them will make it back as smolts or that their behemoth parents made it here in the first place. The Yukon River empties the 5th largest drainage in North America and is one of the longest rivers in the United States and Canada making for one of the longest salmon migrations in the world. I will hopefully get a chance to witness this extra robust run of one of the richest and oiliest chinooks on the planet.



Wildlife is abundant in this area. Ravens and golden eagles nest on the steep bluffs along the river, and you can often see black bears and arctic ground squirrels in the sloping meadows. The south-facing slopes of the Tatchun Hills rise above the river and are covered in sagebrush and grass that hark back to the Pleistocene era. At that time, the central Yukon was an arid steppe populated by saiga antelope, mammoths, cave lions, and steppe bison. Here the braided Yukon River meanders among dozens of gravel bars and forested islets.

As the river moves inland, and the hills give way to a level upland. The river soon enters the area burned by the Pelly River Fire in 1995. The fire covered about 58,000 hectares (225 square miles), and tendrils of the blaze reached as far north as Rock Island Lake. Here at the former site of Minto, was a steamboat landing on the banks of the Yukon River. It is a traditional native fishing spot for chum salmon. The Northern Tutchones remember this spot as "Trouble Hill." where they warred with a raiding band of Chilkat Indians more than 100 years ago. So I am not alone and look forward to dipping my toes at the salty end of the river and scoring some warmer spring waves and hooking in to some salmon with more awe than ever. Hopefully I can get back in the water soon and the next article will be strictly surfing related with less lifestyle filler. Bye for now

Jimmy Spencer

A Message from the Bamfield Beautification Project



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West Coast Cuisine



Chef James Docherty has over 20 years experience cooking and teaching around the world, including *Professor of Culinary Arts* at the Orlando Culinary Academy (Cordon Bleu), and Art Institute of Fort Lauderdale. He is an avid fisher.

Hi All,

I would like to start by giving out some simple instructions, for cooking some of the finest seafood I have ever tasted.

Please invest in a good thin digital thermometer, and use it often. For bottom fish, e.g., halibut cod, snappers etc, I like to have an internal temp of about 120f or 50c as they tend to have more parasites in them, don't worry our body temp will usually kill off any harmful bacteria.

Then we have our mid swimmers, the great Pacific Salmon, which I prefer the internal temp to be slightly lower, 110f or 43c.

A few tips on cooking your salmon: Where possible keep the skin ON, when cleaning the salmon take the fine edge of your grater and remove the scales, this way, should you wish to eat the skin you can, and believe me, that's where the nutrients are! When cooking freshly caught salmon, try it medium-rare, it is so delicious this way.

If your salmon has been frozen, or you do not know the source from where it came, I would tend to cook it longer.

I stress FRESH is where it's at, don't get too complicated.

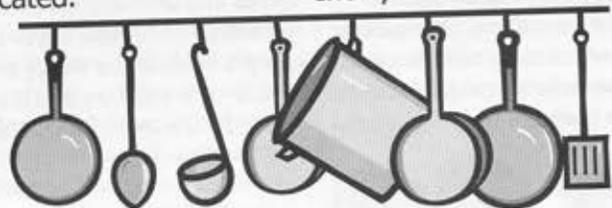
So in this issue I will concentrate on pan frying:

Pan: Use a good heavy bottom pan, it does not have to be non stick, just good 18/10 stainless steel is fine.

Oil: I prefer bacon fat, because of the flavour, if not, use peanut oil, as this has the highest flash point, you need to cook fish fast, because of it's composition, fish are mostly water (at least 90%) so you need to capture it's essence.

Fish: Is one of those mediums that's is hard to cook properly. If you under-cook it too much, no one wants to eat it, and if you overcook it, it becomes mushy. I cook skin on, skin side down, and I prefer to cloche, which is a French term for cooking with a lid. Use a high dome lid, this will get your pan to 212f, cook on high, remember you are trying to capture the essence, but please be mindful of the smoke alarms.

The trick is to remove & wipe inside the lid often (maybe 3 or 4 times), so no water can get on the fish, whilst the lid is off spoon the fat over the top of the fish, like you are basting the fish, (which you are). do not turn the fish over, let it cook on the skin (Sur Peau) the skin will become very crunchy, kind of like the little chewy bits from roasting potatoes.



If I am cooking without the skin, pan fry the skin side up first, and turn to finish. Please cook your fish evenly on each side when turning fish.

The older method was that you would dredge the fillets in seasoned flour, people tend to shy away from this method, because if it's not done properly, it tends to get soggy. If you are employing this method get your pan good and hot, make sure the flour gets cooked. This method helps to seal in the essence, so if done properly, it can be delicious.

Frying fish this way is called menuiere style(meaning miller style) and is usually finished with a little butter and lemon juice.

There are all sorts of interesting garnishes that are quick and easy. mushrooms, shrimp, capers, leeks, cucumber, spinach, anchovies, to name but a few.

Discard the fat that you cooked the fish in, for it has served it's purpose, don't fry the fish in butter, it will only burn, but rather use the butter in a wiped out pan, cook on high until the butter turns nut brown, add lemon juice and any herb you would like to use, soft herbs such as basil, dill, chives are used so you don't overpower the taste of the fish, but rather compliment it. Any garnish you are using, should be cooked separately, kept warm and then married at the end.



Chef James Docherty

Yes I am going to start off with simple recipes, because I want to emphasize the simplicity of getting the fish cooked properly, then we can venture into a more sophisticated dish.

Halibut Breton Style

Serves 4

- 4x8oz fillets of fresh halibut
- 4 oz clarified bacon fat, or peanut or canola oil.
- 1 cup sliced mushrooms(use your favorite kind)
- 1 cup diced leeks stewed in butter (low heat)
- 4-6oz butter, preferably unsalted
- 2 teaspoons of snipped dill fronds
- 2 lemons, 1 for juice, 1 for garnish.
- Sea salt & fresh ground pepper

Method

Cook halibut as described in the cloche method internal temp 120f or 50c place on serving dish keep warm in a 250f oven.

Sauté mushrooms over dry high heat, they will soon give off their juice, then add sea salt & a little of the butter, add stewed leeks, and spoon over fish.

In a clean hot pan add butter until it is nut brown, add dill and lemon juice. Pour this elixir over and serve straight away.

Bon Appetit



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Volunteers also play an integral role in Crime Stoppers, sitting on committees, helping with projects, attending events, helping sell items or tickets, working on special events and providing person power or expertise.

If you wish to be a part of the Port Alberni Crimestoppers Board contact: **Don Findlay** (250) 723-7012 or email donfind@telus.net. All board members must go through a security check.

<http://www.avcrimestoppers.ca/>

On the Water

Jeff Nish

As I sit here at my computer hiding from yet another one of Bamfield's spring storms, I reflect upon the last few months of winter fishing, and ponder what spring and summer will yield this year.

Halibut fishing should be 'off the hook' despite sport fishermen's ongoing battle for fair and equitable access to this resource. The Total Allowable Catch (TAC) of halibut for all sectors has been increased in our area by 2% overall, indicating further abundance over last year. All of the banks should yield consistent catches of juvenile 'chicken' halibut on the flats and edges for the troller and drift fisherman. Try spending some time on any of the plentiful rock piles or holes closer to shore for the larger, more territorial fish.

The Chinook salmon fishing story is going to be a great news/good news tale.

The great news is that the hatcheries south of the border have continued to work hard and pump springs into the ocean. So much so in fact - American fisheries officials predict the 2011 return of summer Chinook salmon to the mouth of the Columbia River will be the largest on record dating back to 1980! The return includes a larger-than-normal number of 5-year-olds. PIGS!!! The

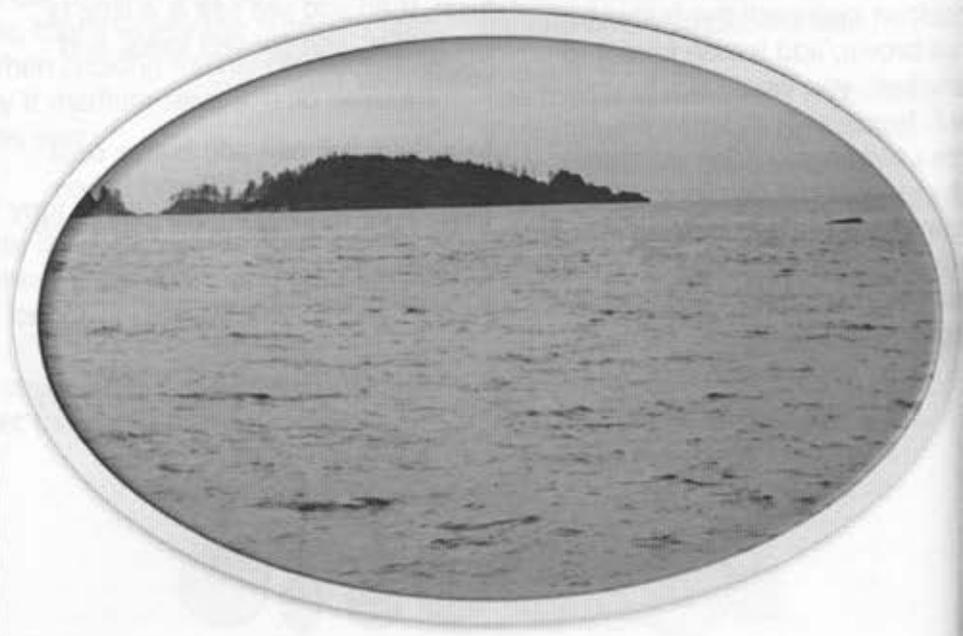
anticipated high 5-year-old count is due to the fact that an all-time record number of 3 year-old jacks returned in 2008. They are the brood mates of this year's 5-year-old fish.

This means great news for offshore anglers as this is only one of several U.S. bound stocks that feed on our offshore banks en route to their natal streams.

The good news is that although last year, returns to the Somass were significantly below average, subsequent broods may benefit from ocean entry conditions in 2008 and 2009, although returns in 2010 did not reflect this to the extent expected. Based on limited data available at this time expect an improved return in 2011. While an improvement over 2010, this years run is still likely to come in below average to near average. If only the Department of Fisheries and Oceans in Canada cared about preserving salmon the way our neighbors to the south do... dare to dream.

Sharpen your hooks and freshen your spools, 2011 should be a season to remember on the wild west coast!

Osama Bin Fishin



THE INTERNATIONAL PACIFIC HALIBUT COMMISSION ALLOCATES AN ANNUAL HALIBUT QUOTA TO CANADA BASED ON THE BIO-MASS ESTIMATED IN BRITISH COLUMBIA.

THE MINISTER OF FISHERIES THEN DISTRIBUTES THE ALLOCATION BETWEEN CANADIAN HARVESTERS.

In 2003 the Minister established an allocation for Canadian harvesters of 88% Commercial and 12% Recreational. Recreational includes all Canadians. In 2003 the total Canadian quota was 12.85 million pounds, the recreational share 1.54 million pounds, the recreational limit was 2 per day and the season was Feb 1 to December 31. Last year, 2010 the overall Canadian quota was reduced to 7.51 million pounds, the recreation quota reduced to 900,000 pounds, the recreational limit was reduced to 1 halibut per day and the season was shortened to include March through mid October. Even with these measures, the recreational fishers caught 1.13 million pounds.

The Minister of Fisheries recently announced that this year's quota would be roughly the same as 2010. The season will open March 1 and close when 2011 quota of 900,000 pounds is caught. She added a new twist and stated that recreational fishing businesses will have the opportunity of purchasing their own private quota from the commercial sector.

The daily limit of 1 halibut per day with a mid season closure will absolutely cripple the recreational sports fishing. More importantly the Canadian Government is privatizing and allocating away the right of Canadians to access to the common property resource of halibut.

The 88% commercial allocation is basically a bank for halibut allocation. The bank is open for first nations, commercial fishers, and now recreational purchases. This bank represents the ultimate private ownership of the fishery and

unfortunately the 12% left for the Canadian public does not allow, in years of low abundance enough quota to provide for their right to harvest even 1 halibut for the whole season.

Although the opening sentence of the Ocean Act states that the Atlantic, Arctic and Pacific Oceans are the common heritage of all Canadians, the Fisheries Act states that fishing is not a right of Canadians but a privilege granted by the Minister of Fisheries. There is no recreational harvest of lobsters and crabs in Nova Scotia and the recreational cod fishery in Newfoundland is 3 weeks in length. It would seem fairly obvious that we are headed down the same path.

On, February 16, my colleagues at the CRD Board passed a resolution requesting that the Minister of Fisheries, during years of low abundance purchase or lease enough quota from the commercial bank to establish a bare minimum, guaranteed limit and season which would ensure the survival of coastal communities and allow Canadian citizens to have the opportunity to catch 1 halibut, 11 months of the year.

Although this is a Federal responsibility, it is a major issue for every coastal community on Vancouver Island. We are sending a message that we are not Nova Scotia and we are not Newfoundland. We will not stand by and watch the demise of our fishery.

The CRD community of municipalities and Electoral Areas are stepping-up to represent our constituents and will be asking the rest of the Coastal Communities to join us in our quest at the AVICC conference

in Sidney. I hope we will send a unified voice to Ottawa.



Mike Hicks
Regional Director
Juan de Fuca



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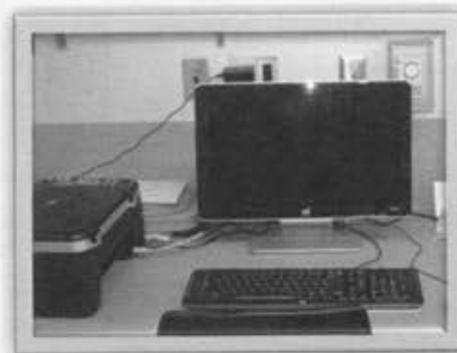
Bamfield Community School Association's COMMUNITY ACCESS SITE

The BCSA is pleased to host the Community Access Program. Where the friendly staff are happy to assist you in your endeavors, whether it be to help with the design and printing of advertising for your business or simply to get online.

To contact the BCSA office with enquiries please contact

cthompson@bamfield.ca
240 NUTHATCH ROAD, BAMFIELD
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**Monday to Friday
9:00 am to 4:30 pm**





Huu-ay-aht

The Huu-ay-aht Land Use Mission Statement is articulated below:

“Healthy Lands, Healthy People”



“We have been on our lands since time immemorial; we will be here forever.”

The Huu-ay-aht Vision is:

We, the Huu-ay-aht people, envision a proud, self-governing sovereign Nation. Isaak will guide us as we work together to establish a healthy, prosperous, self-sustaining community where culture, language, spirituality and economy flourish for the benefit of all Huu-ay-aht.

The Huu-ay-aht Treaty provides the Huu-ay-aht with law—making powers and responsibility for lands and land management. The Land Use Plan is based on the Huu-ay-aht Vision and supports the sustainable development of Huu-ay-aht land and resources.

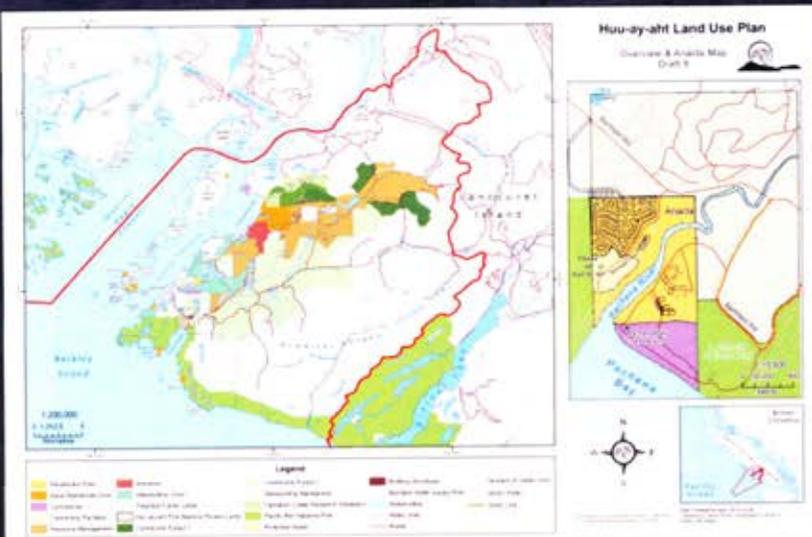
All Huu-ay-aht decision making is guided by the principles of *Hishuk tsawak* – Everything is one and *Isaak* – Respect

The Huu-ay-aht have created an extensive Land Use Plan that will guide all future development on Huu-ay-aht lands. The plan supports the Huu-ay-aht Vision so that future generations of Huu-ay-aht can reach their greatest potential and rise to their historic greatness. At the same time, citizens recognize their role as stewards or caretakers of the natural environment ensuring all development is undertaken in an environmentally sensitive and sustainable manner.

Sustainability Goals

- Encourage development to meet Smart Growth principles and target LEED (Leadership in Energy and Environmental Design) Gold certification (designed and built to the highest environmental and energy efficiency standard).
- Develop wind, solar, micro-hydro, geothermal, and other forms of low carbon, environmentally friendly energy generation options.
- Increase energy efficiency of Huu-ay-aht homes and buildings in order to lower energy costs and reduce associated emissions.
- By 2020, GHG emissions will be reduced by 33% compared with 2007 levels and by 80% by 2050.
- Huu-ay-aht land will be an attractive place to live for citizens to return home and thrive.
- Lands will be used efficiently.
- Development will reflect the realities of the local climate.
- Economic development and the creation of local employment opportunities will be encouraged.

Information reprinted from the Huu-ay-aht First Nation Land Use Plan. For more information please visit <http://huuayah.org/images/huu-ay-aht-land-use-plan-january-2011.pdf>



<http://huuayah.org/images/huu-ay-aht-land-use-plan-january-2011.pdf>

First Nations



April 1st 2011 marks the return of self government, through the Maa-nulth Treaty, to the elected and hereditary leadership and members of the Huu-ay-aht First Nations.

Principal population centers include; Anacla, Port Alberni, Nanaimo, Victoria, Parksville/Qualicum and the lower mainland. Approximately 650 total members 15% of whom reside on-reserve, 85% off-reserve with approximately 65% living within the Alberni-

Clayoquot Regional District. It is estimated that 63% of the Huu ay aht members are 35 years of age and under.

The rules imposed by the Crown in the form of the Indian Act are replaced by the Treaty and the laws that flow from it. After April 1st 2011 the Huu ay aht First Nation become a new entity. The constitution forms the ultimate law of the Huu ay aht First Nations. It includes a section on citizens'

individual rights and a section on citizens' individual responsibilities. Reserves owned the Crown and administered by a federal ministry are no more, the Huu ay aht have negotiated for control and jurisdiction over selected Treaty Settlement Lands within it's traditional territory. This means Huu ay aht will have influence over the zoning, owners and resources on over 10,000 hectares.

The Huu ay aht Mission is :

As a proactive First Nation, the Huu ay aht will create certainty for its Nation and its People, generate wealth for financial independence, develop economic opportunities and deliver social, cultural and recreational programs for all Huu ay aht.

Huu ay aht Leadership

Tyee Ha'wilt:
Derek Peters

Chief-Councillor:
Robert Dennis Sr.

Council Members:
Ben Clappis
Irene D. Williams
Rob Dennis Jr.
John A. Jack

Connie Waddell
Executive Director

Senior Administrators

Alan Legg
Director of Finance and
Government Services
Rodney Murray
Director Public Works &
Community Infrastructure
Larry Johnson
Director of Lands and
Resources
Kathy Waddell
Director of Human Services



Huu-ay-aht Band Office (Anacla)
Phone: 1.888.644.4555/ 728.3414
Fax: 250.728.1222

Huu-ay-aht Treaty Office (Port Alberni)
Phone: 250.723.0100 Fax: 250.723.4646

<http://huuayaht.org>

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Reflections on Martin Charles MB

by Clifford Charles, MB



Martin Charles MB (pictured at left in his Coast Guard uniform) worked for the Coast Guard for thirty two years. He was proudly Nuuchahnulth and a Hereditary Chief to the Uchucklesaht Tribe. To the families of the many mariners he saved, Martin was truly a hero. Martin was husband to Cecelia Charles and father of Clifford Charles. He was an artist and cedar craftsman—he carved totem poles, dug-out canoes and cedar models of the Bamfield Lifeboat, MLB Bamfield, and models of seine boats and trollers.

Early in his working career, he worked for small logging outfits popular in those days. He also worked aboard trollers and seine boats—fishing along the West Coast up to Prince Rupert.

With this experience, he was regarded as a knowledgeable sailor. When the crews were with him, they felt better knowing that he would guide them safely. He became an acting Coxswain and later did relief work for his Captain. Martin was presented with the USA Coast Guard Silver Medal of Bravery (MB) and the Governor General's Silver Medal of Bravery after the

famous mission to rescue sailors aboard a grounded F/V Bruce I. He also assisted in the rescue of two survivors found on a life raft and also rescued three crewmen and another survivor aboard a U.S. Coast Guard Helicopter, which had crashed in the ocean while on a rescue mission.

On February 10, 2011 at the Barney Danson Theatre at the Canadian War Museum, Clifford Charles, accompanied by his daughter Sheila, attended a Naming Ceremony of New Coast Guard Patrol Vessels (pictured above). They joined with



other surviving family members of heroes whose names would grace the New Coast Guard Patrol Vessels. A new patrol vessel now under construction in Halifax will proudly bear the name *NGCC M. Charles*.

Huu-ay-aht join all Nuuchahnulth in celebrating this recognition of Martin Charles.



Submitted by the Bamfield Historical Society : Reprinted with permission from the Uyaqhmis

Memorial Tree

Original Lino Cut by: Tanya Porter
Carver: Al Porter



James Ewan Scott Oct 18, 1923 - August 4, 1996

Jim was born in Port Alberni. His father and mother came from Scotland, mother from Fort William and his father Fifeshire. They were both pioneers in Kildonan, which was a large fishing cannery and port, his father was the head engineer at the cannery. Jim was the youngest in a family of six, having four sisters and a brother. He went to school in Kildonan until he reached the higher grades, then moved to Victoria to complete his education at Oakland's and Vic High.

During the war he became a pilot in the RCAF, flying a PBYS, a bomber, they patrolled the Atlantic Ocean out of Iceland, looking for subs. After the war he lived for a while in Richmond with his wife Violet (Mayer), then moved back to the west coast to fish. His first boat was the "Pacific Maid", that being the first of six that he would own during his lifetime. Many years were spent in Ucluelet and then moved with his family, two boys and four girls, to Victoria, where



he met and married

Eileen who brought another two children into the family. In 1980 they moved to Bamfield and Jim continued to fish on a more relaxed scale.

Well known among the fishing families of the West Coast, he enjoyed visits from his old buddies, and they would spend many hours reminiscing the good old days. There were many stories to be told at these meetings and Jim could always be counted upon to supply a needed part for a boat, in a hurry, from his famous basement collection.

Jim was a good kind person, always willing to help anybody, his family and grandchildren sadly miss him.

A Memorial Service was held for him at the Bamfield United Church, and his ashes were spread in Trevor Channel, off Wizard Rock, in September 1996.



Would you like to have a loved one included on the Memorial Tree?

Contact:
Nancy Hendry
Memorial Tree Society

250 728 3119
hendrynancy@yahoo.ca



LET'S GET COOKING BAMFIELD!

Catherine Thompson

Fire Daze Annual fundraising event

July 16, 2011 Intertidal Golf Tournament

Salmon BBQ

Fire Hall Dance



If the average Canadian eats 3 meals a day, 365 days a year that's 1095 meals every year. If we consider the additional time and energy that goes into planning, shopping, preparing and consuming these meals- is it any wonder that food is such a central part of our lives?

For thousands of years food has been offered to the gods to appease them or to bring a bountiful harvest. Wars have been fought and riots have broken out and continue to do so, over basic sustenance. Our love affair with food goes beyond daily dalliances; we have National Raisin Bread month in November, Soup Month in January and Blueberry Festivals in August all of which attest to our love of food. It is a big component of life, community and living and the only necessity to life that is routinely celebrated. Food is an essential element of many celebrations, and a specific food will often be associated with a special occasion: fruit cakes at Christmas, Thanksgiving turkeys, birthday cakes and wedding banquets, even a religious fast will often end with a feast that makes eyes sparkle, mouths salivate and stomachs growl.

This summer the Bamfield Community School Association will be selling the 4th edition of the Bamfield Cook Book. It is filled with old recipes from previous editions of the "Bamfield Buffet" and nearly 50 new recipes from summer potlucks and rainy gatherings. Communities, like a recipe, are dynamic and constantly evolving, however like a good recipe they are also dependable and full of flavour. This book shares a different history of Bamfield; one of potlucks, parties and sharing; freshly caught seafood, delicious dips and the largest dessert section I have ever seen! It is just a small reminder of how sweet a place Bamfield is. The first edition of the Bamfield Community Cookbook was compiled and printed in July 1975 by the Bamfield Volunteer Fire Department Ladies Auxiliary. It was printed at the Bamfield Marine Sciences Centre and put together by hand into a blue duotang, slowly fading into history. Years later Eileen Scott gathered a new set of recipes and in her spare time she diligently typed them on her typewriter with no spell check or

backspace. Eileen then set about putting each copy together with metal rings. The 3rd edition of the Bamfield Cookbook was compiled and edited in 1993 by Eileen Scott, Hedy Demontigny & Jeanne Ferris and was printed in a small office down #9. It contained recipes from the second cookbook and many new ones; it sold 500 copies with all the proceeds going towards Bamfield community projects. This time around it is Hedy Demontigny, Megan Geall, Catherine Thompson, Mary-Beth Thompson and Sheryl Mass who have been working hard to compile some of Bamfield's resident's favourite recipes and Linda Haylock has generously given her time and expertise in designing and painting the cover.

In a world that is continually modernizing and globalizing and taking up more of our time there is a joy that can be found in preparing, eating and sharing food. When we take the time to grow, preserve and prepare it we become connected to the food we eat. When we are involved with our food, it becomes more than a commodity that is bought and sold. Cooking brings people together, builds families, and creates memories; it is often an exciting experiment with yummy results. It teaches children about traditions, math, science and literacy and equally important- it gives them an appreciation for the ingredients they are eating.

Enjoying food with others gives us an opportunity to talk and slow down in a fast food world, it is an act of giving and receiving, which has connected people and cultures for generations. Indeed, many great conundrums have been solved and ideas hatched over conversations and coffee with friends.

Don't forget to join us on April 2nd, 2011 for Oysters, Authors & Ale, a celebration of local food, beverages and authors. Tickets are limited and only available in advance from the BCSA office, Tides & Trails and the Bamfield General Store. Please contact Catherine at the BCSA office for more information.

Port Renfrew Rocks!

A year ago to this day I was gardening barefoot in the bulb patch enjoying the warm spring sun against my back. Today, the last day of February 2011, the ground is covered in white mushy snow and the entrance to my house is a jungle of boots, sleds, winter jackets and mis-matched mittens. I think we all enjoy the beauty of a snow storm for a few days but the big question this year is "how will our tulips survive!". (Any Tales from our West Coast Gardener on protecting plants from the snow?)

As usual, I am a bad little reporter that leaves everything to the last second! At this point I get the call from the big boss of the West Island Quarterly and in-between potting training secrets and local Bamfield gossip she brings out the whip and demands an article of interest and yes it is due tonight! Every single issue I initially tell myself that absolutely nothing has "occurred" in this "end of the road village". But of course I am wrong and slowly I start to scribble some notes on a bill pad from the Café and within minutes I have created a new problem: how am I to cram all these "happenings" into a one page article! And so we begin....

Firstly, hats off Radio Contact Productions and our local Big Fish Lodge for the 2011 *Song & Surf* winter music festival. It was such a refreshing break to the dreariness of winter and it brought over 250 out-of-towners to the community filling the accommodations, general store and restaurants with weekend party goers! It was a well organized event with over 11 bands, light shows, acoustic jams through out the day and some great beer from Phillips Brewery! Even this old mamma booked a babysitter and got her groove on. The same organizers will be throwing the second annual Tall Tree music festival in June, 2011. This outdoor camping party is definitely worth the trip from Bamfield!

Another exciting winter happening is the launch of the new website www.pacificmarinecircleroute.com. It has been a personal passion/ project of the Regional Director (my father Mike Hicks). It promotes the circle route and the natural wonders along the way. The site has been introduced to every accommodation from

Victoria to Nanaimo to Duncan. The highway has been named "Mother Natures Wilderness Highway". Check it out!

Truly the biggest development in Port Renfrew in my eleven years of residence is that of Victoria's Three Point Properties. Wild Coast Cottages is a recreational

development consisting of small- foot print cottages in a strata concept with shared green space and boat marina. The cottages cost between \$149,900 - \$179,000 including the small lot and building. The response has been overwhelming and 31 of the 40 first phase cottages have sold. This doubles the population of my neighbourhood. Three Point Properties also intends to have a new 100 slip marina completed by this summer for public and private usage. Wow! www.wildcoastcottages.com

On going events include the battle to save Avatar Groove from clear cut. The Ancient Forest Alliance meets in our café on the last Sunday of every month with a giant group of hikers for a pay by donation to the cause hike through Avatar. I spoke with Ken Wu today on the status of the Groove and he felt they were extremely close to achieving the goal of preservation. He felt that Pat Bell, ministry of forestry, was on the verge of officially taking Avatar Groove off the chopping block. The Port Renfrew Chamber of Commerce is fighting tooth and nail for this cause as it will most likely become the new face of tourism in Port Renfrew as other recourses such as halibut fishing become less accessible.

Whilst the real world is pounding at our door, day to day life in Port Renfrew remains virtually unchanged. Tuesday night fire practice, Wednesday night cheap chicken wings, yoga on Thursdays, baby days, poker nights and the café coffee crowd 7am sharp. My two year old daughter Sarita must smell spring in the air because all she seems to talk about is the Easter bunny, the egg hunt at the school, and the fire hall's famous pancake breakfast! Mmmm...sounds good to me.

Hope to see from Bamfielders at this end of the trail! Happy Almost Spring!

Jessica Hicks



Salmon Derby

July 30, 31 and August 1

BC Day long weekend
Save the date!

Prizes

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draw prizes

\$15 per rod

Fire Daze

Annual fundraising event





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This Thing Called Knitting

Spring time knitting

By *Ellie Karas*

As the weather starts to warm up and we start needing less layers it doesn't mean that it's time to put the knitting away! There are so many great knitting projects to keep you going through all the seasons.

Often an issue with warmer weather knitting can be that you don't want to knit with thick yarn. If it's already warm out having a warm woolly project to work on may not be as fun in the spring/summer! And usually by the time spring rolls around we are ready to kick winter aside and pull out our spring clothes.

Lace is popular to knit in the warmer season as you are using lighter yarn and making airy items that are great for the summer months. This can also apply to making lighter items of clothing like tank tops. Linen, bamboo and cotton are great yarns to make spring/summer items that will breathe more. A great website for beautiful airy summer tops is cocoknits.com. It's a personal favorite of mine and she has some great designs knit with light yarn.

Another fun project can be to make bags. There is yarn that is made from 100% paper called Paper which make great beach bags (and it's washable!). Or crocheting or knitting a

market bag is a great way to make your own reusable bag for groceries and a fun project.

Boot toppers are also a great project. Boot toppers are knit or crocheted so that they fold over the top of your gum boots. And it's perfect for all the wet weather we get! It's a great way to show off your knitting and still have dry feet.

Photos from cocoknits.com

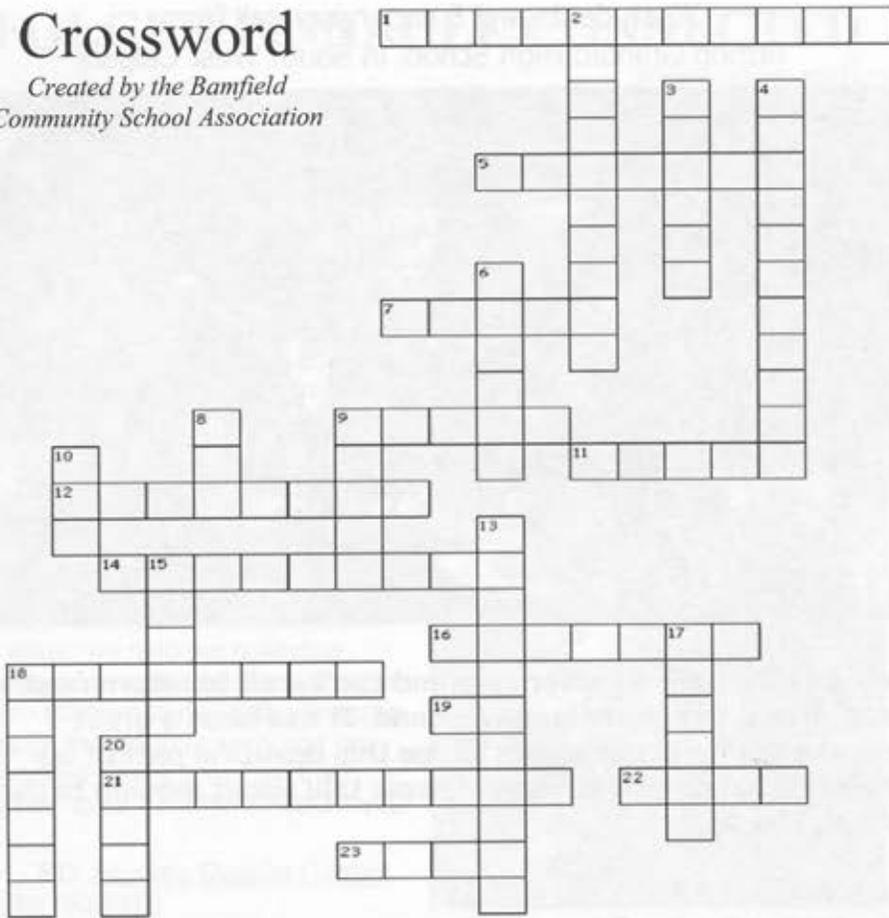
So when the warmer weather does start to roll in it doesn't mean it's time

to stop knitting and crocheting. It's just a great opportunity (or excuse) to start some new projects!



A Bamfield Crossword

Created by the Bamfield
Community School Association



Across

1. A punctuation mark that shows excitement.
5. The thesaurus is full of these alternative word choices.
7. "There is nothing- absolutely nothing- half so much worth doing as simply messing about in boats." This is a popular ___ from the book *The Wind in the Willows*.
9. The more literate we are, the greater our understanding of the ___ is.
11. You can travel the world from your favourite reading spot by using ___ as your passport.
12. Literacy is linked to ___ success, as literacy levels may contribute to determining the type of jobs people find, the salaries they make and their ability to upgrade their work skills.
14. Literacy enables us to communicate, represent, and evaluate ___ in multiple ways.
16. The higher a nation's literacy skills, the more likely its population is to have a ___ lifestyle and habits.
18. Reading, writing and numeracy are all classic examples of ___, but aural, cultural and critical are just a few examples of the many other types out there.
19. The eighth and ninth letters of the alphabet spell this common greeting.
21. If you are unsure of a words meaning try looking it up in a ___.
22. What can a parent start doing with their child at an early age to improve future literacy skills?
23. Literacy is a ___ that lasts for life.

Down

2. Books can take you on all sorts of ___.
3. On the prose literacy scale ___ ranked 5th among the 20 countries surveyed
4. Literacy builds stronger, healthier, more inclusive and resilient ___ with higher levels of productivity, efficiency, sustainability and participation.
6. The internet can be an excellent, although not always accurate, source of information. This is a popular search engine.
8. The right book is always ___ to read.
9. It is never too late to learn to read and ___!
10. Over ___ million Canadians are working at marginal or modest levels of literacy.
13. Literacy is not a fixed asset. It operates on a "use -it-or-lose-it ' principle. Like muscles skills can ___ if not used. Those who read, write and use numbers regularly have higher literacy levels.
15. A fictitious narrative available in various levels of complexity and length.
17. Literacy is not necessarily related to education. Some less-educated people who practice their literacy skills regularly have ___ levels of literacy levels than well -educated people who don't practice their literacy skills.
18. A free source of community shared books, CDs, videos and other learning materials.
20. Language is fluid and continues to ___ and evolve over time, therefore it is important for communication to practice reading and writing on a regular basis.

Community
Emergency Programs
across Canada will be
hosting events.

Contact your local
Community Emergency
Program for details.

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Emergency Preparedness Week

May 1 - 7, 2011

72
HOURS

70 students and 8 supervisors all from
Bishop Grandin High School in South West Calgary

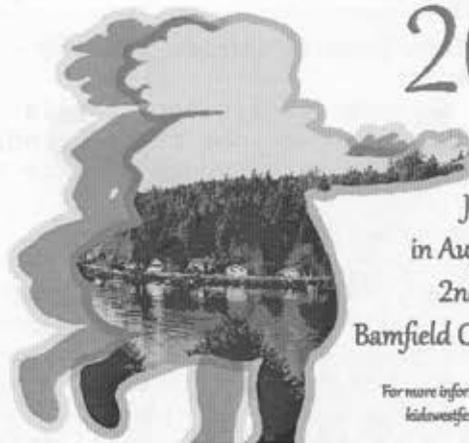


"We had the best weather ever and can't wait to return next year after the October long weekend. It has been a great opportunity for our students to see this beautiful part of our country and see why so many people talk about moving to the island. Thanks."

Dean Weisensel
Coordinating Teacher Science

Submitted by Ted Needham

Kids West Fest
2011



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2nd annual
Bamfield Children's Festival

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kidwestfest@mybamfield.ca

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MUSIC - ARTS - KNOWLEDGE - ENTERTAINMENT - CUISINE

FOLGER PINNACLE CONNECTED

www.neptunecanada.ca

Our Folger Pinnacle instrument platform is now up and running after a team of divers plugged in the extension cable connecting it to Folger Passage Node and the rest of the NEPTUNE Canada network last week. Glenn Hafey of Pelagic Technologies made the actual connection after he and his 4-man team dove 23m to the platform from the Bamfield Marine Science Centre's 9.8m aluminum dive support boat, the Barkley Star.



Pelagic Technologies dive crew after Folger Pinnacle connection, 2 Feb 2011.

After the dive team was safely out of the water, we held our collective breath as our systems team powered up the platform and sent the first ping. Happily, the platform's junction box responded! One by one, we then sparked up all 7 platform instruments:

- 1 RDI Acoustic Doppler Current Profiler (600kHz)
- 2 Nortek Aquadopp single-point acoustic current meter
- 3 Nortek Aquadopp Acoustic Doppler Current Profiler
- 4 3D Grasshopper high-resolution camera imaging system
- 5 Biospherical Photosynthetically Active Radiometer (PAR) light sensor
- 6 WETLabs fluorometer
- 7 Sidus HD video camera

All 7 instruments powered up successfully, however the HD video camera is not communicating with shore. Our science and technical team is trying to troubleshoot the camera communications, while working on commissioning the rest of the instruments. Some of our early commissioning data are now available via our Data Search and Plotting Utility tools.



The Folger Pinnacle instrument platform at University of Victoria's Marine Technology Centre, August, 2010.

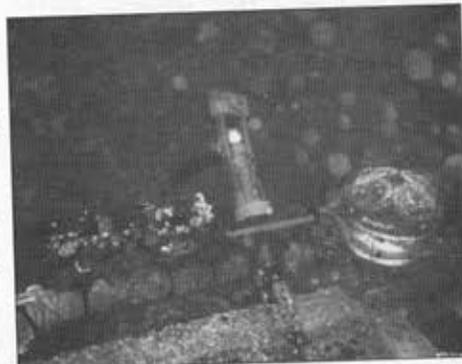


Photo taken six months later, during the Folger Pinnacle connection dive, 2 Feb 2011. By this time numerous barnacles had taken up residence on the platform and its instruments.

For more information please visit www.neptunecanada.ca

Bamfield Marine Sciences Centre - Public Educations 'Live Dive'

Program is a live interactive dive where we "take a class room down with us" and teach a marine lab sub-surface. We conduct these 45 min dives on full face mask SCUBA with live audio and video feed.

Students on site and away are able to interact live with the divers, asking questions directing divers etc. via the internet. We have taught many science students in BC and Alberta high schools and grade schools, including Bamfield's own community school. As well as having the programs original developer Tom Bird tuning in from as far away as New Zealand to join us on our ever growing program under the sea.

Currently BMSC divers involved in this Program are Siobhan Gray-Videographer, Ali Bowker-Naturalist and Dane Stable -Naturalist.

We post clips on our Public Education Programs Youtube Channel. It is updated periodically with clips from our Live Labs and Live Dives.

Please join us and subscribe to **BMSCLive Youtube Channel.**

<http://www.youtube.com/user/BMSCLive>

Priority Needs Not Being Met

“This phantom policy restricts fishing to a Nation’s traditional territory,” Hall said. “In most Nation’s territories, the resources are not abundant enough to support community needs. This is through no fault of the Nations who weren’t involved in the decisions that caused the declines.”

—Uu-a-thluk Program Manager, Don Hall

Some Nuu-chah-nulth families are not getting enough fish to eat. That’s the message Ha’wiith delivered to staff from the Department of Fisheries and Oceans (DFO) during a meeting held on January 19 in Port Alberni. Despite record returns of sockeye last year, many families received little or no fish.

At the heart of the discussion were three issues: communal fishing licences, DFO’s rules about where Nations can fish, and Canada’s unwillingness to recognize Nuu-chah-nulth rights and title.

Communal Fishing Licences

In 1990, the Supreme Court of Canada recognized that First Nations have an aboriginal right to fish for food and ceremonial purposes. According to the judgement now known as the *Sparrow decision*, this right is second only to conservation. Because of this decision, the department now issues *communal fishing licences* to Nuu-chah-nulth and other Nations. These communal fishing licences come with restrictions, such as how and where a Nation can fish, and the type and number of fish they can catch.

In most cases, Nations designate someone to fish for their food and ceremonial catch under the terms of their communal licence. Those terms haven’t changed since the 1990s. Therein lies one problem.

“After conservation, First Nations priority access comes first,” said Don Hall, Uu-a-thluk’s program manager. “But DFO controls this access through communal licences, and these licences have food and ceremonial allocations that don’t reflect community needs.”

In fact, some Nations’ populations have grown by more than 30% since the mid 1990s.

Rules About Where Nations Can Fish

Another way DFO limits access for First Nations is through the *adjacency policy*. Although this isn’t a formal written policy, the department relies on a document from 1993 to justify their restrictions. However, DFO has only started acting on this policy in recent years.

“This phantom policy restricts fishing to a Nation’s traditional territory,” Hall said. “In most Nation’s territories, the resources are not abundant enough to support community needs. This is through

no fault of the Nations who weren’t involved in the decisions that caused the declines.”

Ha’wiith take issue with this policy, because it ignores agreements between Nations that have been in place for generations. “It’s not uncommon for one Ha’wiith to ask another if they can take resources from their territory,” Wickaninnish (Cliff Atleo) said. “If they ran out of resources, they went to another territory asking for assistance and offering to trade. That was a traditional way of our people.”

Lack of Recognition

By telling a Nation they can’t fish in adjacent territories, DFO is denying the harvesting rights of the Nation that catches fish passing through their territories. They are also denying the rights of the Nation whose territories support fishing to trade and provide for their neighbouring Nations.

Said Maquinna (Lewis George), “In the past, an agreement between two Ha’wiith was enough—but now it seems as if DFO needs to see it in black and white.”

Moving Ahead

To help resolve the issues, Ha’wiith presented five principles to fisheries department staff at the January 19 meeting. Don Hall summed up the Nation’s questions. “What the Nations are asking for is already enshrined in law. If there is no conservation concern, the Nuu-chah-nulth right to harvest is first. How is the department going to work with First Nations to restore depleted stocks so they can meet their food and ceremonial needs from their territories? And because this will take time, how is the department going to address their needs in the meanwhile?”

Although DFO staff didn’t have any concrete answers, Brigid Payne and Gerry Kelly committed to working with Nuu-chah-nulth using the principles as a foundation.

The Nations present welcomed this cooperation, but noted they would feed their people whether or not DFO was ready. To make this happen, Nations are now notifying DFO of their intention to catch enough fish to meet their community needs, quantifying what those needs will be, and developing fishing plans.

Shannon Cowan

Traditional Foods Toolkit Launched

Herring eggs, eelgrass shoots, dried fish, and goose barnacles may be common foods for some families, but for others, they are the stuff of history. Enter the Nuu-chah-nulth Traditional Foods Toolkit, a new publication from Uu-a-thluk and partnering Nations that aims to change all that.

Made up of five booklets, each with a different theme, along with posters and a copy of the Nuu-chah-nulth cookbook, the Traditional Foods Toolkit captures information about traditional food harvest and preparation for people who want to get back in touch with their ancestral diet.

"This project grew out of a request from Nuu-chah-nulth Ha'wiih in Uu-a-thluk's 2006 strategic plan," said Uu-a-thluk capacity building coordinator, Norine Messer. "At that time, the Ha'wiih involved wanted to see knowledge about traditional food harvesting and preparation passed on to future generations."

Acting on that request, Uu-a-thluk first researched and developed a community cookbook featuring recipes from Nuu-chah-nulth Nations up and down the island. Following the cookbook's publication in 2008, the organization led a series of elder-youth exchanges on topics such as smoking and drying salmon, building a smokehouse, pit-cooking, and harvesting low tide foods. The exchanges took place in the summer of 2009 in Anacla, Yuquot, Zeballos, and Itatsoo.

"During the activities with elders and youth, a lot of information kept coming up that wasn't recorded anywhere that people knew about," Messer said. "We wanted to capture this information in a resource communities and schools would find useful. We wanted to make it more visible."

The resulting Traditional Foods Toolkit has already found its way into community health and fisheries offices and community schools. Messer has also brought the Toolkit on the road, partnering with Nations to host feasting activities and traditional food exchanges throughout Nuu-chah-nulth territories.

"I think people are really proud of them," Messer said, referring to the five booklets in the toolkit. "They are a beautiful way to show a healthy diet and a respectful way of living a new generation."

Because the booklets contain ideas for community events and classroom activities, schools and education workers have also given Messer positive feedback about the toolkit. "The schools are really excited to put these to use in the new school year," she said.

Funded by the B.C. Healthy Living Alliance, the Clayoquot Biosphere Trust, the B.C. Capacity Initiative, and the New Horizons for Seniors Program in partnership with Uu-a-thluk, the toolkit will continue expanding. In the works is an overall reference book and a DVD movie featuring snapshots of feasting activities and community programs.

Free copies of the toolkit are available to people working in community programs related to health, wellness, fisheries, and education. For more information, contact Norine Messer at 250-735-4111

(norinemesser@hotmail.com) or the Uu-a-thluk office in Port Alberni at 250-724-5757.

Shannon Cowan

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 "Caution: The information available on this Web site may vary slightly from the information in the official documents published annually by the Department of Fisheries and Oceans and entitled Canadian Tide and Current Tables. In case of disparity, the information contained in the official publications will prevail."
<http://www.lau.chs-shc.gc.ca/>

April-avril

May-mai

June-juin

Day	Time	Feet	Metres	jour	heure	pieds	mètres	Day	Time	Feet	Metres	jour	heure	pieds	mètres	Day	Time	Feet	Metres	jour	heure	pieds	mètres		
1	0510	3.6	1.1	16	0443	2.0	0.6	1	0523	2.3	0.7	16	0521	0.3	0.1	1	0612	1.3	0.4	16	0645	0.0	0.0		
	1112	9.8	3.0		1053	10.2	3.1		1135	8.9	2.7		1142	9.5	2.9		1237	8.9	2.7		1314	9.5	2.9		
FR	1719	3.3	1.0	SA	1649	2.6	0.8	SU	1709	4.3	1.3	MO	1706	3.9	1.2	WE	1745	4.9	1.5	TH	1829	4.3	1.3		
VE	2331	10.2	3.1	SA	2300	11.8	3.6	DI	2314	10.5	3.2	LU	2314	12.1	3.7	ME	2346	10.8	3.3	JE					
2	0545	3.0	0.9	17	0533	1.0	0.3	2	0557	2.0	0.6	17	0610	0.0	0.0	2	0648	1.0	0.3	17	0031	11.5	3.5		
	1151	9.8	3.0		1147	10.5	3.2		1213	9.2	2.8		1234	9.5	2.9		1316	8.9	2.7		0728	0.3	0.1		
SA	1748	3.3	1.0	SU	1732	3.0	0.9	MO	1740	4.3	1.3	TU	1755	3.9	1.2	TH	1824	4.9	1.5	FR	1358	9.5	2.9		
SA	2356	10.5	3.2	DI	2341	12.1	3.7	LU	2342	10.8	3.3	MA	2359	12.1	3.7	JE				VE	1917	4.3	1.3		
3	0619	2.6	0.8	18	0622	0.3	0.1	3	0631	1.6	0.5	18	0657	0.0	0.0	3	0024	11.2	3.4	18	0116	11.2	3.4		
	1227	9.8	3.0		1239	10.5	3.2		1250	9.2	2.8		1324	9.5	2.9		0726	1.0	0.3		0809	0.7	0.2		
SU	1816	3.6	1.1	MO	1816	3.3	1.0	TU	1812	4.6	1.4	WE	1842	4.3	1.3	FR	1354	8.9	2.7	SA	1440	9.5	2.9		
DI				LU				MA				ME	1905	4.9	1.5	VE	1905	4.9	1.5	SA	2004	4.3	1.3		
4	0022	10.8	3.3	19	0023	12.5	3.8	4	0012	10.8	3.3	19	0045	12.1	3.7	4	0105	10.8	3.3	19	0201	10.5	3.2		
	0651	2.3	0.7		0709	0.0	0.0		0705	1.3	0.4		0743	0.0	0.0		0805	1.0	0.3		0848	1.0	0.3		
MO	1302	9.5	2.9	TU	1330	10.2	3.1	WE	1327	9.2	2.8	TH	1413	9.5	2.9	SA	1435	8.9	2.7	SU	1521	9.2	2.8		
LU	1841	3.9	1.2	MA	1900	3.6	1.1	ME	1815	4.6	1.4	JE	1930	4.6	1.4	SA	1950	4.9	1.5	DI	2053	4.6	1.4		
5	0048	10.8	3.3	20	0106	12.5	3.8	5	0045	10.8	3.3	20	0132	11.5	3.5	5	0149	10.8	3.3	20	0246	9.8	3.0		
	0724	2.0	0.6		0757	0.3	0.1		0741	1.3	0.4		0829	0.7	0.2		0845	1.0	0.3		0927	1.6	0.5		
TU	1337	9.5	2.9	WE	1421	9.8	3.0	TH	1405	8.9	2.7	FR	1501	9.2	2.8	SU	1518	8.9	2.7	MO	1603	9.2	2.8		
MA	1912	4.3	1.3	ME	1946	4.3	1.3	JE	1920	4.9	1.5	VE	2020	4.6	1.4	DI	2040	4.6	1.4	LU	2145	4.6	1.4		
6	0115	10.8	3.3	21	0151	11.8	3.6	6	0120	10.8	3.3	21	0220	10.8	3.3	6	0237	10.2	3.1	21	0333	9.2	2.8		
	0758	2.0	0.6		0846	0.7	0.2		0819	1.6	0.5		0915	1.0	0.3		0929	1.3	0.4		1006	2.3	0.7		
WE	1414	9.2	2.8	TH	1514	9.5	2.9	FR	1447	8.9	2.7	SA	1551	9.2	2.8	MO	1604	9.2	2.8	TU	1645	9.2	2.8		
ME	1941	4.6	1.4	JE	2034	4.6	1.4	VE	1959	4.9	1.5	SA	2113	4.9	1.5	LU	2138	4.6	1.4	MA	2243	4.6	1.4		
7	0146	10.8	3.3	22	0240	11.2	3.4	7	0159	10.5	3.2	22	0309	10.2	3.1	7	0331	9.8	3.0	22	0425	8.5	2.6		
	0835	2.3	0.7		0938	1.3	0.4		0901	1.6	0.5		1002	1.6	0.5		1015	1.6	0.5		1046	3.0	0.9		
TH	1454	8.9	2.7	FR	1611	8.9	2.7	SA	1533	8.5	2.6	SU	1643	8.9	2.7	TU	1652	9.2	2.8	WE	1729	9.2	2.8		
JE	2014	4.9	1.5	VE	2127	5.2	1.6	SA	2044	5.2	1.6	DI	2212	5.2	1.6	MA	2243	4.3	1.3	ME	2347	4.6	1.4		
8	0221	10.5	3.2	23	0332	10.5	3.2	8	0245	10.2	3.1	23	0403	9.5	2.9	8	0433	9.2	2.8	23	0526	7.9	2.4		
	0917	2.6	0.8		1034	2.0	0.6		0948	2.0	0.6		1051	2.3	0.7		1104	2.3	0.7		1130	3.6	1.1		
FR	1540	8.5	2.6	SA	1714	8.5	2.6	SU	1625	8.5	2.6	MO	1736	8.9	2.7	WE	1743	9.5	2.9	TH	1815	9.2	2.8		
VE	2052	5.2	1.6	SA	2231	5.6	1.7	DI	2140	5.2	1.6	LU	2321	5.2	1.6	ME	2356	3.9	1.2	JE					
9	0302	10.2	3.1	24	0432	9.8	3.0	9	0339	9.8	3.0	24	0503	8.5	2.6	9	0545	8.5	2.6	24	0055	4.3	1.3		
	1006	2.6	0.8		1134	2.6	0.8		1041	2.3	0.7		1142	3.0	0.9		1157	3.0	0.9		0639	7.2	2.2		
SA	1636	8.2	2.5	SU	1821	8.5	2.6	MO	1723	8.5	2.6	TU	1830	8.9	2.7	TH	1836	9.8	3.0	FR	1219	4.3	1.3		
SA	2141	5.6	1.7	DI	2348	5.6	1.7	LU	2249	5.2	1.6	MA			JE			VE	1903	9.2	2.8				
10	0353	9.8	3.0	25	0541	9.2	2.8	10	0444	9.2	2.8	25	0035	4.9	1.5	10	0109	3.3	1.0	25	0159	3.6	1.1		
	1106	3.0	0.9		1237	3.3	1.0		1138	2.6	0.8		0613	8.2	2.5		0705	8.2	2.5		0759	7.2	2.2		
SU	1746	7.9	2.4	MO	1926	8.5	2.6	TU	1822	8.9	2.7	WE	1234	3.6	1.1	FR	1255	3.3	1.0	SA	1314	4.9	1.5		
DI	2249	5.9	1.8	LU				MA			ME	1920	9.2	2.8	VE	1929	10.5	3.2	SA	1950	9.5	2.9			
11	0459	9.5	2.9	26	0111	5.2	1.6	11	0009	4.9	1.5	26	0145	4.6	1.4	11	0218	2.6	0.8	26	0257	3.3	1.0		
	1215	3.0	0.9		0657	8.5	2.6		0559	8.9	2.7		0729	7.9	2.4		0826	8.2	2.5		0911	7.2	2.2		
MO	1901	8.2	2.5	TU	1338	3.6	1.1	WE	1238	2.6	0.8	TH	1328	3.9	1.2	SA	1355	3.9	1.2	SU	1410	5.2	1.6		
LU				MA	2021	8.9	2.7	ME	1918	9.5	2.9	JE	2007	9.2	2.8	SA	2022	10.8	3.3	DI	2036	9.8	3.0		
12	0017	5.6	1.7	27	0223	4.9	1.5	12	0127	4.3	1.3	27	0245	3.9	1.2	12	0321	1.6	0.5	27	0348	2.6	0.8		
	0618	9.5	2.9		0812	8.5	2.6		0720	8.9	2.7		0841	7.5	2.3		0939	8.2	2.5		1010	7.5	2.3		
TU	1322	3.0	0.9	WE	1432	3.6	1.1	TH	1337	3.0	0.9	FR	1419	4.3	1.3	SU	1456	4.3	1.3	MO	1504	5.2	1.6		
MA	2004	8.9	2.7	ME	2106	9.2	2.8	JE	2009	9.8	3.0	VE	2048	9.5	2.9	DI	2115	11.2	3.4	LU	2120	10.2	3.1		
13	0142	5.2	1.6	28	0320	4.3	1.3	13	0235	3.3	1.0	28	0335	3.3	1.0	13	0419	1.0	0.3	28	0432	2.0	0.6		
	0740	9.5	2.9		0916	8.5	2.6		0837	8.9	2.7		0943	7.9	2.4		1043	8.5	2.6		1059	7.9	2.4		
WE	1423	2.6	0.8	TH	1519	3.9	1.2	FR	1433	3.3	1.0	SA	1506	4.6	1.4	MO	1551	4.3	1.3	TU	1551	5.2	1.6		
ME	2055	9.5	2.9	JE	2143	9.5	2.9	VE	2057	10.8	3.3	SA	2126	9.8	3.0	LU	2207	11.5	3.5						



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What's new for 2010?

- **Universal Child Care Benefits**

If you were a single parent on December 31, 2010, you can choose to include all Universal Child Care Benefit amounts you received in 2010 in the income of your dependent.

- **Scholarship exemption and Education amount**

Post -secondary programs consisting mainly of research are eligible for the scholarship exemption and the education amount only if they lead to a college or CEGEP diploma, or a bachelor, masters, or doctoral (or equivalent) degree. Post-doctoral fellowships are taxable.

For a scholarship, fellowship or bursary received in connection with a part-time program for which you can claim the part-time education amount in respect of that program, the scholarship exemption is equal to the amount of tuition paid for the program plus the costs of program-related materials.

- **Medical expenses**

Cosmetic procedures and related expenses qualify as a medical expense when incurred after March 4, 2010, only if they are required for medical or reconstructive purposes.

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