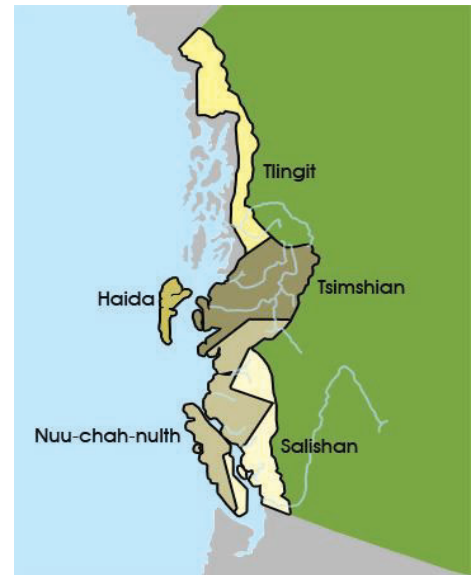


# Who are the West Coast Peoples?

The people who first lived in British Columbia have special names. We call them Aboriginal Peoples.

One group of aboriginal people is the West Coast Peoples.

The West Coast Peoples is made up of five different tribes.



Aboriginal People lived before houses, schools and even before cars and stores.

They lived "off the land", which means they used everything from nature to help them survive.

The West Coast Peoples loved all of nature and one of the most important parts of their life was the tall, tall Cedar (see-der) Tree.

The Cedar Tree was called "The Tree of Life" by the West Coast Peoples because they used the tree in every part of their life for many, many things.



# Respecting the Cedar Tree

The West Coast Peoples showed love and respect for every part of nature that they used.

This was also true about the Cedar Tree.

Before a tree was cut down in the forest, the West Coast Peoples would gather around the tree.

They would bless the tree and say thank-you to the tree for giving itself to help the tribe.





# Using the Cedar Tree- Bark

The West Coast Peoples used every part of the Cedar tree and each part of the tree was used in a special way.

The bark would be taken off in long strips.

It would be rolled and later pounded until it was soft and ready to weave. The women would make baskets, blankets and clothes.

Cedar clothing was warm and kept the people dry.



Weaving baskets



Strips of cedar bark.

Cedar skirt.



Cedar clothing for the family.



# Using the Cedar Tree- Wood

The wood of the Cedar tree was used for many things.

The wood was used for canoes, also called dug outs.



Men would carve totem poles that would welcome visitors.

Some totem poles would even tell stories.



These totem poles can be found at Stanley Park, Vancouver.

Masks would be worn at special ceremonies.



Moon Mask



Bear Mask.



Raven Mask.

