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HAIDA LAAS

Newsletter of the Haida Nation

March 2011



Shania Williams with Silas Brown at the Junior Basketball dinner send-off. See page 10.

Photo: Allan Wilson



HAIDA LAAS
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program reports : haida laas
links : diplomacy : agreements
government : working groups

- it's all good -



Spring Session
(formerly referred to as the Second Quarterly)

April 28 & 29
10 am – 4:30 pm
Skidegate Community Hall

Marine Map Ready for Pick-up

The Council of the Haida Nation is pleased to announce that the *Ocean & Way of Life* marine map and companion document are available for pick-up at a location near you!

This free map shows some of the information collected as part of the Haida Marine Traditional Knowledge Study. The companion document describes the project and Haida marine cultural use in more detail.

- Old Massett: CHN Haida Fisheries Program office (379 Eagle Avenue)
- Skidegate: CHN/Haida Fisheries Program office (133 Front Street) or the CHN Communications/Haida Laas office (148 Front Street)

For further information, please contact the Haida Fisheries Program in Old Massett at 626-3302 or Skidegate at 559-8945. •



Did you know?

Did you know that under the section Rights & Freedoms of the Haida Nation's Constitution, Article 3.S2 (f) states that: **The official languages of the Haida Nation shall be Haida and English.**

See page 14 for this issue's Haida phrases.

Need Wood?

Getting wood for smokehouses and decks is now simpler, and the wait time for applications to be approved will be greatly reduced.

A new and improved process is now in place for people requesting wood under the Haida Gwaii Cultural Wood Access program. The new system has Process Coordinator, Percy Crosby, forward applications requesting less than twenty-six cubic metres directly to the CHN and the Ministry of Forests, Lands and Natural Resource Operations (formerly the Ministry of Forests) for approval. This change bypasses the board process; the HGCWA will now meet only to discuss projects looking for more than twenty-six cubic metres.

The cut off at twenty-six cubic metres was agreed upon because that amount is usually enough wood for small domestic and cultural uses – things like poles, boxes, woodsheds, decks and siding. Larger projects, such as longhouses, obviously require more wood and these requests will go to the full board for approval.

Cultural Wood Access Permit applications can be picked up at CHN offices in Old Massett and Skidegate. •

Vancouver Reporting

by Sandra Greene, Vancouver CHN Representative.

Vancouver Haidas were honoured to be host city for the Haida Language Gathering held on February 5 and 6, 2011 at the Wosk Centre, right downtown and easily accessible to everyone.

There was a really good turnout of people from Alaska, Massett, Skidegate, Seattle and Vancouver. Updates on what is happening with Haida language in all of the communities were given and there are a great many things happening. What makes me proudest is seeing the young people so into learning our language. At one point we sat in a circle and told stories, some in Haida and some about what it means to be Haida. It is good to sometimes hear our language used in a casual way too!

At the same time that the gathering was going on, Hobiye was being celebrated at the Joe Mathias Centre in Squamish and a few of us went out there after the Saturday session. It was great to see the Rainbow Creek Dancers participating along with many other cultural groups in this Nisga'a New Year's celebration.

A reminder to Vancouver Haidas that we have language and culture gatherings every Sunday at 2:00 pm in the The-

atre Room, downstairs at the Friendship Centre – everyone is welcome. We are also starting cedar-weaving get-togethers – if anyone is interested in any of these activities, please talk to me.

Urban Feast Date Change

The date for the Urban Feast has been changed and will now be on May 14, 2011 from noon until 9:00 pm at the Vancouver Friendship Centre. •

HaiCo wants to Know what you Think!

The Haida Enterprise Corporation (HaiCo) is working on creating a website and is seeking your input. The website is being designed to communicate regularly with the nation on HaiCo activities and businesses.

Please take a few moments to share your thoughts and opinions. This survey should take 10-15 minutes to complete.

Survey Link: <https://coppermoon.wufoo.com/forms/haida-community-survey/>

To thank you for your time, your name will be entered in a draw for an iPod and other prizes! •

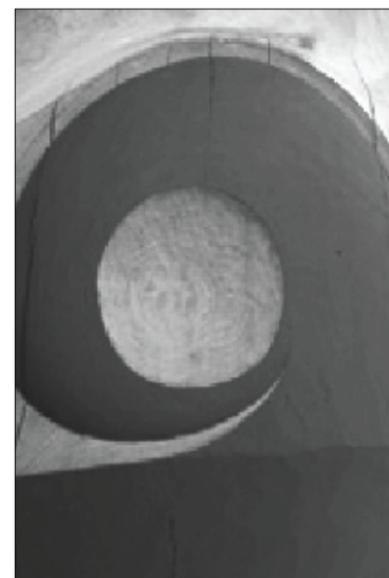
ARE YOU INTERESTED IN PEOPLE & WHY THEY ENJOY THEIR WORK?

Haida Laas is looking for a youth (18+) interested in writing about people working for the Council of the Haida Nation and Gwaii Haanas National Park Reserve and Haida Heritage Site.

Working with the Haida Laas editor, the successful candidate will produce ten employee profiles of approximately 1000 words each – five for each organization – and be paid \$500 per profile. This is a great opportunity for a self-motivated youth, interested in writing, to develop skills and learn why people enjoy their work!

•••

For more information, please call 250.559.8755, or to apply, send a resumé and sample of your writing to editor@haidanation.net. Applications must be in by April 15, 2011.





HARVESTING CONTRACT SUPERVISOR WANTED

Taan Forest is currently seeking an experienced Harvesting Contract Supervisor for our operations on TFL 60 and the Haida Tenure.

Reporting to the Operations Manager, you will be responsible for the supervision of contract harvesting, road construction and sorting crews.

The position requires a highly motivated individual who has an excellent safety record, a good working knowledge of occupational health and safety regulations, and a willingness to work with Taan Forest in reaching its safety, production and environmental objectives.

The successful candidate must possess strong leadership and communication skills, and the ability to work in a team environment. Previous supervisory experience in logging and a good working knowledge of computer systems and software is an asset.

Remuneration will be dependent upon demonstrated skills and experience.

We thank you in advance for your interest in Taan Forest however only those short listed will be contacted for an interview.

Deadline for submission is April 8th, 2011. Please include references and examples of work related to this position. Email applications only please.

Send applications to: Taan Forest, careers@taanforest.com

Gwaii Haanas National Park Reserve and Haida Heritage Site

Gladstone Receives Cultural Award

Ernie Gladstone, Field Unit Superintendent for Gwaii Haanas has been awarded the George Wright Society's Cultural Resource Achievement Award. Presented at the 2011 George Wright Society Conference on Parks, Protected Areas and Cultural Sites in New Orleans, Louisiana, the award recognizes Mr. Gladstone's leadership on the Canada-Haida Nation Archipelago Management Board – one of the most successful cooperative management arrangements in the world.

"Effective leadership is a key part of any success," said Dave Harmon, Executive Director of the George Wright Society. "Ernie and all those involved in the management of Gwaii Haanas have played a critical role in the success of both heritage sites' management and we are pleased to be able to offer this recognition for their exemplary and important work."

Mr. Gladstone has been Superintendent of Gwaii Haanas National Park Reserve and Haida Heritage Site, a position he has held since 2001. Since that time, the protected areas of Gwaii Haanas have grown to include the newly established Gwaii Haanas National Marine Conservation Area Reserve. The sites are managed by the Haida Nation and Canada through the Archipelago Management Board, and as co-chair of the board, Mr. Gladstone has dedicated himself to establishing an effective partnership. The partnership is critical to the protection and presentation of the area's natural and cultural heritage. Gwaii Haanas is the only protected area in the world to be managed from mountain top to sea floor.

"This award recognizes the efforts of the Archipelago Management Board and its commitment to advancing the common goals of the Haida Nation and the government of Canada: protecting and preserving the natural and historical interconnection of land, sea and people that is Gwaii Haanas, while providing



Photo: Haida Laas

Gwaii Haanas Field Unit Superintendent, Ernie Gladstone.

opportunities for employment and tourism to support the local community," said Mr. Gladstone.

Guujaaw, President of the Haida Nation, acknowledged, "This cooperative relationship is seen as an international model for protecting lands in the context of living Indigenous cultures that continue to rely on those lands. In this instance we have found a way to work around competing jurisdictions in the interests of looking after Gwaii Haanas. The international acknowledgement of this project through recognition of Ernie Gladstone and the AMB is fitting and well-deserved."

The *George Wright Society* is a non-profit association dedicated to the protection, preservation, and management of cultural and natural parks and reserves through research and education. Based in Hancock, Michigan, the Society promotes professional research and resource stewardship across natural and cultural resource disciplines, provides avenues of communication, and encourages public policies that embrace these values.

This is the first time the society has presented an award to a recipient from outside of the United States. •

Next Steps

NaiKun Wind Receives Federal Approval

The NaiKun Wind energy proposal, has received the long awaited environmental approval from the federal government

NaiKun was awarded a provincial environmental certificate in December, 2009. Since then, the federal government has continued reviewing other issues such as fish habitat and the crab fishery, which they consider within their jurisdiction. After more than two years of deliberation, the conclusion made by Fisheries and Oceans, Transport Canada, Natural Resources Canada, the Prince Rupert Port Authority and the Canadian Environmental Assessment Agency was that there would be "no significant adverse environmental effects".

That is not to say there were no concerns. Attached to the 2009 provincial report were more than 100 mitigation directives dealing with various aspects of the project, all of which have been accepted by NaiKun Wind.

Some of the directives in Appendix-3, *Table of Commitments and Assurances*, include putting a marine-mammal monitoring program in place through the design, construction and operation of the proposed wind farm; determining with Environment Canada and the Canadian Wildlife Service, whether there is a need for follow-up and monitoring of marine birds, and implementing an *Adaptive Management Plan*; and, initiating a

joint research project with the Area "A" Crab Association to study crab mobility in Hecate Strait.

Among other issues, the directives cover accidents and risks, marine safety and scouring around the towers.

In an independent process, the Council of the Haida Nation contracted Dr. Tom Gunton of Simon Fraser University to study the proposed project and provide an impartial review to the nation. That report is expected within the next month. Once it has been received and distributed the question of establishing a business partnership with NaiKun will go to a "general vote" of the nation.

A motion by the House of Assembly requires that the vote take place (see resolution this page) and the question on the ballot will be whether the Haida Nation goes into a business partnership with NaiKun Wind. The intention is to provide citizens with the best information to make an informed decision before the vote.

The assessment made by the federal government notes that although the project did not receive a contract in BC Hydro's *Clean Power Call*, NaiKun remains confident that they will receive a contract in the future under the province's Clean Energy Act. The Clean Energy Act will see contracts awarded to companies, with the intention of bringing British Columbia to energy self-sufficiency. •

HOUSE OF ASSEMBLY RESOLUTION R4:

Partnership with NaiKun Wind Energy Corp. Inc.

WHEREAS the Haida people must have a say in the decision regarding the Naikun project.

THEREFORE BE IT RESOLVED that the Council of the Haida Nation hold a general vote after the completion of an environmental assessment regarding whether or not to enter into a business partnership with NaiKun Wind Energy Group Inc.;

BE IT FURTHER RESOLVED that the CHN present the details of the business arrangement to the Haida people at public meetings in Massett, Skidegate, Prince Rupert and Vancouver before the vote.



Art by local students.

Book & Bite

Haida Gwaii's Travelling Bookshelves

Coming to eateries near you.

Read while you wait, or borrow 'til next time!



See posters for details.

DID YOU KNOW?



Japan has 5.5 million vending machines. Each machine uses the same amount of power as a household. If you add up the power-use of the vending machines, it is the equivalent to the capacity of just one of the troubled Fukushima nuclear power plants.

Courtesy of the Los Angeles Times

Preparation is the Key

by Eileen Hayles, Emergency Program Coordinator for Old Massett

The Old Massett Village Council and the Health Centre have an emergency planning committee, which has been working closely with the First Nations Emergency Services Society (FNESS) on developing a comprehensive emergency plan for the community.

At this time, if an evacuation order is given to the community, in the face of a tsunami warning being issued from the Provincial Emergency Program (PEP) offices, the village will respond in the following way: The Volunteer Fire Department will send fire trucks through the village with the sirens going to tell everyone to evacuate their homes and follow the tsunami escape route. The route, which has signs, takes you out of Massett up to a staging area at the top of what is known locally as Garbage Dump Hill. The Massett Fire Department and RCMP will be directing traffic at this location.

Tsunami watches and advisories can be issued because of an earthquake that happens a long way away, such as the recent event in Japan, and these advisories can be upgraded to warnings if the situation warrants it. The system works like this:

- The first level of notification is an information statement. The statement is usually issued to reassure those experiencing an earthquake that conditions will not generate a tsunami.
- The second level is a watch. Watches tell communities that a distant event has the potential to generate a tsunami and to be alert for more information.
- Advisories are the third level. An advisory indicates potential beach and harbour danger, possible strong and dangerous local currents and to stay tuned for emergency guidance.
- The top level of notification is a warning. The seismic data indicates that a wave or waves could occur. The warning advises people to run for high ground and follow local emergency instructions.

In the case of a warning, a community often has several hours to prepare to evacuate. In this situation the best thing for you to do is to get your personal emergency supplies ready to go, turn your radio on to Channel 96.1 FM and listen for emergency broadcasts, or if you have a radiophone, put it on standby, and please do not call the Volunteer Fire Department at this time as the

Department needs to keep their phones open for their use, during an emergency. A phone number for Old Massett residents to phone for emergency information is in the works, and the number will be published when it is operational.

If an earthquake is felt and it is severe enough to shake the ground so that you are not to be able to stand, then there will not be as much time to evacuate as there would be if the event were further away.

If the earth shakes hard enough and you are not able to stand, then you need to immediately load your 72-hour Emergency Supplies into your vehicle and go to the tsunami evacuation staging area outside of Massett. It is important that if you or anyone in your family needs help in evacuating that you are already registered with the Band Office BEFORE such a situation happens.

The Emergency Program Coordinator is Eileen Hayles, and she can be contacted at the Health Centre 250.626.3911.

Register at the Health Fair

On April 7th the Health Centre will be hosting its Annual Health Fair and we will have a booth showcasing our Emergency Preparedness information. The fair will be a good place for you to learn more about the community plans and ways that you can volunteer in an emergency situation.

Rhonda Loewen-Hutchinson of the FNESS, who has been working extensively with OMVC on our emergency plans, will be giving a presentation on Emergency Social Services volunteering – this is something you may want to seriously consider.

PLEASE NOTE: At the Health Fair there will be forms for you to fill out so that we know of family members who may need assistance during an evacuation. •

Haida Tsunami Stories

Introduction and interpretation by Guujaaw

It might seem unlikely that there would be a tsunami on the east coast of Haida Gwaii, however in 1903, this story was recorded in Skidegate.

The warriors started home and camped beyond Hoya Gaandala (Raven Creek).

The weather was calm.

Towards evening two tidal waves rolled in out of the ocean.

The first one came in and broke.

The canoes with their skids even drifted away.

The last one even washed the trees away by their roots.

Half of the warriors were lost.

Seismologists and historians dated a tremendous wave generated off the coast of Oregon to about the year 1700. This event sent a wave all the way to Japan and up both sides of Haida Gwaii.

The following story was recorded by a Massett elder around 1700 and tells a story of an event that happened in a village near Fredrick Island on the west coast of Haida Gwaii. Based on the story it seems that the wave came from the west rather than the south, so it may be a separate event from the one that occurred on the east coast.

... Very early next day, they heard a drumming sound out at sea.

All awoke quickly.

All of them listened. Immediately they were disturbed.

They saw a wind rising.

They saw that the wind was not like any ordinary wind.

The waves out to sea were white.

When the waves got near them they saw that this was foam.

Then they saw that it was at the level with the houses.

They thought it would go down quickly before it got to them so they were not much troubled.

Still it grew bigger.

Then, however, they collected the things they could save.

They also put on their backs the children that they had borne.

Then before the foam got near, they ran for safety.

They got a long distance away, halfway up the mountain, still the foam did not stop. Then they were very tired.

... The foam came over some of the children who could not run fast.

... The foam also overcame those who became tired.

Those still stronger were able to run for safety.

They said to one another, now it is all right.

And when they thought of their children and how they had died, their minds were very sick.

When they heard their wives speak of their children, their husbands began to cry all together.

They were unable to talk plainly to one another.

They went to bed crying without having eaten anything.

Next day, when it was light, they went out.

They started back to the same place.

Before they had gone far, they came upon the dead bodies of their children ...

Then the women and the men all began weeping together.

They remained there and cared for the bodies of the dead.

After that they started off again, lower down they came to more bodies of those they had abandoned, they wept altogether and again cared for the bodies.



A classic Japanese woodcut print showing the artist's interpretation of a tsunami.

The next day they started out again, and again came to more bodies and again they wept together.

They made all good in the three places they had left them.

The next day they again started away from the mountain.

Then they came to their own town of T'ee. At that time there was not one house to be found standing there.

Then too they were very sad because they

remembered the former times when they played there and their houses had been good.

Again they remembered the many children that they had.

So they again wept bitterly.

When all stopped crying, the Chief called the people together and told them how they will rebuild their houses.

His house was to be built last.

The people were pleased with what they heard.

They united and rebuilt the village one house at a time.

Then they prayed to the One in the Sea.

In the story of the origin of totem poles there is another flood. Following is a small part of that story.

At that time the land moved ... then a flood came.

After that they fastened their canoes together.

Then they sang.

They sang crying songs, they sang for themselves because they thought this would not again dry up.

The sea became rough and many canoes were lost, the people turned into seabirds.

But after that the sea began to fall.

Our people have known the beauty as well as the power of the sea. There is no quarter in worries and fear. Through knowing, we respect the sea, and the powers of the earth for its strength and all that it gives. •

Source: Swanton, Contributions to the Ethnology of the Haida

Be Tsunami Ready!

A warning system is in place to notify citizens about the levels of readiness or evacuation. The levels begin with information, watches, advisories and finally a warning.

Following are the definitions of each stage.

1. Information: Information statements are issued to reassure those experiencing an earthquake that conditions are not enough to generate a tsunami.
2. Watches – tell communities the a potential distant event has occurred and to be alert for more information
3. Advisories: Advisories indicate there is potential danger to beaches and harbours with possible strong and dangerous local currents. The event may be significant and widespread and you should stay tuned for emergency guidance.
4. Warning: A warning is based on seismic data that indicates a significant inundation of water may occur. You should run for high ground and follow local emergency instructions.

Skidegate Emergency Planning – Stuff We Need to Know

Skidegate Emergency Plan Basics

by Lisa Kendall, Skidegate Emergency Coordinator

The Skidegate Emergency Planning and Preparedness Committee (SEPPC) is a sub-committee of the Skidegate Band Council and is tasked with running the Skidegate Emergency Plan. This job includes things such as planning and preparing for emergencies; public education; acting during and after an emergency and keeping up to date on all related information.

SEPPC has been in place for many years, and has participated in many levels of training in emergency management. The committee has also written a full and comprehensive emergency plan for Skidegate and keeps in contact with governmental and aid agencies such as the Provincial Emergency Program (PEP).

Following are key elements of the Skidegate Emergency Plan:

The Hazard Matrix

This matrix, illustrated here, shows hazards that may occur in Skidegate and the severity and likelihood of these events happening. The black and lighter gray sections are the most critical events for us to manage and we put a lot of focus on preparing for these types of disasters.

Critical Facilities

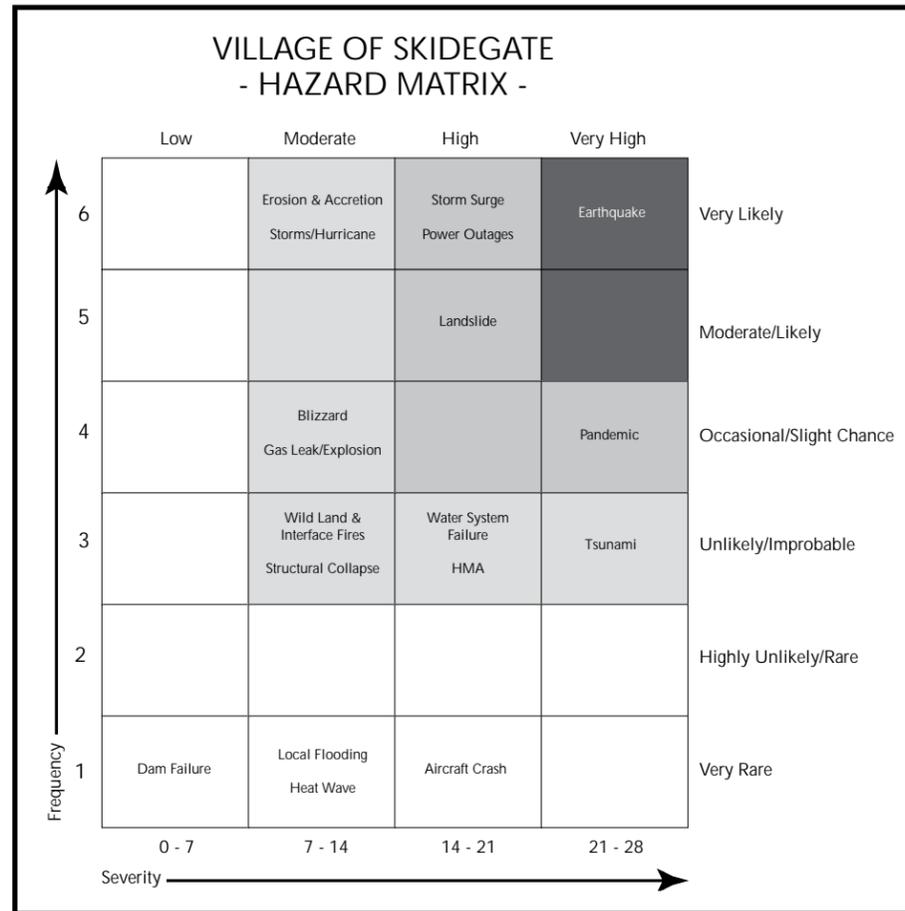
The SEPPC will set up an operations centre at the Skidegate Health Centre during a large emergency. If evacuation is necessary, the George Brown Recreation Hall will be open to the public. But, if these buildings are too damaged or are at other risk, then other locations will be identified and the public notified by loudspeaker, signs and radio broadcasts.

It is important to note that not all emergencies require more than one or two people on alert, and that evacuations are rare. The Skidegate Emergency Plan has several levels of activation ranging from one person to a full community evacuation.

A good example of how this works is the tsunami advisory of March 10–11, 2011:

The Provincial Emergency Program notified the Skidegate emergency coordinator and alternate with a watch advisory about the Japan earthquake and tsunami. PEP monitored the wave as it moved across the Pacific by: monitoring buoy mo-

tion; the effect on the Alaskan Aleutian islands; the travel and estimated arrival time of the waves, with a projected wave height; and watching the activities of the Pacific and Alaska Tsunami Warning Centres. Through this monitoring period, notifications to Skidegate coordinators stated that there was no danger to our community other than to people/buildings below the high tide mark.



If the notice had been upgraded to a tsunami warning, we would have then moved to the next level of activation by setting up an Emergency Operations Centre and mobilizing our resources to start the evacuation of low lying areas and notifying community members; providing transportation if necessary; opening a reception centre for evacuees; and blocking off roads, etc..

As earthquakes and tsunamis are on everyone's mind, I have included an outline of what to do during either event. Earthquakes are the most common emergency that we experience, and they are the most likely to cause widespread damage.

If you are indoors during an earthquake:

- Stay inside.
- Take cover under a heavy table, desk or any solid furniture and hold on.
- If you can't get under something strong, or if you are in a hallway, flatten yourself or crouch against an interior wall.
- Stay away from windows, glass partitions, mirrors, fireplaces, bookcases, tall furniture and light fixtures. In an earthquake you could be hurt by shattered glass or heavy objects thrown around by the shaking.
- If you are in a shopping mall, go into the nearest store. Stay away from windows, skylights and shelves with heavy objects.
- Avoid doorways. Doors may slam shut and cause injuries.

- If you are in a wheelchair, lock the wheels and protect the back of your head and neck.

- If you are at school, get under a desk or table and hold on. Face away from windows.

- Wherever you are, protect your head, face and neck.

If you are outdoors during an earthquake:

- Stay outside.
- Go to an open area away from buildings. Sidewalks next to tall buildings are especially dangerous.

- Stay away from windows, buildings (or any other structure that could collapse), overhead wires, downed electrical wires, power lines and telephone poles.

- Remember that broken gas mains and fallen chimneys can cause fires. Downed power lines and broken water mains can also wreak havoc.

- Stay at least 10 metres away from downed power lines.

If you are in a vehicle during an earthquake:

- Avoid bridges, overpasses, underpasses, buildings or anything that could collapse on you and your car.
- Listen to your car radio for instructions from emergency officials.
- Do not attempt to get out of your car if downed power lines are across it. Wait to be rescued.
- Try to pull over to a safe place where you are not blocking the road. Stop the car and stay inside.

- Place a HELP sign in your window if you need assistance.
- Keep roads clear for rescue and emergency vehicles.
- If you are on a bus, stay in your seat until the bus stops. Take cover in a protected place. If you can't take cover, sit in a crouched position and protect your head from falling debris until the shaking stops.

After an earthquake

Earthquakes are often followed by aftershocks, which are smaller earthquakes that happen when the earth underneath the surface adjusts to a new position.

If you feel aftershocks, stay where you are until they stop.

Although ground shaking is the major source of earthquake damage, secondary effects can also be very destructive. These include landslides; saturated sandy soils becoming soft and unstable; flooding of low-lying areas; and, tsunamis or tidal waves washing over coastlines. Large buildings, roadways and other infrastructures that have been built on reclaimed land, steep slopes, and unstable soils are at high risk of being damaged by a large earthquake.

Tsunami

Any tsunami caused by an earthquake that is a distance from us, like the recent event, will give the SEPPC 9+ hours of warning of the tsunami arriving here. As the event unfolds data can be gathered and the effect on our coast predicted. The 9+ hours

lead time on the Japanese event would give us plenty of time to evacuate lower lying areas if necessary.

But, if you feel the earthquake, and it is longer than one minute, and it is hard to stand, then you should wait for the shaking to stop, and then proceed immediately to higher ground. Remember to take your emergency kit with you.

The reason to move to higher ground is that the southern BC coast and Washington, Oregon, and northern California coasts are in a subduction zone. A subduction zone is where one piece of the earth is sliding under the other. The gray area in *Figure 1* shows the Cascadia subduction zone, which is where a large earthquake *will* happen at some time.

Higher ground means anywhere that is 20m above the high tide level. The Co-op, gas station, and Spirit Lake trailhead are all considered a safe level.

The best way to be prepared is to prepare a Family Emergency Plan & Kit. If you have any questions please contact Emergency Coordinator, Lisa Kendall, at 250.559.4610.

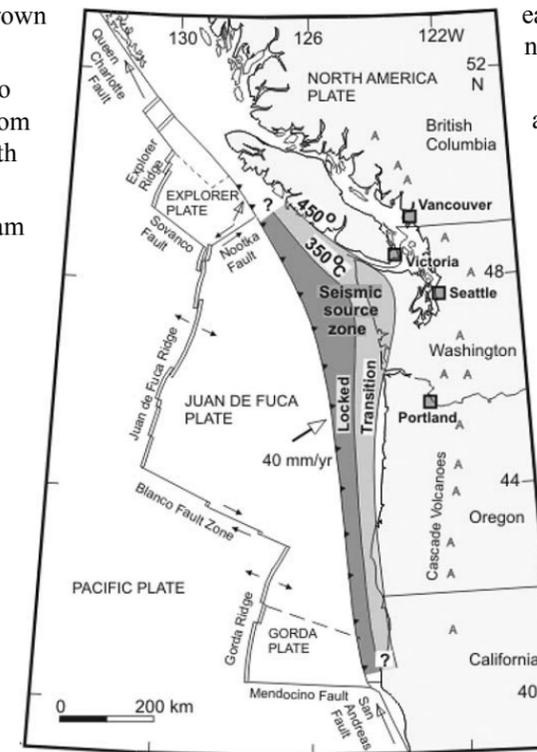


Figure 1.

Youth and Sports

B-Ball Players represent in Penticton

by Florence Lockyer

On Thursday, March 16, the Junior Boys and Girls basketball teams of Old Massett held a dinner prior to heading off on their journey to Penticton to compete in the Junior All Native Basketball Tournament. They represented the nation in a tournament that attracted over 50 teams from all over the province.

Coach, Trevor Russ, opened the evening by welcoming everyone and introduced the masters of ceremonies; Chloe Good and Damian. Naanii Mary Swanson followed with a prayer.

Two huge pots of seafood chowder, made by Brian Bell and Judy Williams, and a wonderful deer stew made by David Smith, were served while drummers and singers sang the dinner song. Both pots were nearly devoured by the hungry guests, along with the fresh buns, which were a nice addition. Following the main course, trays and trays of delectable desserts were served. The Junior Boys and Girls teams, hosting the event, did a wonderful job serving – it was very well orchestrated and executed!

Sgaann 7iw7waans was invited to say a few words, and he spoke about what a great experience this will be for the teams who are going to Penticton – they will make friends that will last for years. “It’s good to have such strong support from the community and families,” he said, and wished them, “all the best – not luck. It’s the ability to enjoy the game that’s far more important.”

Old Massett Youth Council representatives, Marsha Therrien, Shaylene Abrahams, Savannah Samuels, Keifer Collison, Curtis Brown, and Chantel White stood and gave their support to the teams. Keifer spoke of how good the boys’ team is, and how tough they are, but ended on the note that the girls’ team was even tougher!

Rollie Williams, a former basketball coach, thanked the coaches for the enormous effort of organizing the trip, and for travelling with the youth. He also



The Hurricane display dignity on the dance floor but their team name rightly describes their court play. Left to right: Skil Jaadee White, Sylena Liddle, Shania Williams, Hazel Smith, and Mahalia Smith.

thanked the parents for their hard work standing behind their players. “Play from your heart and have fun,” he said!

The team was then introduced, the members are are:

Coaches - Trevor Russ, Robert Davis, and Nicole Harris. Team Manager - Leslie Williams, and players on both teams, in no particular order: Jordan Lewis, Brian Smith, Chase Samuels, Latisha Setso, Simon Wesley, Shania Williams, Sylena Liddle, Martina Abrahams, Chantel White, Mahalia Smith, Jake Harris, Robert Davis Jr., Shawn Smith, Kennan Davis, Damian Shaw, Chloe Good, Dillon Brown-Sawyer, Skil Jaadee White, Lucas Yeltatzie, Jonathan Parnell, Hazel Smith, Quintin Brown, and two players not in attendance, Jade Smith and Michelle McLeod.

For coach, Trevor Russ, it is the teams’ hard work and dedication to practice that drives his commitment to coaching. “If it weren’t for the teams I wouldn’t be here,” he said. Both teams were presented with red hoodies with the Council of the Haida Nation logo

and the words Haida Nation Basketball printed on them. Upon receiving the gifts, the teams proudly danced the Haida spirit into them to the songs of the women’s dance and then the men’s dance. Gathering in a circle in the middle of the hall, the two teams sang the haaw.aa song in appreciation for all the support they had received from the community and their families.

Manager, Leslie Williams, gave a brief breakdown of the financial input from the community, which tallied up to a significant amount of funds – in excess of \$16,500, and in order to further defray the cost of food on the trip, the Haida gambling song was performed and another \$500+ was raised. Manager Williams also acknowledged the large donations from organizations like the Old Massett Village Council Social Development Department, the Massett-Haida Lions Club, and the contribution of the vans, at a lower than actual cost, from Massett Services. Haaw.aa to all who contributed and worked so hard!

Elder, and former basketball player,

Robin Brown talked about the changes that the Old Massett community has seen when it comes to basketball – the hall, the cost, the travel off-Island – and said that they are lucky to have lots of opportunity to play. He suggested that youth take advantage of what they have at hand – like education – “It can help you and you will meet lots of people on your journey,” he said.

Reg Davidson “took his hat off” to those who organized the travel, fundraising and dinner. He stated that the coaches and manager are teaching the players more than life skills – they are teaching about life and how to survive in life!

Parent volunteer, Brad Setso, said that this will be an ongoing event and to not be discouraged if your child didn’t get to go this time. “We will keep this going year after year,” he said, and added, “Haaw.aa to everyone for coming and showing your support.”

With Donnie Edenshaw’s assistance, both teams joined together and sang the Haida Nation national anthem – the Lyell Island Song – to demonstrate their strength as young warriors going to rep-



Quintin Brown, Chase Samuels, Daniel Harris, Jonathon Parnell, Lucas Yeltatzie (behind), and Keenan Davis perform the Men’s Dance at the send-off dinner.

resent our nation at the tournament.

Reverend Lily Bell gave a closing prayer and also shared a few words about the importance of being involved.

“Children are a priority in everything we do,” she said, “They are precious, let’s give them three cheers; woot! woot! woot!” •

What about Iodine?

What we all need is a healthy and well-stocked thyroid gland. With concern around radioactive fallout from the troubled Japanese nuclear reactors, there has been much talk about radiation and iodine.

Following a nuclear event, radioactive iodine (iodine-131) may be released into the air and then breathed into the lungs. It may also contaminate a local food supply and get into the body through food or drink. When radioactive materials get into the body through breathing, eating, or drinking, the thyroid gland quickly absorbs it. Radioactive iodine absorbed by the thyroid can injure the gland and subsequently, your health.

The thyroid gland, which is shaped like a butterfly, is located in the lower

part of the neck and wraps around the windpipe. The gland makes proteins, controls how quickly the body uses energy, and also controls how sensitive the body should be to other hormones.

Because non-radioactive iodine or Potassium Iodide (KI) acts to block radioactive iodine (iodine-131) from being taken into the thyroid gland, it can help protect this gland from injury.

The thyroid gland doesn’t know the difference between good or bad iodine and will absorb both. The trick is to have your gland full of the good stuff (KI) at which point the gland will stop absorbing iodine for the next twenty-four hours and this blocks any radioactive iodine from entering the gland.

A common way to up your iodine levels is through iodine tablets. For day-to-

day living, iodized table salt contains enough iodine to keep you healthy, but it doesn’t have enough to block radioactive iodine. So don’t try to use table salt as a substitute for iodine tablets.

Iodine tablets must be used carefully. There are benefits to taking them, but there are also risks and there are other ways to up your iodine levels.

Fifty grams of dried seaweed includes about 100 mcg of iodine, and the BC Centre for Disease Control (BCCDC) says, as of March 31, that there are no health concerns at this time about eating seaweed or other food products. But the safest option is to follow the recommendations of your doctor, emergency preparedness and health care workers. •

BC Centre for Disease Control: <http://www.bccdc.ca/resourcematerials/newsandalerts/news/japanQuake.htm>

Vancouver & Hawaii Language Conferences

Dedicated to Gathering the Language

by Albert Hans, Dwyer Cross and Haida Laas staff

Vancouver

People travelled from Haida Gwaii, Alaska, Prince Rupert and Seattle to attend the Tenth International Haida Language Gathering held this year in Vancouver.

The first day of the gathering saw fifty people listen as language programs from Vancouver, Haida Gwaii and Alaska provided an overview of their year's activities. The reports highlighted each program and its own unique way of teaching, using local knowledge holders and resources. Everything from iPods to one-on-one are utilized in an effort to

deliver lessons and capture the interest of new learners.

Today there are still many issues being worked on: Can a writing system be designed so that the three common dialects can be spelled in the same way? A common complaint among non-speakers is that the spelling keeps changing. As the language progresses and a common way of spelling is developed we can expect more changes – after all, not only is translating the Haida world view into English a daunting task but agreeing to a common spelling means people are compromising years of hard work hav-

ing developed writing systems unique to each dialect. And, the subtle nuances of meaning and inflection of pronunciation of each dialect needs to be seriously considered.

You might think that designing a common way of spelling is as simple as spelling, in English, the Haida word for door or ladder. But it is not that straightforward. The English language is being required to not only describe an object but also a different worldview, which it may not be able to do. As Alaskan Elder, Woody Morrison explained, the word k'yuu, means path, door, ladder

and clam but what is really being conveyed is not the objects but ways to get to another place. This way of seeing the world cannot be conveyed through a literal translation and in trying to do so you may lose the meanings of the word. This is just one example, but when you consider the complex Haida view of the world then you can imagine the task ahead of these Elders and learners – there is a lot at stake and care has to be taken to ensure that today's and following generations will have as rich a worldview as possible to understand and learn from.

Fortunately, with old ways and new technology there are as many ways to learn the language, as there are ways

to describe k'yuu. These days you can get the language on the media of your choice: cd's, MP3s for iPods, children's books, flash cards, song books, video, one-on-one, learn in groups, or stream it online, and in Old Massett you can learn and have lunch too. Not having access or the time to learn is hardly an excuse anymore: you can now learn anywhere, anytime.

Another serious issue is, of course, funding. Ongoing, secure, year-to-year funding is basically non-existent and programs struggle to keep staffed and their doors open. Some programs have partial funding, and although it is acknowledged that funding is tight everywhere, Island priorities have yet to

include language in a meaningful way and the consequence is that thousands of years of knowledge and meaning is being lost – the depth of knowledge these last fluent speakers hold is staggering – and by not capturing this, following generations will be living in a greatly diminished world.

Even given these hurdles, when people gather, a natural outcome of coming together is the telling of stories and, at the conference, stories were told in probably the oldest way – sitting around in a circle. Speakers in the circle were also chosen using the "traditional" spin of the bottle – though with a more modest outcome. Old and new stories

Conferences continued page 14



Back l-r: Rev. Lily Bell; Eric Lopez; Marianne Ignace; Jordan Lachler; Cara Wallace; Hirofumi Hori; Lucy Bell; Goldie Swanson; Betty Richardson; Jusquan; Roberta Kennedy; Kwii Gee ii Wans; Jackie Casey, Gladys Vandal; Trish Collison.
Middle l-r: Nonnie Mary Swanson; Tsinni Claude Jones; Woody Morrison, Jr.; Roy Jones, Sr.; Grace Jones; Doreen Mearns; Leona Clow;
Front l-r: Young boy; Raven Potschka; Kevin Borserio; Billy Yovanovich; Patrika McEvoy and young child; Andy Wilson.



Back l-r: unidentified; Julia Samuels; Dwyer Cross; Jackie Hans; Shaylanna Brown; Gavin Brown; Monica Brown; unidentified; Candace Weir; Merle Williams; Linda Schrack (behind); unidentified; Susan Smith; Ben Young; Kevin Kennedy
Middle l-r: Laura Jormanainan; Kathleen Hans; Sandra Greene; Primrose Adams
Front l-r: Janna Wilson with Donovan, Solomon, Olivia Wilson and a young girl.

Conferences – from page 11

were told along with a few jokes, which would have fit well with the intent of the original game.

Mary Swanson told a story about the Haidas almost going to war with the octopus people. “The Haidas closed up their houses so tight that the octopus could not get in, so the war was over because the octopus people couldn’t do anything. Then a big feast was held and an agreement was made between the Haidas and the octopus not to war anymore,” she said.

In Vancouver a new language program has started up and for resident, Patrika McEvoy, who attended the gathering, coming together with a diverse group of learners and speakers has huge benefits.

“It was great medicine for us living in the city to hear the language, to

spend time with family and friends, and to meet new people. I loved all of [the gathering], said Patrika. She went on to say that studies show that First Nations living with ceremony, prayer, their own beliefs, values and language have an improved quality of life.

“I know for us living in the city, especially with our new language classes, we are getting our connection to our cultural identity. Language is the key to spiritual freedom and helps empower us and create a better vision of tomorrow, today, not only for ourselves, but also for our children,” she said.

The gathering brings together, once a year, the speakers and learners of the three major Haida dialects; it provides an opportunity for everyone to share experiences, teaching methods – what works, what doesn’t – moves the joint goals of a shared orthography forward

and inspires everyone to keep doing the work of preserving and evolving the language. The gatherings are open to anyone interested in saving and revitalizing the Haida Language.

• • •

Hawaii: It’s Not All Academic

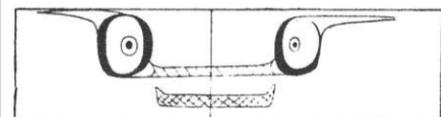
After fundraising for close to two years, the Skidegate Haida Immersion Program took off from the Vancouver Language Gathering and landed in Honolulu, Hawaii six hours later. SHIP had been planning to attend the Second Annual International Conference on Language Documentation and Conservation, and regular fundraising events – including loonie-toonie auctions and dinner sales – paid for the group’s excursion.

Stepping off the plane into the humid tropical winter of the Pacific islands felt like stepping into about 30 degree weather, said Albert Hans, one of the younger members on this expedition. He said that the weather for their ten-day stay was not unlike Haida Gwaii in the winter, just a lot warmer. Delegates had a couple of days to recharge their batteries after the Vancouver Gathering and spent that time checking out restaurants and seeing the sites.

In terms of conferences, the Vancouver and Honolulu conferences are in the same ballpark but certainly separate bases. The Vancouver gathering does address conservation and documentation but the focus is more on ways to teach and learn. On the other hand, the Honolulu conference is an international academic gathering dealing with finer and more technical points of language, documentation, conservation and revitalization. The conference coaxes academics out of their ivory towers and brings them together to debate, lobby and argue their findings on how to research and document, and share linguistic techniques to preserve languages. It’s a serious meeting of minds.

Even though this conference deals with language at quite a different level than the Vancouver gathering, SHIP delegates picked up many tips and techniques in Hawaii that can be applied to programs on Haida Gwaii. The conference also situates the local language programs in a global context. SHIP and the Old Massett programs are one of many programs around the world working to keep indigenous languages alive.

The conference’s slogan was *Strategies for Moving Forward* and in that spirit SHIP came home with a renewed purpose to continue the work of teaching, learning and speaking Haida. •



Gambling Stick Design No. 54 from Swanton, Contributions to the Ethnology of the Haida

Gathering Our Voice Youth Conference

Message Heard Loud and Clear

by Vanessa Whiteknife with Laas Parnell

The youth conference called, Gathering Our Voices, has been held annually for nearly ten years and in different cities, including Kamloops, Vancouver, and Prince George. This year it was held in Prince Rupert. Laas Parnell and I had the opportunity to be fully funded by the Skidegate Youth Council and Skidegate Band Council to attend. I also attended on behalf of the Mentored Skills for Youth in Technology Program.

Over four days – March 21- 24 – more than 50 different workshops were offered to 1500-plus youth.

The first workshop I attended was facilitated by two University of Calgary students from the Native Ambassador Post-Secondary Initiative Program (NAPI). The students taught a module on Communication Skills and Personal Leadership and spoke about the obstacles that they had to overcome in their lives to get to where they are today. The second workshop I attended was also with the NAPI duo and focussed on Team Building and Team Leadership. I found both workshops, which were about communication and leadership styles, to be very helpful and informative. In this workshop, I learned more about how I communicate, and how I can be more assertive without seeming pushy. I also learned about carrying myself as a role model for the youth in my community.

Laas told me about her experience in two workshops she attended. “I attended, Dreams in Motion, which was hosted by two very successful native women who went through a lot of obstacles to achieve their dreams. One of the women was a model and appeared on the TV program, Canada’s Next Top Model. The other woman was an actress and they both have achieved a lot, given how young they are,” she said. “The second workshop I went to was a yoga class called First Spirit Yoga, and I must say it was way better than I thought it would be. I thought yoga was

just stretching and meditating, but I left the class sweaty and energized, but relaxed.”

The workshop Laas and I attended together was called The Aboriginal Media Industry – Sharing Our History, News & Contemporary Culture! and was facilitated by Suzette Amaya. This workshop was very inspiring as we are interested in pursuing careers in the media. Suzette is basically a jack-of-all-trades; she is a self-taught photographer, a radio personality, and an entrepreneur. She also works in East Vancouver as a women’s abuse counselor and is the manager of Joey Stylez, an up-and-coming Aboriginal hip-hop artist from Saskatoon. Suzette shared her life story about how she grew up in the Raymur Projects on East Hastings in Vancouver, and how she got herself out. She said that we should get ourselves out there: to volunteer and get educated. When the workshop was over, we had the opportunity to talk with her and tell her what our career goals were. She provided us with a sheet full of resources in different areas of the media and encouraged us not to give up on our goals.

The last workshop I attended was called Creating a Vision for Our Future through Video Production and was led by Josh Gottfriedson and Soren Poulsen, both Aboriginal actors from Vancouver. This workshop was very entertaining, from the time I entered the room until I left. Their humor and charisma were comforting, especially in a workshop with almost 50 youth in attendance. We played a game to break the ice where we sat in a big circle and one person stood in the middle. That person then introduced themselves and told us something they like, for example: an apple, or the color green. Anyone seated who also like what the person said would stand up and run to a chair at least two chairs away and sit. Over time there was a lot of to and fro and we all relaxed and got to know each other. After that exercise, we watched a slideshow presenta-

tion of their workshop last year. Josh and Soren asked us what we thought of when they said, “leadership.” The words we gave them were power, respect, loyalty, kindness, and confidence, to name a few.

In one exercise, we were divided into two groups and asked to choose a word and then put our name by it so that we could build a skit for the word. I chose “power.” We didn’t have enough time to do a skit for the word, but I was able to be a part of the other skits. As we left, they told us that the skits, which were videotaped, will be posted online in a couple of week’s time – I can’t wait to see them. The workshop was highly interactive and fun: I felt spontaneous and really comfortable.

I left this conference with more confidence and focus on what I would like to pursue as a career and have made connections with universities and workshop facilitators that I will keep in touch with. I also plan on helping NAPI extend their membership to the University of Northern BC, next year when I attend, so that I can be an ambassador for the organization. Gathering Our Voices youth conference was an overall wonderful experience.

Laas Parnell had a similar experience at the conference. “The workshops I attended really inspired me to pursue a career in media, and no matter what the obstacle, I need to power through it,” she explained. It is safe to say that the workshop with Suzette was our favourite. She is a great role model and we both plan on keeping in touch.

Laas and I, would like to thank the Skidegate Youth Council and Skidegate Band Council for making it possible for us to attend. Also, thank you to the BC Association of Aboriginal Friendship Centers for putting together an amazing youth conference. We look forward to next year’s gathering!

Speak up!

Refresh your Haida, check out the following phrases. If you require help with pronunciation or want to further your knowledge, contact the language group in your village.

You are going fishing

SKG: Xaw in Guu hla.

OM: Talang waadluuwan xaw an saang.

AK: Xáw ín’uu hlaa!

I am going on a boat trip.

SKG: Tluu guuGaaw hll gaayinda in dii ga.

OM: tluu gwaa uu hl xangjawagang

AK: Tlúu gwaa Hl gáayanda ín-gang.

How big was it? (fish)

SKG: Giisdluu ll gwaaga gan?

OM: Giisdluu iimaan.aa

AK: Gíisdluu í’waan-gaa?

There are Many Ways to Teach

Fact Finding is Inspirational in Old Massett

by Laas Parnell

Last week, members of the Skidegate Education Committee and Band Council visited the Chief Matthews School in Gaw, Old Massett, on a fact-finding tour. Visiting the Chief Matthews School was an overall wonderful experience; walking into the building and feeling the positive energy made me smile. Everyone in the building, whether they were a student or a teacher, was in a good mood.

Those of us who arrived early were given a short tour by school principal, Leslie Bellis, while we waited for the others. She took us around to each room and explained that students are taught by their abilities and not their age. After the tour and when the others had arrived, we were shown the rest of the building by students Marissa and Marcus. They spoke to us in Haida and translated to English throughout the tour. Their pride in their ability to speak Haida and explain to us which Clans they were from shone through in their presentation. They toured us through a few of the classrooms and introduced us to the teachers. Chief Matthews School has about sixty-three students enrolled from Kindergarten to Grade 4, and seven teachers. With the low student-teacher ratio, students can get help if they need it.

At Chief Matthews, language is the main focus because it is much easier for children to learn the language early and the way the school teaches Haida is very effective; rather than learning single words, the children are taught sentences. Many aspects of our culture are taught at Chief Matthews, and when students graduate from the village school they weave their own cedar graduation hats before they move on to Tahayghen in New Masset where they learn other cultural skills.

Near the end of our tour I had the opportunity to speak with and interview Leslie Bellis. I asked Chief Matthews' principal what the most positive aspects



Photo: Laas Parnell

School Ambassadors, Marissa Abrahams and Markus Carty, toured the delegation through Chief Matthews, speaking in Haida and translating into English for the delegates.

were of having a community-managed school. She said her measure was by how much the parents and grandparents are involved.

"The children who attend Chief Matthews have very supportive families who are always contributing to making the school better. Whether it is participating in a field trip or attending the monthly parent-teacher meetings there is always support for Chief Matthews School," she said, and added, "The whole community gets together to make a safe and positive environment for the children."

On the ride back to Skidegate I carpooled with Lisa Shoop, Casey Vanderweide, Heather Dudoward, Nicola Einarson and Isabel Brillon. I asked them what stood out and what they really liked about the school. Each had similar thoughts about culture; the stu-

dent-teacher ratio; the friendly environment and the supportive community.

The Skidegate Band's Education Coordinator, Lisa Shoop, was amazed by how totally immersed in culture Chief Matthews School is. "You can take a look at it and you know it's a Haida school!" she exclaimed. She was also impressed by how responsive teachers were to individual student needs, which she considered, these days, to be a cutting-edge technique.

Casey Vanderweide, who is supervisor of the Youth Mentored Skills in Skidegate, said that, "They're doing the right thing; the proof is in the waiting list to get into the school." He also thought that the hot lunches provided to students were a great idea, because, as he said, "You can then ensure kids are getting the nutrition they need to

keep their brains at an optimum learning level!"

Nicola Einarson runs *Kuugin King Naay*, the library located in the same building as the nursery school in Skidegate. Ms Einarson especially liked the positive attitude towards learning and how the children were proud to show what they learned.

Chief Matthews School really focuses on challenging students, which leads to their success. What stood out, for me, is the priority put on the continued learning for their Haida language teacher. Rhonda Bell is the teacher and she is mentored five mornings a week by tsinni Steven Brown. In the classroom, Rhonda is supported by silent speaker, Marilyn Collison, and elder naanii Nina Williams. This integrated, team approach to learning clearly illustrates the school's dedication to preserving and teaching the language.

Isabel Brillon travelled to Old Massett as a representative of the Skidegate Edu-

cation Committee and is interested and concerned about the education of young people. She said she would love to see a school like Chief Matthews, in Skidegate, in the near future.

The Chief Matthews School is a great facility, where children can learn to read, write, and are absorbed in Haida culture throughout the day. Therefore, the children leave with confidence, and have a clear sense of identity, which is imperative to learning. Having the whole community come together to support their youth and manage their school is very important, and even though the BC curriculum is still being used, it is taught in a different way – the school is Haida-based – and at Chief Matthews everyone is treated equally; the students want to learn and the teachers want to teach. •



Photo: Laas Parnell

Fact-finders at Chief Matthews. L-R: Skidegate Band Councillor, Didi Williams; Haida Laas reporter, Laas Parnell; SKG Education Committee member, Isabel Brillon; SBC Chief Councillor, Robert Mills; SKG Education Committee member, Heather Dudoward; SBC Councillor, James Cowpar; Kuugin King Naay librarian, Nicola Einarson; SBC Councillor, Duane Alsop; Chief Matthews School Principal, Leslie Bellis; Marilyn Collison; Education Coordinator, Lisa Shoop; and Haida Language teacher, Nina Williams.

ESWK does Work

by Dr. Ken Leslie, Director of Education for Haida Gwaii, NWCC

As Northwest Community College's new Director of Education for Haida Gwaii, my job is to support students learning by creating supportive environments and encouraging students to realize the enjoyment and satisfaction that comes from learning something new. Enjoyment is crucial to successful learning – just ask anyone who is good at what they do.

When I started working for NWCC on January 31st, I was happy to discover that the college was already offering an innovative learning program at the Haida Heritage Centre at Kay Llnagaay in Skidegate. This program is known as Essential Skills for Work (ESWK). Don't be fooled by the humble title: this is a truly groundbreaking program. The class is taught by Fraser Earl with assistance from Haida Heritage Instructor, Clayton Gladstone, and was developed with Ooka Pineault and Ruth Gladstone of the Skidegate Social Development office, whose strong support has made this program the success it is.

ESWK runs four days a week and offers a unique combination of experiential learning, practical work training, and Haida cultural programming.

Thanks to additional funding from the Skidegate Social Development office students had the opportunity to take a range of Continuing Education courses offered by NWCC, which included a Radio Operators Course and Occupational First Aid. ESWK has also helped students gain experience in a range of cultural activities like making button blankets and wood-carving tools.

There will be a *Celebration of Learning* for the ESWK students on April 21st at Kay Llnagaay, and community members are welcome to join in the festivities •

Your Personal Preparedness Checklist

- | YES | NO | ARE YOU PREPARED FOR POSSIBLE DISASTERS? |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | In the event of a disaster, are you and your loved ones prepared to take care of yourselves for a minimum of 7 days? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have at least 7 days of drinking water (7 gallons/31.5L)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a Basic Survival Kit for each member of your family and have additional provisions to last an extended period of time? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you conducted a Home Hazard Hunt? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your family have a reunion plan? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have the means to prepare meals if the power is out for an extended period of time? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does each member of your family know how to turn off home utilities such as propane and electricity? |
| <input type="checkbox"/> | <input type="checkbox"/> | In a sudden power outage, could you quickly locate a battery operated radio? With live batteries? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a fully stocked First Aid Kit? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you know what plans your children's school has developed for protection in disasters? |
| <input type="checkbox"/> | <input type="checkbox"/> | If a disaster struck in your neighbourhood, have you determined how you would get assistance? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you done a Hazard Analysis at your workplace within the last 6 months? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you know where your local Emergency Reception Centre is? |
| <input type="checkbox"/> | <input type="checkbox"/> | If you answered NO to any of these questions, now is the time to act. DISASTERS HAPPEN! Don't wait until it is too late! |

Scoring

13 out of 13 yes answers – We're coming to your place!
 10 – 12 out of 13 yes answers – A little work to do here.
 7 – 9 out of 13 yes answers – I'd start worrying if I were you.
 4 – 6 out of 13 yes answers – This weekend would be a good time to pack.
 0 – 3 out of 13 yes answers – I think we have a problem here.

Basic Items You Need to Survive 72 hours.

- > Water - at least two litres of water per person per day. This should include small bottles that can be carried easily in case of an evacuation order.
- > Food - that won't spoil, such as canned food, energy bars and dried foods. Remember to replace the food and water once a year.
- > Manual can opener
- > Flashlight and batteries
- > Candles and matches or lighter - Place candles in non-burnable sturdy containers and put them out before going to sleep.
- > Battery-powered or wind-up radio (extra batteries)
- > First Aid Kit
- > Special items such as prescription medications, infant formula and equipment for people with disabilities.
- > Extra keys for your car and house.
- > Some cash in smaller bills, such as \$10 bills (Traveller's cheques are also useful) and change for pay phones.
- > A copy of your personal emergency plan, which includes contact information.
- > A planning booklet can be picked up at the Old Massett or Skidegate Health Centre.



Recommended additional kit supplies:

- > It is always a good idea to have extra supplies on hand. Here are some recommendations:
- > A change of clothing and footwear for each household member.
- > Sleeping bag or warm (foil) blanket for each household member.
- > A whistle in case you need to attract attention.
- > Garbage bags for personal sanitation.
- > Toilet paper and other personal-care supplies.
- > Safety gloves.
- > Basic tools such as hammer, pliers, wrench, screwdrivers, fasteners, work gloves.
- > Small fuel-driven stove and fuel (follow manufacturer's directions and store properly).
- > Two additional litres of water per person per day for cooking and cleaning.

**Don't Wait.
Put These Items Together Now! Be Prepared.**



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