

Mamalilikulla First Nation Mission Statement: Working together to build a strong, proud, healthy, informed, and respectful Mamalilikulla community to meet the needs of our people together

MAMALILIKULLA FIRST NATION

In order to create a strong, self-sufficient and independent Mamalilikulla Nation, we seek opportunities to bring our community together and build capacity amongst members through joint interest of our land, language, and culture



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HAPPY BIRTHDAY!
**IXKASALALA XIS
MA'YUDŁAMXDAMUS**

**Give a big Happy Birthday to:
Verna Flanders April 30th**



**Thomas Levac April 24th
Peter Levac April 24th**





MAMALIKULLA BAND OFFICE WOULD LIKE TO WISH YOU A VERY HAPPY BIRTHDAY

IXKASALALA XIS
MA'YUDLAMXDAMUS

Kimberly Baker April 17th	Janet Francis April 26th
Terry Bee April 29th	Laura Fraser April 10th
Adrian Bee April 12th	Brianna Hunt April 7th
Haily-Ann Brown April 29th	Crystal Johnson April 21st
Jamie Bruce April 27th	Kayden Kelly April 4th
Maitland Campbell April 24th	Daniel Manson April 22nd
Jonathan Charlie April 29th	Jack McQuarrie April 10th
Connie (Mountain) Charlie April 19th	Jennifer Merke April 5th
Anthony Dawson April 25th	Chantelle Mountain April 24th
Verna Flanders April 30th	Curtis Mountain April 20th

Jeremy Mountain April 22nd
Doreen Mountain April 6th
Jami Powell April 3rd
Gordon Puglas April 10th
Darren Puglas April 13th
Eric Rawlins April 5th
Kyle Sampson April 10th
Sherry Sewid April 11th
Violet Sewid April 12th
Harold (Jim) Sewid April 9th
Mya Sewid April 17th
Jailyn Tranberg April 3rd
Ireland Trickett April 16th
Samantha Twan April 21st

Audrey Walker April 19th
Gayle Webb April 6th
Roberta Wildman April 9th



CULTURE CAMP

FEEDBACK & BRIEF MESSAGES

I loved the structure we used for language. I only spoke about 20 words before camp. Now I feel confident to say short phrases. My late mom would be so proud of me, as she was fluent. Thank you for including me in the camp. I'm registered with LBN (Lake Babine Nation) you've been more welcoming 😊 would love a family reunion or trip to Village Island.

- Gilakas'la Randi Rosso

1) Unity 2) Happiness 3) Respect 4) More wellness workshops 5) Kids/youth teachings

The last 6 days were so awesome, want some more culture camp, the kids had a great time learning. Thank you

More of these kinds of events, plant medicine teaching

Unconditional Love

My dream is to see healthier living = a healthy mind, body, and spirit = strength, confidence, and empowerment.
Education for mindset, fitness, and nutrition

More of this to happen

Was great to be here for the last 6 days. Need more culture camps. Did a great and awesome job 😊 Gilakas'la

Teach love like language, signing, and dancing. Love ourselves love others. Teach traditional medicines vs western medicines benefits and side effects. Start using natural healing remedies to prevent illness to help with pain naturally instead pills.

- Sherry Lynn

More time with Elders to teach kids and youth. Talk to members about more teachings. Time take people home.



BIG THANK YOU TO DARLENE FLANDERS SUBMISSION

Dale and I enjoyed our week immensely at the cultural camp in Campbell River from March 26th to the 31st.

The day would start at approximately 10 am with a morning prayer. The first session ran from 10 am to 12 noon. The session focused primarily on language exercises. The instructor William taught us basic Kwak'wala vocabulary consisting of counting from 1 to 10, basic family structure, animals, and colours.

The second session ran from 2 pm to 4 pm. This session consisted of learning and playing games practicing the Kwak'wala words and phrases we had learned in the morning session. The games included games such as "Crazy 8's," where we were required to ask for the card in question in the Kwak'wala language. Nuxw'mas a Sik'a (Do you have a Five). The person you asked would have to reply in Kwak'wala, e sik'a nexw'min (yes, I have a five) or ki haga katlax (no go fish) in Kwak'wala.

"Memory" A series of animal pictures were placed upside down on the table. You were required to turn the cards over. If the cards matched you were required to identify the animal in Kwak'wala. El...Kwika (Eagle) for you to claim the matched pair of images. The person with the most matched pairs won the game.

The final session of the day ran from 6 pm to 8 pm. This session consisted of socializing, singing, dancing, and cultural events. Chairs were arranged on the floor to replicate a canoe. Canoeing rules and etiquette were taught and explained. Songs and Dances were taught. Games such as Bones (Sticks) I heard it referred to as both names, were taught.

We had a tremendous time!! Dale and I wish to thank instructor William Wasden Jr. and his assistants Latishia, Mac, and Wade for sharing their knowledge and expertise. As well as the Chief, Counsel, and band office staff for organizing this event. We are hopeful that these cultural events will continue.

Most respectfully,
Darlene A. Flanders

Dale Ward

Got home a few hours ago. Spent a week at a First Nations Cultural retreat courtesy of the Mamalilikula Band of First Nations People. I learned basic language, communications, history and family structures!!! I want to Thank the Mamalilikula People for sharing their language Qwaqwak' wala and culture with me. Gilakas'la

Haga'-Kitłax Go-Fish

- _1 'Nam
- 2 Ma't
- 3 Yudaxw
- 4 Mu
- 5 Sika
- 6 Katła
- 7 Adtabu
- 8 Małgwina't
- 9 Na'nama
- 10 La'stu
- J Dł'wilgame'
- Q U'ma
- K Gigame'

Małgwina't nuxw'mas? Do you have an 8?

E. małgwina't nuxw'min. Yes, I have an 8.

Ki. Haga' kitłax! No. Go fish!

Iti! Go again!

Dulo! Win!

'Yako. Lose.

50 FOODS THAT ARE SUPER HEALTHY

WRITTEN BY KRIS GUNNARS, BSC
– MEDICALLY REVIEWED BY
KATHY W. WARWICK, R.D., CDE,
NUTRITION – UPDATED ON
FEBRUARY 18, 2022
[HTTPS://WWW.HEALTHLINE.COM
/NUTRITION/50-SUPER-HEALTHY-
FOODS](https://www.healthline.com/nutrition/50-super-healthy-foods)

It's easy to wonder which foods are healthiest.

A vast number of foods are both healthy and tasty. By filling your plate with fruits, vegetables, quality protein sources, and other whole foods, you'll have meals that are colorful, versatile, and good for you.

Here are 50 incredibly healthy foods. Most of them are surprisingly delicious.



1–6: Fruits and berries

Fruits and berries are among the world's most popular health foods.

These sweet, nutritious foods are very easy to incorporate into your diet because they require little to no preparation.

1. Apples

Apples are high in fiber, vitamin C, and numerous antioxidants. They are very filling and make the perfect snack if you find yourself hungry between meals.

2. Avocados

Avocados are different from most other fruits because they're loaded with healthy fats instead of carbs. They are not only creamy and tasty but also high in fiber, potassium, and vitamin C.

3. Bananas

Bananas are among the world's best sources of potassium. They're also high in vitamin B6 and fiber and are convenient and portable.

4. Blueberries

Blueberries are not only delicious but also among the most powerful sources of antioxidants in the world.

5. Oranges

Oranges are well known for their vitamin C content. What's more, they're high in fiber and antioxidants.

6. Strawberries

Strawberries are highly nutritious and low in both carbs and calories.

They're loaded with vitamin C, fiber, and manganese and are arguably among the most delicious foods in existence.

Other healthy fruits

Other healthy fruits and berries include cherries, grapes, grapefruit, kiwi, lemons, mangoes, melons, olives, peaches, pears, pineapples, plums, and raspberries.

7. Eggs

Eggs are among the most nutritious foods on the planet.

They were previously demonized for being high in cholesterol, but new studies show that they're perfectly safe and healthy

8-10: Meats

Lean, unprocessed meats can be included in a healthy diet.

8. Lean beef

Lean beef is among the best sources of protein when consumed in moderation and is loaded with highly bioavailable iron.

9. Chicken breasts

Chicken breast is low in fat and calories but extremely high in protein. It's a great source of many nutrients. Again, feel free to eat fattier cuts of chicken if you're not eating many carbs.

10. Lamb

Lambs are usually grass-fed, and their meat tends to be high in omega-3 fatty acids.

11-15: Nuts and seeds

Despite being high in fat and calories, nuts and seeds may aid in weight loss.

These foods are crunchy, filling, and loaded with important nutrients that many people don't get enough of, including magnesium and vitamin E. They also require almost no preparation, so they're easy to add to your routine.

Some people develop nut allergies as they grow older. If you have a reaction after eating any kind of nut, eliminate it from your diet.

11. Almonds

Almonds are a popular nut loaded with vitamin E, antioxidants, magnesium, and fiber. Studies show that almonds can contribute to weight loss and improve metabolic health.

12. Chia seeds

Chia seeds are among the most nutrient-dense foods on the planet. A single ounce (28 grams) packs 11 grams of fiber and significant amounts of magnesium, manganese, calcium, and various other nutrients.

13. Coconuts

Coconuts are loaded with fiber and powerful fatty acids called medium-chain triglycerides (MCTs).

14. Macadamia nuts

Macadamia nuts are very tasty. They're much higher in monounsaturated fats and lower in omega-6 fatty acids than most other nuts.

15. Walnuts

Walnuts are highly nutritious and loaded with fiber and various vitamins and minerals.

16. Brazil nuts

Brazil nuts have a smooth, buttery texture; are loaded with nutrients; are beneficial for thyroid function; and are one of the best sources of the important mineral selenium.



17–26: Vegetables

Calorie for calorie, vegetables are among the world's most concentrated sources of nutrients.

There's a wide variety available, and it's best to eat many different types every day.

17. Asparagus

Asparagus is a popular vegetable that is low in both carbs and calories but loaded with vitamin K.

18. Bell peppers

Bell peppers come in several colors, including red, yellow, and green. They're crunchy and sweet and are a great source of antioxidants and vitamin C.

19. Broccoli

Broccoli is a cruciferous vegetable that tastes great both raw and cooked. It's an excellent source of fiber and vitamins C and K and contains a decent amount of protein compared with other vegetables.

20. Carrots

Carrots are a popular root vegetable. They're extremely crunchy and loaded with nutrients such as fiber and vitamin K.

Carrots are also very high in carotene antioxidants, which have numerous benefits.

21. Cauliflower

Cauliflower is a very versatile cruciferous vegetable. It can be used to make a multitude of healthy dishes and also tastes good on its own.

22. Cucumber

Cucumbers are one of the world's most popular vegetables. They're very low in both carbs and calories, consisting mostly of water. However, they contain a number of nutrients in small amounts, including vitamin K.

23. Garlic

Garlic is incredibly healthy. It contains bioactive organosulfur compounds that have powerful biological effects, including improved immune function.

24. Kale

Kale has become increasingly popular because it's incredibly high in fiber, vitamins C and K, and a number of other nutrients. It adds a satisfying crunch to salads and other dishes.

25. Onions

Onions have a very strong flavor and are very popular in many recipes. They contain a number of bioactive compounds believed to have health benefits.

26. Tomatoes

Tomatoes are usually categorized as a vegetable, although they are technically a fruit. They are tasty and loaded with nutrients such as potassium and vitamin C.

More healthy vegetables

Most vegetables are very healthy. Others worth mentioning are artichokes, Brussels sprouts, cabbage, celery, eggplant, leeks, lettuce, mushrooms, radishes, squash, Swiss chard, turnips, and zucchini.

27–32: Fish and seafood

Fish and other seafood tend to be very healthy and nutritious.

They're especially rich in omega-3 fatty acids and iodine, two nutrients that most people don't consume enough of.

Studies show that people who eat the highest amounts of seafood — especially fish — tend to live longer and have a lower risk of many illnesses, including heart disease, dementia, and depression.

27. Salmon

Salmon is a type of oily fish that's incredibly popular because of its excellent taste and high nutrient content, including protein and omega-3 fatty acids. It also contains some vitamin D.

28. Sardines

Sardines are small, oily fish that are among the most nutritious foods you can eat. They boast sizable amounts of most nutrients that your body needs, including calcium and vitamin D.

29. Shellfish

Shellfish ranks similarly to organ meats when it comes to nutrient density. Edible shellfish include clams, mollusks, and oysters.

30. Shrimp

Shrimp is a type of crustacean related to crabs and lobsters. It tends to be low in fat and calories but high in protein. It's also loaded with various other nutrients, including selenium and vitamin B12.

31. Trout

Trout is another type of delicious freshwater fish, similar to salmon.

32. Tuna

Tuna is very popular in Western countries and tends to be low in fat and calories and high in protein. It's perfect for people who need to add more protein to their diets but keep calories low.

However, you should make sure to buy low mercury varieties.

33–35: Grains

Whole grains are an important addition to your diet because they provide a variety of micronutrients and fiber and are fuel for your body.

Just keep in mind that they're relatively high in carbs, so they're not recommended for those who are on low carb diets.

33. Brown rice

Rice is one of the most popular cereal grains and is currently a staple food for more than half the world's population. Brown rice is fairly nutritious, with decent amounts of fiber, vitamin B1, and magnesium.

34. Oats

Oats are incredibly healthy. They're loaded with nutrients and powerful fibers called beta glucans, which provide numerous benefits, including helping to lower cholesterol and feed beneficial bacteria in the gut.

35. Quinoa

Quinoa has become incredibly popular among health-conscious people in recent years. It's a tasty grain that's high in nutrients such as fiber and magnesium. It is also an excellent source of plant-based protein.

36–37: Breads

Many people eat a lot of highly processed white bread. If you are trying to adopt a healthier diet, it's helpful to compare product labels and choose the bread with the most dietary fiber and the least added sugar.

36. Ezekiel bread

Ezekiel bread may be the healthiest bread you can buy. It's made from organic sprouted whole grains, as well as several legumes.

37. Homemade low carb breads

Overall, the best choice for bread may one you can make yourself. Here's a list of 15 recipes for gluten-free, low carb breads.

38–41: Legumes

Legumes are a great plant-based source of protein, iron, and fiber.

While it's true that legumes contain antinutrients, which can interfere with digestion and nutrient absorption, it's possible to reduce or eliminate antinutrient content by soaking and properly preparing them.

Therefore, legumes are a great plant-based source of protein.

38. Green beans

Green beans, also called string beans, are an unripe variety of the common bean. They are very popular in Western countries.

39. Kidney beans

Kidney beans are loaded with fiber and various vitamins and minerals. Make sure to cook them properly, because they're toxic when raw.

40. Lentils

Lentils are another popular legume. They're high in fiber and are among the best sources of plant-based protein.

41. Peanuts

Peanuts (which are legumes, not true nuts) are incredibly tasty and high in nutrients and antioxidants. Several studies suggest that peanuts can aid in weight loss.

However, if you're monitoring your calorie intake, you may want to be mindful of your consumption of peanut butter, which is very high in calories and easy to eat in large amounts.

42–44: Dairy

For those who can tolerate them, dairy products are a healthy source of various important nutrients.

Full-fat dairy seems to be the most nutritious option, and studies show that people who eat the most full-fat dairy have a lower risk of obesity and type 2 diabetes.

If the dairy comes from grass-fed cows, it may be even more nutritious because it's higher in some bioactive fatty acids such as conjugated linoleic acid and vitamin K2.

42. Cheese

Cheese is incredibly nutritious — a single slice may offer about the same amount of nutrients as an entire cup (240 ml) of milk. Many people also consider it one of the most delicious foods.

43. Whole milk

Whole milk is very high in vitamins, minerals, quality animal protein, and healthy fats. What's more, it's one of the best dietary sources of calcium.

44. Yogurt

Yogurt is made from milk that is fermented through the addition of live bacteria. It has many of the same health effects as milk, but yogurt with live cultures has the added benefit of friendly probiotic bacteria.

45–46: Fats and oils

Dietary patterns that include unsaturated fats and oils are considered very healthy.

45. Extra-virgin olive oil

Extra-virgin olive oil is one of the healthiest vegetable oils. It contains heart-healthy monounsaturated fats and is very high in antioxidants that have powerful health benefits.

46. Coconut oil

Coconut oil is a saturated fat, but it contains MCTs and may have similar health effects to olive oil.

However, coconut oil has been shown to increase LDL (bad) cholesterol to a greater degree than other plant-based liquid oils, so it should be used in moderation.

47–48: Tubers

Tubers are the storage organs of some plants. They tend to contain a number of beneficial nutrients.

47. Potatoes

Potatoes are loaded with potassium and contain a little bit of almost every nutrient you need, including vitamin C. They'll also keep you full for long periods. One study analyzed 38 foods and found that boiled potatoes were by far the most filling.

48. Sweet potatoes

Sweet potatoes are among the most delicious starchy foods you can eat. They're loaded with antioxidants, beta carotene, vitamin A, and all sorts of other healthy nutrients.

49. Apple cider vinegar

Apple cider vinegar may help regulate postmeal blood sugar levels when consumed with a meal, though more evidence is needed on its effectiveness.

It's great to use as a salad dressing or to add flavor to meals.

50. Dark chocolate

Dark chocolate is loaded with magnesium and is one of the most powerful sources of antioxidants.

The bottom line

Whether you want to overhaul your diet or simply change up your meals, it's easy to add a number of these foods to your routine.

Many of the foods above not only make a great snack but are also packed with vitamins and antioxidants. Some of them may even aid weight loss.

If you don't normally challenge your palate, don't be afraid of trying something new.





**GWABALIS
FISHERIES
GROUP**

Marine Basic First Aid

Start Date: Tuesday, May 17th 2022

End Date: Wednesday, May 18th 2022

**Place: Namans, 7170 Rupert Street,
Port Hardy**

Participants will be required to attend class 7 hours per day

COVID-19 Regulations Will Apply.

FOR MORE INFORMATION OR TO SIGN UP CONTACT:

Kimberly Wilson, Gwabal Fisheries Society

Cell: (250)230-4113

Email: Kimberly@gwabalिस.ca



THE UNIVERSITY
OF BRITISH COLUMBIA

Centre for Excellence in
Indigenous Health

UBC Summer Science and the Virtual Indigenous Science Experience (VISE)

2022 applications open NOW!



What is UBC Summer Science Program?

UBC Summer Science is a one-week cultural, health and science program for Indigenous students in grades 8-11. The program promotes interest in health, science, technology, engineering and mathematics (STEM) programs through firsthand experience at the University of British Columbia. The Summer Science Program is a great opportunity to meet new friends, eat great food, connect with Elders/role models while enjoying fun, laughter and learning.

Who: Students entering grades 9 - 12 in fall 2022

Where: UBC Vancouver campus

When: July 10th - 16th (Grades 10 & 11)
July 17th - 23rd (Grades 8 & 9)

What is VISE?

The VISE 2022 is an online, interactive workshop program for Indigenous high school students. Students are introduced to the University of British Columbia and various science, health and STEM fields. They also learn Indigenous teachings from dedicated facilitators and Elders.

Who: Students entering grades 9 - 12 in fall 2022

Where: Online

When: July 2022 (exact dates TBD)

Application deadline May 1st, 2022

For more information: <https://bit.ly/UBCSSPVICE>

Got Questions? Email: summer.science@ubc.ca

If COVID-19 restrictions do not allow us to gather in-person for UBC Summer Science from July 10th-23rd we will then offer VISE 2022. With respect to those that may not want to attend an in-person Summer Science this year, we are opening VISE 2022 applications to assess the demand for the program. Closer to April 2022, we will announce if one or both programs (UBC SSP & VISE 2022) will be running in July 2022.

SCAN ME



North Island Lube
975 Ironwood Street
Campbell River

North Island Lube is an independent Fast Oil change business operating for over 30 years in Campbell River. **We are the number 1** rated oil change place in Campbell River.

We would like to make your members aware that we do accept **STATUS CARDS**

North Island Lube provides other services besides oil changes:

- Wiper blades
- Engine and cabin air filters
- replacing other fluids in your vehicle
- Brake repairs
- exhaust repairs
- and other minor mechanical repairs.

As a courtesy for your members we will happily vacuum there vehicles at their request.

We look forward to working with your band office and members in servicing your vehicles.

Sincerely,

Shawn Switzer (Owner)
Kyle Beckham (Manager)

Phone# 250-286-1723



talk tobacco

Indigenous Quit Smoking and Vaping Support

Thinking of quitting smoking or vaping?

Talk Tobacco offers culturally appropriate support about quitting smoking, vaping and commercial tobacco use to First Nations communities.



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Text CHANGE
to 123456



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CHAT**

on
talktobacco.ca

“ Listen and accept the help
and know you're not alone. ”
Mark, Talk Tobacco client



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Wed & Thurs: 5:00am - 6:00pm
Fri: 5:00am – 3:00pm
Sat & Sun: 6:00am – 2:00pm
Statutory Holidays: Closed

1-833-998-8255
talktobacco.ca
talktobacco@cancer.ca

FREE AND CONFIDENTIAL



1-833-998-8255
talktobacco.ca

**Job Posting
Driller Blaster
Menzies Bay, BC**

THE OPPORTUNITY

Western Forest Products is seeking a **Driller Blaster** to join our Mid Island Forest Operation. The ideal candidate brings to the job an excellent safety record and a strong work ethic.

This is an hourly United Steel Worker (USW) representation union position with a 6x3 day shift schedule. The wage rate is \$36.82 per hour. This position is permanent, full-time.

QUALIFICATIONS

- Must have a current and valid WSBC Blasting Ticket for Forestry Operations.
- Must be experienced and competent running a rubber-tired Rock Champ drill and an excavator drill.
- Must be physically fit.
- Must have demonstrated work history of safely and efficiently meeting production targets.
- Possess mechanical aptitude.

YOUR CAREER

At Western Forest Products, we believe our most significant asset is our people. Investing in our people brings value and success to our business, ensuring a safe, engaged, productive and continuously improving workplace. We offer challenging opportunities working alongside the best in the industry to meet your career and professional development goals while providing competitive total rewards and recognition. From our timberlands to mills to our corporate and regional offices, we offer rewarding opportunities in every facet of our business.

WESTERN OVERVIEW

Western Forest Products is a leading forest products company that manufactures high-quality wood products and sustainably manages forests. Headquartered in Vancouver, British Columbia with operations in the coastal region of B.C. and Washington State, Western meets the needs of customers worldwide with a specialty wood product focus and diverse product offering. Our large investment in manufacturing and progressive approach to safe and sustainable forestry practices ensures the health and prosperity of our business, forests and communities for generations to come.

Website Link

https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=7123675f-b0ca-4b68-9fea-f24295bd6993&cclId=2637603463_3978&jobId=436468&lang=en_CA&source=CC4

**Job Posting
Supervisor, Production
Chemainus**

THE OPPORTUNITY

What You'll Do: The Supervisor, Production is responsible for the planning, coordination, scheduling and executing of site-specific production activities. This position will initially be responsible for the oversight of the packaging and yard crews and will train for future Sawmill Supervision responsibilities. Working closely with the Production Superintendent and the Production Crew, the , Supervisor is responsible for the overall management and coordination of all production activities.

Who You Are: Our ideal candidate brings 5+ years of experience working in a fast paced manufacturing environment preferably within a sawmill. You are a strong leader who prides yourself on your communication and trouble shooting skills while maintaining a strong personal commitment to the safety of yourself and others. A lumber grading certificate or post-secondary education in Forestry would be considered an asset.

Work Environment: This role is to be performed in person at our sawmill in Chemainus, BC.

RESPONSIBILITIES

Safety and Environmental Performance

- Ensure all production activities conform to appropriate safe work policies and environmental best practices.

Financial Performance

- Participate on cross functional teams designed to deliver on and improve various performance metrics: Safety, Value, Production, Reliability, Costs; and
- Provide detailed and accurate reporting information for safety, production, and performance related matters.

Leadership

- Provide direction, guidance and support to production personnel and operators;
- Foster an environment of recognition and accountability with direct reports; and
- Develop and monitor performance standards and expectations for various machine centers and operators.

Operations

- Manage and optimize production flow during both normal and upset conditions; and

- Monitor operation, complete reports, attend meetings and perform administrative functions.

QUALIFICATIONS

Education and Experience

- Excellent understanding of sawmills and their processes with a minimum of 5 years' experience in a fast-paced manufacturing environment;
- A solid understanding of OH&S safety regulations;
- Lumber grading certification with knowledge of coastal grades and species is an asset; and
- Post-secondary education in Wood Products Processing, Forestry, Commerce, or Manufacturing is an asset.

Skills, Knowledge and Required Competencies

- Commitment to Western's core values of personal safety, sustainable management, and environmental stewardship;
- High level of integrity and professionalism;
- A strong personal commitment to safety and the safety of others;
- Possess strong leadership skills: motivational, organizational, communication (written and verbal), troubleshooting and mediational skills; and
- Working knowledge of Microsoft Office programs: Word, Excel, Outlook, PowerPoint.

LIVE WORK PLAY

Vancouver Island is home to some of Canada's best and most beautiful places to live, not to mention the climate is one of the warmest. The central island region experiences warm summers coupled with some of the mildest winters in all of Canada.

If you are considering moving to Vancouver Island, you will find one of the most unique and special places in all of Canada. Surrounded by mountain ranges, rainforests and the Pacific Ocean, the lifestyle here is rich in nature, outdoor activity, and wildlife. No matter what quaint and welcoming area you choose to call home, you'll find a relaxing lifestyle with amazing places to explore.

In particular, discover Chemainus and the surrounding areas as a great place to live work and play: [Click Here](#)

YOUR CAREER

At Western Forest Products, we believe our most significant asset is our people. Investing in our people brings value and success to our business, ensuring a safe, engaged, productive and continuously improving workplace. We offer challenging opportunities working alongside the best in the industry to meet your career and professional development goals while providing competitive total rewards and recognition.



We provide a variety of **on-the-job training** and **continuing education** in many areas at Western to ensure you have the skills you need to succeed. Our **promote-from-within culture** recognizes high performance and we offer diverse career paths across the organization for those with the talent and will to advance.

Our **total rewards offering** including **competitive pay, performance bonus, pension plan, benefits** and other programs designed to support our employees.

WESTERN OVERVIEW

Western Forest Products is a leading forest products company that sustainably manages forests and manufactures high-quality wood products. Headquartered in Vancouver, British Columbia with operations in the coastal region of BC and Washington State, Western meets the needs of customers worldwide with a specialty wood products focus and diverse product offering.

Our commitment to health and safety, environmental stewardship and community engagement is core to how we do business at Western Forest Products.

Our approach to responsible business practices in all aspects of our business is multi-faceted. We adhere to and employ the most stringent environmental practices in the world. The steps we take to ensure the forests in which we operate are renewed and remain healthy and viable for future generations are mirrored in the care we take to make certain our communities continue to grow and prosper. This includes investing in communities where we operate and continuing to forge mutually beneficial relationships with First Nations in respect of their local and cultural interests.

Website Link

https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=7123675f-b0ca-4b68-9fea-f24295bd6993&cclId=2637603463_4010&jobId=436182&lang=en_CA&source=CC4

Job Posting
Regional Appraisal Forester
Campbell River, BC

THE OPPORTUNITY

What You'll Do: The Regional Appraisal Forester is responsible for the timely and accurate submission of cutting permit data which facilitates harvest in specified operations of up to +2 million m3 on an annual basis.

Who You Are: Our ideal candidate brings a Bachelor's degree in Forestry or a related technical diploma with 3+ years of experience in the coastal logging industry. You're familiar with coastal timber appraisals, cutting permit data and are great at managing multiple priorities. You are excellent at thinking analytically, using technology and maintaining the highest standard of safety.

About WFP's Forestry Team: WFP demonstrates an industry leading forest management strategy with a focus on silviculture, climate change, carbon management, biodiversity, public engagement, water and much more. Our Timberlands Operations are primarily located on the north and west portions of beautiful Vancouver Island. We have more than 100 Forest Professionals sustainably delivering timber from our 6 area based Tree Farm Licenses and 10 volume based tenures to the 8 manufacturing facilities WFP owns and operates on Vancouver Island.

If you are searching for a rewarding career where you can have a significant impact, we want to hear from you!

Work Environment: We are currently working in a hybrid work environment. Expectations for the time being are that this role will be working from home and within the office with proper safety plans in place.

RESPONSIBILITIES

Reporting to the Manager, Timber Appraisals and Pricing:

- Ensures a safe work attitude and environment and leads by example.
- Directs one or more Appraisal Administrators.
- Shares responsibility for preparation and/or peer review of cutting permit applications for up to +2 million m3 on an annual basis.
- Responsible for preparation and/or peer review of Coast Appraisal Data for the associated cutting permits and preliminary stumpage estimates.
- Responsible for the electronic submission of cutting permit applications and appraisal information to the appropriate Ministry of Forests, Lands, Natural Resource Operations and Rural Development systems.
- Responsible for developing and meeting associated quality assurance programs.
- Provides timber appraisal and stumpage information across operations and regions, from

- strategic decision making to the operational and corporate level.
- Works closely with Appraisal Administrator(s), operational planning and forestry staff, colleagues, Ministry of Forests, Lands, Natural Resource Operations and Rural Development Tenures and Valuation staff and other stakeholders to identify and maximize opportunities to use knowledge and technology to improve the content and quality of cutting permit and appraisal submissions, as well as improving the overall corporate position.
 - Keeps up to date with emerging information and technologies
-

QUALIFICATIONS

Education and Experience

- Bachelor's degree in Forestry or Technical diploma combined with 3+ years' experience in Coastal forest planning (engineering or forestry).
- Familiarity with cutting permit data preparation and Coastal timber appraisals and related Cruise and Coast Appraisal Manuals.
- Competent working knowledge of Microsoft Office, RoadEng, Cenfor, CruiseComp, ECAS and ESF software.
- Registered with the Association of British Columbia Forest Professionals as an RPF or RFT.

Skills, Knowledge and Required Competencies

- Ability to manage multiple priorities.
 - Excellent analytical and computer skills with desktop/laptop computer and iPad.
 - Able to conduct field work as required.
 - Familiarity with geomatics is an asset.
 - Possesses good judgment and decision-making skills and effective communication and interpersonal skills.
-

LIVE WORK PLAY

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In particular, discover Campbell River and the surrounding areas as a great place to live work and play: [Click Here](#).

YOUR CAREER

Vancouver Corporate Office, Suite 800 – 1055 West Georgia Street
Royal Centre, PO Box 11122, Vancouver, BC V6E 3P3 | 604.648.4500

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Website Link

https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=7123675f-b0ca-4b68-9fea-f24295bd6993&cclid=2637603463_4010&jobId=436330&lang=en_CA&source=CC4

Job Posting
Saanich Nursery Technician
Saanichton, BC

THE OPPORTUNITY

What You'll Do: The Nursery Technician is a key member at our Saanich Forestry Center. Their primary role will be to support the nursery supervisor in the sowing, growing and maintenance of the seedling crops.

Who You Are: Our ideal candidate will have horticulture experience, be familiar with greenhouse irrigation systems, and growing nursery seedlings in a production environment. You have basic mechanical aptitude and work well under pressure in a team environment.

Work Environment: This role is to be performed in person, in Saanichton, BC. This position is a fixed-term contract, with the potential to transition into a permanent role.

RESPONSIBILITIES

- Crew coordination and supervision
- All forklift duties
- Setting up and loading greenhouses
- Monitoring and irrigating crops
- Assist with germination counts and thinning quality checks
- Pesticide and fertilizer applications and monitoring
- Seedling growth measurements and reporting
- Weeding crop, general greenhouse maintenance, cleaning, and upkeep
- Block spacing
- Tracking shipping numbers, labelling, and loading seedling boxes into trucks for shipping
- Greenhouse poly removal and installation
- Other duties as assigned

QUALIFICATIONS

Education and Experience

- Post-secondary education in a related field, ideally Forestry or Horticulture *or*;
- Experience in a nursery or horticulture environment would be ideal
- Certified and able to run a forklift
- Have horticultural experience and more specifically be familiar with growing nursery seedlings in a production environment
- Be familiar with greenhouse irrigation systems

Skills, Knowledge and Required Competencies

- Be a self-starter
- Possess good people skills
- Possess good computer skills
- Have a basic mechanical aptitude
- Be very organized and able to multitask
- Calm under pressure
- Work well in a team environment
- Open to alternate work schedules

ABOUT SAANICH FORESTRY CENTRE

The Saanich Forestry Centre operation, established in 1964, is the start of everything Western does. The facility on East Saanich Road features seed orchards and a forest-seedling nursery; it produces 6.6 million seeds and 3.3 million seedlings annually. The seeds are used to grow Douglas fir, western red cedar, western hemlock, yellow cypress and Sitka spruce. The seedlings are used in Western's operations around the coast.

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Job Posting
Supervisor, Production (Woods)
Holberg, BC

THE OPPORTUNITY

What You'll Do: The Supervisor, Production (Woods) is responsible for delivering overall production targets through the efficient management of the wood flow process. The Supervisor, Production (Woods) is dedicated to sound business practices and compliance with applicable laws and regulations, resulting in improved safety and environment performance, efficiency, quality, and profitability, as measured by Production Phase metrics.

Who You Are: Our ideal candidate comes with over 5 years of experience in coastal logging. You are confident, a natural solution seeker, and can manage both employees and projects in a professional manner. As an integral member of the Operation, you find joy and pride in ensuring the full cycle wood flow is run in an efficient, safe, and financially sound manner. Willing to train the right candidate for this position.

Work Environment: This position is to be performed in person in Holberg, BC.

RESPONSIBILITIES

Safety and Environmental Performance

- Provide leadership in safety and environmental stewardship by demonstrating and ensuring the adherence of Company safety and sustainability processes and procedures.

Financial Performance

- Support the establishment and ongoing improvement of production phase metrics;
- Control inventory, recommend effective strategies for the financial well-being of the Operation.

Leadership

- Provide leadership and direction to improve safety and environmental performance, reduce operational costs, and drive efficiencies with Company hourly employees and contractors;
- Supervision of company USW hourly employees and contractors, ensuring safe work performance and the achievement of production goals while following safety, environmental and operational policies, procedures and regulations; and
- Hire, train, coach and manage performance of hourly employees and contractors.

Operations

- Oversight and coordination of end to end wood flow process to ensure daily production targets are met. This includes:
 - Safe and efficient yarding plans;
 - Coordination and optimization of loading of fibre;
 - Coordination and optimization of hauling activities;
- Ensuring Company processing specifications and sorting plans are adhered to and value is maximized;
- Responsible for ensuring that operations are conducted within the standards of the Environmental Management System; and
- Work in partnership with the General Foreman and other Production Supervisors to ensure efficient fibre flow.

QUALIFICATIONS

Education and Experience

- 5 - 7 years of experience in forestry operations in increasingly responsible roles;
- High School diploma or higher;
- Familiar with USW Collective Agreement;
- Working knowledge of high lead and ground base yarding systems;

Skills, Knowledge and Required Competencies

- Commitment to Western's core values of personal safety, sustainable management, and environmental stewardship;
- High level of integrity and professionalism;
- Strong leadership, interpersonal and communication skills;
- Ability to motivate and engage hourly employees to perform at a higher standard;
- Knowledge of logging processes;
- Demonstrated strong analytical, problem solving, and logical thinking skills; and
- Demonstrated continuous improvement mindset.

LIVE WORK PLAY

Living on Vancouver Island North is an opportunity wrapped in a lifestyle. Affordable homes, diverse careers, safe and strong communities, and endless outdoor activities are present. Vancouver Island North is one of British Columbia's most abundant and diverse natural resource regions where you can enjoy world class fishing and hunting, AMAZING skiing at Mt. Cain and so much more when it comes to the world of outdoor recreation.

To learn more about Vancouver Island North click [here](#) and [here](#).

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**Job Posting
Supervisor, Quality Control
Chemainus, BC**

THE OPPORTUNITY

What You'll Do: The Supervisor, Quality Control is responsible for delivering operational results that support the Company's safety, sustainability, production, and financial goals. You will be responsible for all aspects of the production quality within the mill including but not limited to; inbound log audits, sawmill practices, lumber grading and package audits. Working closely with Production Coordinators, Sales and internal customers, the Supervisor is an integral part of the Manufacturing process and key to ensuring Western delivers consistent quality products in the most cost effective and efficient manner.

Who You Are: Our ideal candidate brings 8+ years of experience in Lumber Manufacturing or related industry with extensive knowledge of coastal lumber and grading. You have experience with Quality Control and have excellent analytical and communication skills. You also understand large log breakdown, kiln drying processes and lumber grading rules and standards. A post-secondary degree in a related industry is considered an asset.

Work Environment: This role is to be performed in person at our Chemainus Sawmill, in Chemainus, BC.

RESPONSIBILITIES

Safety and Environmental Performance

- Provide leadership in safety and environmental stewardship by demonstrating and ensuring the adherence of company safety and sustainability processes and procedures.

Leadership

- Provide leadership and direction to improve safety, reduce operational costs, enhance product value, and maximize margins while promoting Westerns core values;
- Create and sustain a culture of accountability and continuous improvement;
- Maintain Western's reputation by managing product quality issues, maximizing value and consistent quality in our products, engaging support from senior leadership as required;
- Conducts training to hourly employees on manufacturing quality objectives, with ultimate goal of ensuring understanding of how meeting quality specifications impacts the business; and
- Provide relief supervision as required.

Operations

- Works closely with the Sales team and external customers to meet customer grade and quality expectations, as well as assess and develop mutually beneficial process changes;

- Ensures that the correct manufacturing quality specifications are being followed in order to satisfy the needs of the intended customer;
- Responsible for auditing manufacturing product quality, providing feedback and coaching for improvement and communicating the changes to hourly staff, so that quality specifications are being met; and
- Stay abreast of industry innovations and trends in manufacturing practices to improve company margins.
- General oversight of dryland sort operations, general contractors and road construction as required.

QUALIFICATIONS

Education and Experience

- 8-10 years of experience in Lumber Manufacturing or related industry in increasingly responsible roles;
- Post-secondary degree Wood Products Processing or equivalent considered an asset;
- Previous experience or exposure to Quality Control; and
- Extensive knowledge of and experience with coastal lumber and grading.

Skills, Knowledge and Required Competencies

- Commitment to Western's core values of personal safety, sustainable management, and environmental stewardship;
- High level of integrity and professionalism;
- Extensive knowledge and experience with Large Log Breakdown and lumber grading rules and standards;
- Understanding the kiln drying process and the technology of drying high margin lumber products considered an asset.
- Demonstrated continuous improvement mindset;
- Demonstrated strong analytical, problem solving, and logical thinking skills;
- Excellent interpersonal and communication skills, ability to communicate across all levels of the organization; and
- Ability to motivate and engage staff to perform at a higher standard.

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