



Nuuchahnulth

Employment and Training Program

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EDUCATIONAL SENSORY INTEGRATION GYM



Jamii Walton and her son walking on the walking board. This activity improves concentration, focus and physical balance.

The learning gym is brain-based learning at the physical, concrete, kinesthetic level of skills development. While working in the Educational Sensory Integration Gym you are able to do a variety of activities. These activities increase your awareness of your intelligence, your physical body, your perception and your personal

space. Most of the sensory activities take place on our balance boards. We promote learning through balance. Balance allows us to focus on getting ourselves ready to learn, while establishing our intentions and setting goals. From Nuuchahnulth teachings, balance is also what we must constantly practice: to achieve and maintain in all parts of our life.

The multi-sensory learning gym is designed to develop learning abilities through sensory integration. We learn to

acquire, process, retain and recall information through our senses (seeing, hearing, touching, smelling and tasting) along with many other abilities.

The gym activities provide support for our learning while also helping with increased performance in sports, overcoming learning challenges, and reaching new levels of personal satisfaction.

For individuals who have difficulty with their balance or are uncomfortable standing on the balance boards, they can start in the gym by doing exercises on the floor or by sitting down on the balance boards. This helps people benefit from the activities while starting at a place where they are most comfortable.

A FEW EXAMPLES OF AREAS THAT THE MULTI SENSORY LEARNING GYM SHOWS MEASURABLE GAINS ARE:

- Increased ability to learn new material
- Increased motivation
- Supports development of rhythm in movements
- Increased self-esteem
- Improved eye tracking for reading and sports
- Improved auditory and visual memory

(ESI Educational Sensory Integration, Inc. Learning Manual. E. Reycraft, 2002)

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Here's Some Important Facts to Know!

It's important to remember to drink lots of water. Water supports our learning, our brain power, and helps alleviate our stress. When our body gets less water than it needs, our body perceives this as a threat to survival. Then the body holds onto every drop of water for other survival needs. When this happens it is stored instead of being available for our brains to use.

Our Central Nervous System is one of the most important systems in our bodies.

Water is critical to our CNS system and for the optimal functioning of our brains.



a-m'aa-sip Learning Place

Are you at least 15 years of age?

**Are you interested in doing better in school
and getting a great job?**

If you want to find out how, then check out our exciting and fun "learning to learn" program. We are located at the corner of 10th and Roger.

We are open from Monday to Friday, 8:00 a.m. to 4:30 p.m.

At a-m'aa-sip Learning Place, we provide one-on-one support, awards for participation, snacks and monthly bus passes for participants attending our part-time learning program.

For more information please call us at 250-723-1331 or drop in
and ask to speak to Jacqui Watts, Rena Logan or Jan Green.
4310 10th Ave., Port Alberni, B.C.



N.E.T.P. • NUU-CHAH-NULTH EMPLOYMENT AND TRAINING PROGRAM





EXPAND YOUR MIND AT A-M'AA-SIP LEARNING PLACE



At the a-m'aa-sip Learning Place the staff and learners explore and demystify the aspects of learning in a comfortable, supportive atmosphere. Together with each learner, we build an individualized learning plan in our very unique, pre-employment program.

Our staff is trained to utilize the learning to learn program called, "Structure of Intellect" or SOI. The SOI program consists of an in-depth assessment (2.5 hours) which results in a 14 page individual profile of a learner's abilities. Each learner completes their assessment on a one-to-one basis. Staff note the strategies that the learner uses to "attack" the material presented. As well, staff notes a learner's level of comfort/discomfort, pace of completion, areas of ability / struggle, etc. as a person works through each small assessment task. With the learner's profile in hand, we sit with the learner and family members or support workers to go over the SOI profile and a learning program is put into action.

The SOI learning modules are organized in a similar way to our Educational Sensory Integration gym. The learning modules provide a "layering of learning," starting at a basic level of understanding and experience at the beginning and working towards advanced levels of understanding and experience by the end of each module. Learners always work through four learning modules at a time, from a selection of over 80 SOI modules. Two booklets are in the learner's areas of learning strength and two booklets are in the learner's areas of development. Learners work through each booklet one page at a time. Once a page is completed the booklet is submitted for marking. It is marked and returned right away, so both instructor and learner have feedback and quick success in the learning program.

Although Structure of Intellect can be used with learners of all ages, in a variety of education and workplace learning situations, our pre-employment program is designed to support community members who are at

least fifteen years of age or older. Many of the learners are in fact working or in school and come to a-m'aa-sip Learning Place on a part time basis. This is actually the best situation because people can use their new skills in a meaningful and immediate way after a learning session at a-m'aa-sip.

For people who are not in school or working they are encouraged to come into the learning place for a few hours each day, four days a week, for at least a three month period. At the end of their program, learners complete a post assessment which will measure their gains in learning abilities. Success in developing and enhancing learning abilities is achievable and measurable with the SOI program. We expect to see many long term benefits for individuals and communities now that our learning program is in place.



Wendy Gallic, Nuu-chah-nulth Employment & Training Program Supervisor provides Moy Sutherland Jr. with a small token of appreciation for generously donating the logo for the a-m'aa-sip Learning Place located at 4310 10th Avenue, Port Alberni, B.C.



2008/09 NETP SUMMER STUDENT PROGRAMS

Each year the Nuuchahnulth Employment & Training Program sets aside some funds to run the Summer Student Programs. This year the funds were limited and proposal submissions were not exceed to \$6,500. As well, the proposals were measured against criteria such as all Youth had to be between ages 15-30 and they had to be a full-time student within the last academic year with the intention of returning to full-time studies in the upcoming academic year. All proposals were assessed for the quality of work experience and past history of meeting NETP reporting requirements.

Despite limited available funding, the Nuuchahnulth Employment & Training Program had another busy summer working with 40 participants in 17 projects. The programs/jobs included a wide variety of activities such as:

- Maintenance
- Sales & retail
- Cooking/deli
- Growing & selling organic produce
- Housekeeping
- Archeological digs
- Reception/administration
- Assistance with elders gathering/canoe quest

In talks with students/participants many felt the Summer Student Program to be an important piece of the Nuuchahnulth Employment & Training Programs. It prepares and assists students in many ways, for example, the routine of going to work each day by having a summer job. It also gives students valuable work experience preparing them to enter the work force, after completing their education. Not to mention the benefit of getting a pay-cheque!

Students spent their earnings in many ways; buying school supplies and clothes; assisting with household expenses and so on. Some are even saving for their post secondary education. Most of all, their pay generally just gave them an all around sense of independence.

The majority of participants felt the program could have run longer but expressed much appreciation for the experience and income they did receive.

NETP wishes all the Summer Students a year of many successes, whether it be in the continuation of secondary or post secondary education.





KUTIIS SUCCESS STORY - JACQUELINE WATTS

Hello everyone. My name is Jacqueline Watts. I am from the Watts family, Tseshaht First Nation and from the Williams family from Ditidaht First Nation. I have four children and we have a grandchild on the way.

I would like to tell you a little bit about how my life has taken this direction. First, I started with the Kutiis Program. This is where I met Beth. She is my inspiration. She taught me how to make small realistic goals and make a visual map of my life's path, as well as how I would need to work to achieve each goal with pride.

From there, I went back to school at VAST. At the last minute I made the graduation list just one hour before walking across the stage. That was quite the experience! It was very emotionally moving when they called my name and I walked across that stage to get my diploma.

From this experience, I moved into the world of work. I would never have dreamed that Wendy would offer me the opportunity to work with the Kutiis Program. Here is where I continued on my path. I proved my abilities and showed my work ethics here. Beth was very happy with my work and she passed the word on to Wendy. That is how I began to work at a-m'aa-sip Learning Place, as the program's administrative assistant. When I was hired here, it was a great honour and another part of my journey. I know I am going to give it my all, as I can be a great, independent worker. One of the biggest tasks I was faced with soon after I was hired was to take the lead on working with community members and councils to complete an Essential Skills Survey in our West Coast region. At the time, I was faced with a big task that was actually meant to be shared with a number of people, but it came down to be just a few of us. I was very happy with the outcome.

I am a very open person, and I am ready and willing to learn anything and everything that Jan, Rena, and Judy may have to offer me in my job. At a-m'aa-sip Learning Place it is very interesting. There is something new every day. I love it when I am given direction to a task and I already know what to do. That is a great feeling! My job here at the front end is to

help people with the community computer. People can drop in to use the computer for job search, research for their school studies, as well as on-line schooling.

We also have an audio book library which I am responsible for looking after. I find it very interesting to have the responsibility for this component of our program, as well as helping many learners along with their reading. I know from experience that a person can re-discover different ways to help you along in your reading. One example is using the colour gels. These help in many ways, especially in allowing a reader to be less fidgety or distracted, make fewer errors, while helping to track from word to word or line to line easier and better. All of



these new abilities help increase a person's fluency with reading and understanding.

There are a number of summer projects that we have on the go right now. We are in the process of creating an a-m'aa-sip Incentive Program to encourage our learners to complete their studies and attend on a regular basis. Another project we are working on is researching the kinds of motivating games out there which will help learners with a jump-start to their learning day.

I had to complete the Structure of Intellect assessment as part of my training for my position. I was very happy with the results of my assessment and now I know which areas I need to build on. I am working on my underdeveloped areas, while learning to understand and acknowledge my areas of learning strengths. Working here has given me experiences I have never dreamed I would ever do in my life.

So in closing, I would love to thank Wendy with all my heart, Jan for giving me the chance and direction, Rena for listening and Judy for understanding. My spirit has been and continues to be sparked by all my experiences and opportunities over my journey to date. Thank you all so much. From your worker: the one that will give it her all.

Jacqui Watts



BLADERUNNERS SUCCESS STORY - LUCAS EMBRACES TRADITION AND BUILDS A FUTURE

This past August Nuu-chah-nulth BladeRunner Jordan Lucas completed one year of employment as a construction labourer.

His BladeRunner journey started when he received Health and Safety Training in August 2007 and began employment with McBrine and Stade Developments Ltd. in Ucluelet.

Soon after starting employment, Lucas has seen many positive changes in his world at work and in his personal life.

He has moved into his own place, met the challenges of learning new skills and maintaining employment, and began to look at his future.

This past July, Lucas traveled to Ahoushat territory via a traditional dug out canoe with paddlers and family supporters from Hesquiaht with the intention of receiving the blessings of his fiancé's family to marry their daughter. By practicing this Nuu-chah-nulth tradition,

Lucas showed his commitment to retaining strong cultural teachings and demonstrated his commitment and respect to his fiancé Magdalene Frank.

Jordan Lucas and paddlers from Hesquiat First Nation waiting for permission to come ashore in Ahousaht.

Lucas's co-workers and supervisors, Peter Stade and Walter McBrine, traveled to Ahousaht to witness and partake in the event. Also present was BladeRunners Coordinator Robert Oldale and his family.

Recently Lucas announced that he has started a carpentry apprenticeship and is looking forward to becoming a journeyman carpenter. In January 2009 he will have enough hours to attend trade school for his technical training.

The future looks bright for BladeRunner Lucas; full-time employment, marriage next July, and training to become a Red Seal Carpenter.

WHAT IS LABOR MARKET INFORMATION AND HOW CAN IT HELP ME?

Written by Judy Rumney, R. SW

If you are like most people I know, you will just quickly glance at this article and move on. But wait, just a couple of minutes. This might be the information you have been looking for and not even know it!

If you are a person who is working, has worked, wants to work, wants someone else to work, or just likes to know about what is going on in the working world, this article will definitely answer some of your questions!

What is labor market information, (LMI) anyway? Labor market information is based upon statistics and reports from all the industries operating in Canada. LMI is the information we need to make better decisions about our jobs and throughout our work or business lives. It helps us by providing information on

job descriptions, employment prospects, wages / salaries, potential employers, industries, economic outlooks, local events and community information.

If you are considering any training, occupational upgrading or education, you need to know which jobs are going to be around for a while and which ones will be fading into the past by the time you are done your training! Nobody wants to do all that work for nothing!

Here are just some facts about the labor market in Canada, BC and on the Island:

- Expect to see an increase of 1.9 million NEW jobs

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Kelita Sieber and
instructor Rhonda

**Randy Atleo and
instructor Tom Klatt**



- 1.6 million of these NEW jobs will be in the service industry
- Above average growth in goods production
2/3 of all NEW jobs will require education or training beyond high school
- A full 33% of the NEW jobs will require college or apprenticeship training
- 26% will require high school graduation
- 21% will require university education

According to the AVEC website, employers are always looking for the following positions on the West Coast:

- Cooks and chefs
- Sales positions
- Housekeeping staff in hospitality
- Servers, bartenders
- Drivers
- Reception and clerical support
- Labourers

- Customer service
- Guest services in hospitality
- Dishwashers and other kitchen help
- Trades (especially carpentry and automotive)
- Child care

From this list you can see that most of the jobs that used to be easy to get are now requiring higher education. So be sure you stay in school long enough to graduate so you are able to apply for these entry level positions!

Some of the jobs listed do require college or apprenticeship training. We are fortunate in this area because we have access to some great education through our colleges and universities. Some of the training that will be available in the up-coming year will address some of the shortages we have in this area and some will assist those who would like to work in other regions of BC.

Here is a list of upcoming programs available within our area:

- Home Support /Resident Care Aid Attendant Certificate – December, January, or September entrance dates



Donovan Gates and
instructor Gordon
Gallegar



Joanne Touchie-Gagnon

- Practical Nursing Certificate - January entrance
- Community Support Worker/Human Services Certificate – September entrance
- Culinary Arts – September and February entrance dates
- Automotive Service Technician Certificate – September entrance date
- Carpentry Foundation Certificate – September entrance date
- Joinery Cabinetmaking Certificate – September entrance date
- Residential Building Maintenance Worker Certificate - January entrance date in Port Hardy
- Welding Level C – Continuous entry

And this is just a short list of the educational opportunities waiting for you!

But please, don't put off contacting one of our Employment counselors! They can help you determine what skill level you are at now, what is required of the program, and how to get those skills before you enter the

training institute. Don't forget how time flies, it is only 3 short months till Christmas already!

So now, aren't you glad you weren't one of those people who just scanned the article and did not take the time to digest the information?

Anyone who wants to look into using this information to increase their earning power, achieve a dream or just begin to explore their options, have them contact the NETP Employment Counselor, Judy Rumney, or Holly Massop at 250-723-1331 or 250-724-5757.

Pictured throughout this article are some of this year's students who are working hard to achieve their dream of self reliance!

A Career in Skilled Trades is Waiting for You!!

Why not pursue a career in the SKILLED TRADES?

Check out these facts:



- ✓ Less time and money than a traditional college or university program
- ✓ Opportunities to earn money while you learn
- ✓ Excellent earning potential
- ✓ Hands-on, practical training. Most programs only spend 20% of the time in classrooms with textbooks
- ✓ Huge labour shortages = excellent job opportunities, with a gap that is only going to get W – I – D – E – R
- ✓ Future earning potential; skilled trade persons will always be required, even in times of economic downturn
- ✓ Good hours and potential for year-round work
- ✓ Pursuing a career in SKILLED TRADES can also help you to achieve your biggest dreams; providing for your family financial security, job stability, etc.

As you can see with SKILLED TRADES your dreams can become a reality!! By now you are asking yourself – “How do I get in on the benefits of knowing a SKILLED TRADE?”

Well, the answer is simple – contact Judy Rumney or Holly Massop, Employment Counsellors for the Nuu-chah-nulth Employment and Training Program (NETP) and they can help empower you to fulfil your dreams.

SKILLED TRADES are RELEVANT, they are IMPORTANT, they are NOW and NETP is part of your brighter future!



For more information please contact the NETP team at the Nuu-chah-nulth Tribal Council at (250) 724-5757 or the a-m'aa-sip Learning Place at (250) 723-1331





JUDY'S FIRST JOB

I remember my mother driving me out into the country to a woman's home. My mom recently met this person somewhere, and they told her they were looking for some help in their apiary. I did not even know what an apiary was, let alone who the woman was! I had to look it up in the dictionary and it turned out that I would be working in a BEE YARD! I was terrified of bees, wasps, moths and yes, even butterflies! How in the world would I be able to do this. My mom had to come around the car to open the door for me, I was too frightened to move.

My new employer, I'll call her Helga, came out to meet me and asked if I wanted to tour the yard before I went inside to my new job. I told her that I just wanted to get to work. She thought I was dedicated, I did not want her to know my dedication was born out of fear!

So, as I watched my mother drive away, my imagination did run away with me for a while, and so I was very grateful when Helga took me to my new work environment. As we went through a small door off the back of her house, I could not imagine what I would be doing. If I were going to be the official honey tasting person, that would have been cool! Instead I saw a rickety, 4 legged stool in front of a white, rubbery looking cloth. It was about 4 feet long and 1 foot wide and it looked like it came in one wall and went out through another. I decided it must be a conveyor belt and all I could think about was the old episode of Lucille Ball and the conveyor belt. I hope I could taste the honey fast enough.

Helga pushed a button on the table and the belt started

to move. Oh boy, I thought, here comes the honey! Imagine my surprise when little colored balls of stuff, came out of the wall! What is that stuff?

Helga explained that as the honey bees went from flower to flower, they gathered some pollen on their little back legs!



People will pay a lot of money for this stuff, Helga assured me. My job was to sit on the stool and pick out all the extra things, like bee's legs, wings, knees, you know, the stuff that people don't want to pay for. So that summer, every hour, I would sort though about 120 square feet of bee parts!

Helga treated me wonderfully. A dip in the pool at lunch, really great sandwiches with stuff I had never had before, and all the bee pollen I could want were some of the job's perks. I'm still frightened by flying things, but I did learn

some things about myself that summer; I never want to see another conveyor belt in my life, and I can appreciate the work the bee's do for us without a shudder!

WHAT ESSENTIAL SKILLS DID I USE?

Oral Communication.....	Yes
Team Work.....	Yes
Numeracy Skills	Yes
Thinking Skills	Yes
Continuous Learning.....	Yes

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.

~ Eleanor Roosevelt

PROGRAM CONTACTS

**NUU-CHAH-NULTH EMPLOYMENT
& TRAINING PROGRAM,
ADULT BASIC EDUCATION:
NUU-CHAH-NULTH TRIBAL COUNCIL,
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250-723-1331

BLADERUNNERS PORT ALBERNI:
5092 Angus Street
Port Alberni, V9Y 1S6
250-720-0393

BLADERUNNERS UCLUELET:
1971 Peninsula Road (basement)
Ucluelet
250-736-7688



Hello. My name is Jason. I come from a beautiful town called Ucluelet. I have a great sense of humour, but I can also be a serious person. I'm just a young guy attending the a-m'aa-sip Learning Place. I enjoy attending this learning place because I think it's a good small step for me to take, on my road to further schooling. I also believe that coming here helps me with my thinking skills. A troubled person can find his way through his yearning and learning for his strive for balance.



Contact Information

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