



### Planning Meeting before Meeting with the Provincial Ministers

By Mason Ducharme

October 31st, 2017, was a historical day. The leaders of Nuchatlaht, Ehattesaht, and Zeballos met to prepare for a meeting with the ministers of Forests, Lands, and Natural Resources Operations (FLNRO), and Transportation and Infrastructure (MOTI) next week on November 7th, 2017, to discuss the condition of the Zeballos Forest Service Road and provide solutions on how to improve the road condition on a short and long-term basis.



Left-Right: Mayor Donnie Cox (Village of Zeballos), Band Administrator Mason Ducharme (Nuchatlaht Tribe), Councillor Archie Little (Nuchatlaht Tribe), Councillor Audrey Smith (Nuchatlaht Tribe), Councillor Tim John (Ehattesaht), and Chief Roseann Michael (Ehattesaht)

### Historical Meeting with Provincial Ministers

November 20th, 2017, was a historical day. Ka:’yu:’k’t’h’/Chek’tles7et’h’, Ehattesaht Chinehkint, the village of Zeballos, and Nuchatlaht Tribe met with Ministers Claire Trevana (MOTI) and Doug Donaldson (FLNRO) at the Legislature in Victoria to express our concerns about the Zeballos Forest Service Road and propose solutions.



Left-Right: Mayor Donnie Cox (Village of Zeballos), Councillor Archie Little (Nuchatlaht Tribe), Councillor Ashley John (Ehattesaht Chinehkint), Band Administrator Cynthia Blackstone (Ka:’yu:’k’t’h’/Chek’tles7et’h’), Legislative Chair Matthew Jack (Ka:’yu:’k’t’h’/Chek’tles7et’h’), Chief Roseann Michael (Ehattesaht Chinehkint), and Band Administrator Mason Ducharme (Nuchatlaht Tribe)

## Welcoming a new member to the Staff: Karen Bailey, Lands and Resources worker

I was born and raised in the traditional territory of the Squamish Nation. The mountains and ocean of the Sea to Sky corridor and Vancouver's North Shore are my homelands. The wild places and natural seascapes have been a source of refuge, restoration and learning my entire life.

The wise use of our natural resources has always been of interest to me and is now a driving force in my life. I am a Steward, Educator and Administrator, and a Professional Biologist. I originally went to BCIT for business and worked 12 years in administration, accounting, human resources and marketing. I went back to BCIT in my forties because I wanted to switch careers and pursue a passion for conservation.

I earned a Bachelor of Technology in Ecological Restoration (2013) and a Technical Diploma from the Fish, Wildlife and Recreation program (2010) from BCIT.

Within a year of graduation I applied for and received two research grants, parlayed my academic studies into three paid work assignments and applied these projects to accreditation with the BC College of Applied Biology, a provincially legislated body.

My environmental work has been diverse. I have assessment and restoration experience in wetlands, stream and riparian habitats; and estuarine reclamation and recovery of coastal sand ecosystems both BC and Hawaii.

I have a curious mind, love learning and exchanging experiences and knowledge. My expertise lies in BC coastal freshwater ecosystems but has equally involved urban water issues.

I am an ecosystem biologist interested in how bears, birds frogs and fish use their environment and interact with each other. I acknowledge that coastal First Nations have been a part of that ecosystem, have co-evolved with their natural environment and been stewards of natural resources for over 15, 000 years. I do not have children, something the Creator has chosen, not me.

I believe that I am to nurture the land and sea and mentor and assist those who want natural landscapes that function as Mother Nature intended and water that is clean and full of life. I believe I have a great opportunity to do this in your Lands and Resources department and look forward to meeting you all and serving your community.



## Christmas Traditions, a brief history of “Deck the Halls” and Traditional Knowledge use

Many ancient European cultures used evergreen plants and boughs in the winter months:

Many traditions involving greenery originated in Druid, Celt, Norse, and Roman civilizations, which celebrated the winter solstice around December 21. Because the color green represented eternal life, plants that remained green throughout the year played an important role in these celebrations.

Ancient cultures believed bringing in green branches would ensure the return of vegetation at winter's end. They used mistletoe and holly in pagan religious rituals and to decorate their homes. Romans exchanged holly wreaths as part of their Saturnalia festivities. Saturnalia was the celebration around winter solstice (the days with the least sunlight hours, also known as the darkest day of the year, December 21).

Coastal First Nations had many uses of evergreen boughs; cedar, pine, fir and hemlock. One that I told of was the use of fir evergreen boughs inside the longhouses in wintertime. The thinking was that the fresh fragrance of fir and the relatively flat arrangement of the needles on the branch made them ideal for making bedding. Each time the needles are crushed they release a lemony smell. As you can imagine with all the people living together all winter, and cooking smells, etc. was perhaps a welcome smell to have inside the longhouses.



# Adult Hamburger Helper



Original, 4 servings

Hamburger Helper might have been a childhood favorite, so we've updated for sophisticated adult tastes with sundried tomatoes and a touch of cream (don't worry - kids will still love it!). Smarts: Finish with cheddar cheese if you want a thicker finish and more comfort or a touch of cream for something lighter and more sophisticated.

Active 30 min Total 30 min

## Ingredients

- Ground beef, lean - 1 lb
- Garlic - 3 cloves, minced
- Sundried tomatoes - 6 , sliced
- Cooking oil - 1 Tbsp
- Red pepper flakes - 1/4 tsp
- Pasta like fusilli, shells, elbow - 8oz
- Milk - 2 1/2 cups
- Water - 1 cup
- Salt - 1 tsp
- Black pepper - 1/2 tsp
- Paprika - 1 tsp
- Garlic powder - 1 tsp
- Oregano, dried - 1/2 tsp
- Parsley, dried - 1/2 tsp
- Cayenne pepper - 1/4 tsp
- Cream (or sub 1 cup of cheddar cheese / 4 servings) - 2 Tbsp Roasted Balsamic Broccoli
- Broccoli - 1 1/2 lbs, chopped
- Red pepper flakes - 1/4 tsp
- Balsamic vinegar - 1 Tbsp
- Cooking oil - 1 1/2 Tbsp
- Lemons - 1/2, juice of

## Prep

1. Beef - Season with some salt and pepper. (Can be done up to 1 day ahead)
2. Garlic / Broccoli - Prep as directed. (Can be done up to 3 days ahead)
3. Sun-dried tomatoes - Slice.

## Make

1. Heat oven to 425F / 218C. Toss broccoli with red pepper flakes, balsamic vinegar, cooking oil and some salt and pepper. Spread out onto a sheet pan and roast for 20 minutes (if you have leftover garbanzo beans from yesterday, feel free to toss them onto the pan), shaking once midway through.
2. Heat a Dutch oven over medium-high heat. Add cooking oil and then garlic, sundried tomatoes, and red pepper flakes to heated oil. Heat for ~1 minute and then add beef and brown for 3 to 5 minutes.
3. Add in pasta, milk, water, salt, pepper, paprika, garlic powder, oregano, parsley, and cayenne. Cover and bring to a boil. Simmer until pasta is al dente, tender but still with a bite. This should take ~10 minutes, but check and stir every few minutes to prevent sticking.
4. Once pasta is cooked, remove from heat. Add in cream (or cheese) and season to taste with salt and pepper, other spices, or even hot sauce.

Finish roasted broccoli with lemon juice and some salt and pepper. Enjoy with pasta!



Nuchatlaht Tribe Newsletters  
*Bringing our members community news*

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V0P 2A0

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www.nuchatlaht.com

**HOLIDAY OFFICE CLOSURE  
AND EMERGENCY CONTACT**  
(finance@nuchatlaht.com)

Ida John will be available through  
email during the following dates:

**December 27<sup>th</sup> & 28<sup>th</sup> 2017**

**January 2<sup>nd</sup> - 5<sup>th</sup> 2018**

Ida will also be checking the phone  
messages once a day during the  
week.

Office will be closed December  
21<sup>st</sup> until January 8<sup>th</sup> 2018

**Nuchatlaht Tribe Sport Fishing**

We have established a new Sport  
fishing company; where we will offer  
services like: Sport Fishing, Water  
Taxi, and potentially, a whale  
watching service. Contact us or find  
out more on our website!

P.O Box 40, Zeballos, BC  
V0P 2A0  
250-332-5908

## Community Calendar

December 12<sup>th</sup> (evening) - Staff decorates office

December 18<sup>th</sup> - Mason D. Away

December 20<sup>th</sup> - Community Christmas Dinner

December 20<sup>th</sup> - Bryan M. Away

December 20<sup>th</sup> - Holiday Office Closure

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## Staff Hours

Audrey Smith – 8:00am - 3:30pm (w/ 30 min lunch  
at 12:00)

Rest of staff – Regular business hours (8:30am -

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## Zeballos area Clinic/Doctor hours

### Doctor Dates

(Please note: schedule is based on physician availability and may  
vary daily)

December 11<sup>th</sup> - 12:00pm - 2:00pm (Mon) Dr.  
Whittaker

December 18<sup>th</sup> - 12:00pm - 2:00pm (Mon) Dr.  
Armoham

For appointments please call 250-761-4274

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## Crisis / Support Numbers

Kuu-us crisis / support: 1-800-588-8717

USMA after hours: 1-800-633-9122

Vancouver Island Crisis line: 1-888-494-3888

911: Immediate concerns