



Yuutu?it?ath

Umacuk

www.ufn.ca

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Yuutu?it?ath Artifacts Returning To Hitacu



Samantha Touchie with a Yuutu?it?ath shell rattle

Samantha Touchie and Carey Cunneyworth made an important trip to Gatineau, Quebec in February, and returned to Hitacu with some very good news about important cultural artifacts.

Samantha and Carey, from the Yuutu?it?ath Department of Culture & Heritage, travelled to the Canadian Museum of History in Gatineau to negotiate custodial arrangements for the return of Yuutu?it?ath artifacts back to Hitacu, as agreed upon in the treaty.

Prior to the trip, however, it was identified that the Canadian Museum of History had an additional 27 Yuutu?it?ath artifacts than what was accounted for in the Treaty Agreement, for a total artifact count of 46.

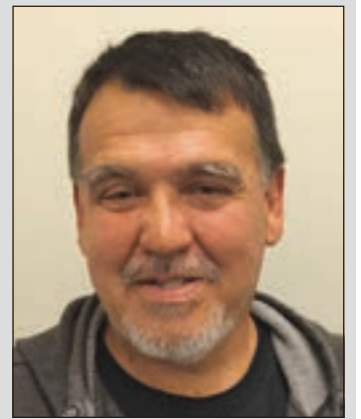
The Yuutu?it?ath artifacts that were being held at the Museum of History include basketry, regalia, and weaving tools, fishing traps and tools, masks and ornaments, and even a child's bow and arrow, amongst other items.

Samantha and Carey are happy to announce that they were successful with negotiations and that all of the artifacts will be making their way home to Hitacu this year, where they will be kept on display for the community to view.

Archaeologist Carey Cunneyworth, Manager of Culture & Heritage, hopes the artifacts will begin arriving in time for this summer.

(See photo of Artifacts on Page 3.)

Briefly



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Coronavirus Update: Hand Washing Best Way To Avoid

While the risk to First Nations people in British Columbia from this virus continues to be low, the threat is being taken seriously.

The **First Nations Health Authority** is working with provincial partners and the Public Health Agency of Canada to actively monitor the situation. Protocols are in place to screen for infections in any returning travelers and follow up on any identified cases. The Public

Health Agency of Canada continues to reassure Canadians that our public health system is well positioned to identify and manage any additional cases.

The novel coronavirus causes a respiratory disease that has similar symptoms to other respiratory illnesses, including fever, dry cough, sore throat and headache. The virus is spread by droplets produced when a person with the infection coughs or sneezes. There

is no reason for travelers returning from Hubei province or other locations in China who have been screened and found to be without symptoms, to be prevented from working, going to school or attending events unless instructed to do so by public health officers.

We are reminding everyone to take the following measures, which can also protect against other respiratory illnesses such as influenza:

handwashing

- Cover your mouth with a tissue when coughing or sneezing
- Stay home when sick

We have received some questions regarding the need for community members to wear face masks for protection from coronavirus. We do not recommend that the general public wear masks. Surgical masks are not designed for this purpose and are unlikely

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Key Staff Positions Filling Up

As our new leadership comes together, I'm so happy with the team we're building. They all have expertise in their fields and they're a good fit with the people we already have.

Our latest addition is Victoria Pollins ("Tori"), who is our new Administrative Assistant in the Lands and Resources Department. Tori will be helping get our land title program together, piecing together applications that have not yet made it through the approval process. To date we have 22 applications approved, and there are more to come.

It has taken longer than we had expected to fill our key staff positions over the past couple of years, including the essential positions of our q'ayaçik?iis Headstart Childcare Centre, but we are pleased to note that we are now receiving more interest from qualified people and from citizens who have the basic skills/educational background to become qualified in such positions as Responsible Adult and



Suzanne Williams
DIRECTOR OF OPERATIONS

ECCE Assistant.

Our ultimate goal is to ensure that our QHCC team is fully staffed at all times to further ensure that we can keep all of our programs operational. Per the Childcare Licensing Regulations, if we do not have qualified staff in place to

run the program, we would be forced to shut down the program. Any citizens who are interested in education and training to enter into such a career are welcome to inquire with me or with Michelle Ralston at the QHCC.

We also have other casual employment opportunities, so if you're interested in working as a casual receptionist, or in other departments, such as casual janitorial or labourer work, please contact our office.

We're adding new staff to boost our health team in Social Services, as well as in administration, all while we update our entire technology infrastructure. Last month, we added video conferencing to our board room. Next on our agenda is state of the art telephones that will improve our communications system and allow our staff to be more mobile.

We have been working on the development of a new set of personnel policies for our employees, managers and Executives – a document that follows not only

established *Canadian Labour Law*, but includes and emphasizes our own cultural values and organizational structure. We anticipate final rollout of these new policies in the new fiscal year and once this is completed, we'll have something that ensures all of our departments and staff can work together as we grow. We will be going through team building exercises, that will be helpful to demonstrate that every one of our departments really is connected together. This is one of our key goals in this entire process.

...

We have completed our most recent fish distribution to our urban and rural members. While we did give out plenty of fish, the turnout wasn't as much as we had anticipated. Please remember that the fish distribution is for everyone's benefit, and it's important to us that we all receive this special food resource.

...

Last month, our Legislature and

Senior Managers started the process of working on our 2020-21 budget, focusing on priorities for the year.

We created a one-year Mission and Vision Statement, and will be looking towards longer term strategy development and financial planning for the next five years. Our priorities have already been identified, with health, housing and education right at the top. Once the plan is solidified, we will be making sure everyone knows the plan.

...

The Gap Funding our Nation received recently is vital to helping us in a number of ways, and will only begin to address our immediate needs in housing, Post-Secondary Education/OST, and mental health and wellness. This is so important to our Nation, and President Chuck McCarthy and our leadership are putting extra thoughtful care in planning the next steps.

More information will be provided as these plans are finalized.

Foundation Program Introduced

Over the next three months, the Jouta Performance Group will be working with the Yuułu?i?ath Government in a process called the Foundation Program.

The goal of this process is to explore what is required of each team member in their individual role, their roles together as work

groups/department teams and how teams support each other, and the Yuułu?i?ath community.

"Through this program, we will work to build a shared understanding of how each team member contributes to the Yuułu?i?ath Government's overall goals," says Director of

Operations Suzanne Williams. "We will work together to be sure employees are maximizing their strengths in a job they love doing. In teams we will connect our collective work, identify opportunities, share ideas, and explore ways to increase positive impact."

As an organization we will strengthen the connection to Yuułu?i?ath Government's mission and values. Finally, we will implement a new performance program to set goals, measure success and ensure our continued growth.

Phase 1 – Role Clarity

In Phase 1, each team member will delve into clarifying their current job role. Over time, roles can ebb and flow based on the goals of the YG. Roles also tend to flex over time depending on who is in the role and the strengths and talents they bring. This is an opportunity for each team member to explore their key responsibilities, and the knowledge, skills, abilities needed to be effective in the role. Through this phase of the project you will ask yourself the following questions:

- What are the key responsibilities and outcomes of my role?
- What knowledge, skills and abilities are required?
- Am I using my strengths to most effectively contribute to the success of the YG?

Phase 2 – Team Strengths, Opportunities, Action

In Phase 2, we will get together in work groups/department teams to explore the following:

- Collective work and strengths
 - How the team contributes to the mission and goals of the Yuułu?i?ath Government
- The team will work together to answer the following questions:
- What do people I work with need to understand about my role?
 - What do I need to understand about my co-workers roles?
 - How does my role impact others? What do I need from others to increase my effectiveness?
 - What can I give/do for others to increase their effectiveness?
 - What does our team (and the YG overall) look like when we are at our best?

- What do we need to keep doing/do more of or start doing to be at our best
- What do we need to stop doing/do less of or do differently to be at our best
- What opportunities/gaps do we want to explore further?

- Through our activities, what other work teams are affected and in what way?
- What do we need from others to increase our efficiency?

Team meetings will be facilitated by Jouta. Each meeting will take about 3 hours. Teams will be set up as follows: Admin, Assets, Culture & Language, Finance, Lands & Resources, and Social Services. Meeting are planned for the week of March 30 – April 3, 2020.

Phase 3 – Organization

Work teams at the YG are interdependent. While each team carries out different functions to support the community, teams also have shared responsibilities. Phase 3 is an opportunity to reinforce and streamline areas of common ground and ensure teams are supporting each other to accomplish their best work.

Each team will be asked to develop a short (15 min) presentation (in any format they wish) that addresses the following:

- What does everyone at the YG need to understand about the work of our department team?
- What responsibilities do we share with other teams?


• How can our teams work more effectively to better serve the Yuułu?i?ath community?

- What gaps and opportunities have we identified for further exploration and action?

Phase 4 – Performance

Through phases 1-3, we will gain clarity on each role within the Yuułu?i?ath Government and how the work performed in each role and each team forms the building blocks to achieving the goals of the Yuułu?i?ath Government. As the final part of this project, we will develop and implement a new Performance Plan and Review process. This process will support each employee to plan their performance goals and measure their success.

Our new process will also provide an opportunity for employees to develop in their roles through planned learning and development activities



q'ayaçik?iis Headstart Childcare Centre

FULL-TIME/PART-TIME/CASUAL POSITIONS
hitaçu, British Columbia

The q'ayaçik?iis Headstart Childcare Centre is now open and the Yuułu?i?ath Government – Ucluelet First Nation is seeking applications from interested candidates to join our team of educators and support staff.

The q'ayaçik?iis Headstart Childcare Centre provides inclusive programs in a safe and healthy environment, including programs in culture and language, education, health promotion, nutrition, parent and family involvement, social support, and cultural inclusion. We believe in the importance of nurturing the mind, body and spirit through play, culture and exploration. We strive to build strong relationships with children and their families. We know the importance of trust and value each child's learning experience while strengthening their skills and experience.

The following positions will remain posted until filled and we welcome applications for substitute, casual and part-time work opportunities that may arise in the future:

- Early Child Care Educator (One Maternity Leave, full-time position)
- Responsible Adult (One x Maternity Leave, part-time position)
- Cook (One part-time Maternity Leave position)
- Early Child Care Educator Assistant (for casual/substitute work)
- Other ECCE specialized certification (e.g. Infant/Toddler, Special Needs) (for casual/substitute work)

Due to the potential increase in demand for childcare services, casual or part-time employment arrangements could turn into long-term or full-time employment upon agreement between the YG-UFN and the employee.

HOW TO APPLY

Submit your cover letter, resume, and three recent employment references to employment@ufn.ca or drop off your application package to the attention of the Director of Operations at 700 Wya Road, hitaçu, BC. Applicants are encouraged to submit copies of the paperwork and certificates required under the *Child Care Licensing Regulation* to expedite the hiring process.

Have a question? Please contact the Director of Operations by calling 250-726-7342, extension 206

P.O. BOX 699, UCLUELET, BC, V0R 3A0 www.ufn.ca

Priorities Starting To Come Together

When your Legislature was elected last year, we set three main priorities for the immediate future: Making improvements in our housing, the mental health and well-being of our citizens, and post-secondary education.

We continue to focus on all three areas, and we're pleased to be able to say we've made some important steps forward in regards to mental health. As you can read in this version of the Umacuk, following the lead direction of the Executive, **Dr. Rohan Ghatak** has announced that Child Protection services will be provided from within our Nation starting this month. I'd like to



Chuck McCarthy
PRESIDENT

thank Rohan for all his hard work making this transition happen.

The next step is to bring more of the services that have been provided by the Nuuchah-nulth Tribal Council home to Hitacu. With the improved funding Yuułu?ił?ath has received from the federal government, we will now be able to offer more services for our citizens right here.

That will mean consistent service delivery, as the new staff we're adding will be available throughout the week to those needing assistance. Our citizens will be able to get help and the services when they need them, in

our community, and won't have to travel elsewhere like they've had to in the past.

I was in Ottawa February 10-12 for Land Claims Agreements Coalition meetings and found it very interesting to hear from a number of other First Nations across the country who are in similar to situations as ours.

The issues are similar to ours, including evolving into self-governing Nations, and it doesn't matter where they are located. Most Nations have more access to land than we do, yet still face the same challenges in terms of economic development and restoration of our language and culture.

A lot of Nations are focusing on revitalizing their languages, which is one of the most important things we can be doing today. Teaching our language to our children, and watching them

learn and speak it as they grow up, is exciting to see. This is one of the foundations of restoring our culture, and as our young people become more fluent speaking in our language, we can see real progress. It's almost like the rebirth of our languages.

There were encouraging stories about First Nations children in the Yukon, in particular, who are becoming more fluent and comfortable in their own language. We are beginning to see that happen here with the collective efforts of our Yuułu?ił?ath language teachers and learners.

As we continue to see signs of progress with our children, the new developments in Social Services, and our Department heads come on board and begin to come together as a team, we can see our Executive's vision starting to come together.

Coronavirus Update: Hand Washing Best Way To Avoid

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to provide significant protection.

B.C.'s Ministry of Health has provided updated information on the novel coronavirus (2019-nCoV), a new virus causing respiratory illness.

Families may be concerned about the risk to their families. The highest number of infections continue to be reported from Hubei Province, China. There have been a small number of cases of 2019-nCoV in B.C. which are being very closely managed. **The risk to British Columbians remains low.**

Our knowledge of this virus continues to grow, and we are using new information to adjust our public health recommendations. We are now aware of early evidence that this virus can cause a range of mild to severe symptoms, and it is possible that people will not recognize symptoms that are mild. During this time, they can reduce the chance of spread by limiting contact with others.

The Ministry of Education continues to be in close contact with public health officials at all levels of

government and ask the public not to make assumptions about the risk of students or staff based on their ethnicity or travel history.

Reducing the risk of coronavirus, colds and flu

- Wash your hands frequently for at least 20 seconds using soap and water.

- If a sink is not available, alcohol-based hand rubs (ABHR) can be used to clean hands if they are not visibly soiled. If they are visibly soiled using a wipe and then ABHR is effective.

- Do not touch your face/eyes/mouth with unwashed hands.

- Cover your mouth and nose when you sneeze or cough with a disposable tissue or the crease of your elbow.

- Regularly clean and disinfect frequently touched surfaces. Regular household cleaning products are effective against most viruses.

- Stay home if you are sick and away from others so you don't pass it on.

A new toll-free phone number (1 833 784-4397) has been established

to answer questions from Canadians about the 2019 novel coronavirus. Service is available from 7 a.m. to midnight EST.

Anyone who is concerned they may have been exposed to, or are experiencing symptoms of, the coronavirus

should contact their primary care provider, local public health office, or call 8-1-1.

Further information about novel coronavirus is available on the BC Centre for Disease Control website: <http://www.bccdc.ca/about/news-stories/stories/2020/information-on-novel-coronavirus>



Yuułu?ił?ath artifacts, including a mask and small fish trap.

Yuułu?ił?ath

EYE EXAMS & GLASSES

APRIL 23, 2020

UCLUELET HEALTH CENTRE

Provided by Outreach Optometry through FNHA & Pacific Blue Cross funding

BY APPOINTMENT ONLY
SPACE IS LIMITED

CALL ASHLEY PH: 604.372.4440
MONDAY-FRIDAY 9-4

Herring Harvest Season Has Arrived

The annual λusmit (herring) spawn and siihmuu (herring roe) harvest season is any day now. Citizens are encouraged to maintain the Yuulu?il?ath cultural and nutritional practice gathering herring spawn.

It is advised that any harvest of roe is performed outside of the Ucluelet Inlet and surrounding sanitary outfall areas. Generally, it is not advisable to harvest herring roe within the shellfish sanitary closure of Ucluelet Inlet, regardless of the location (i.e. closer to the head of the inlet).

Harvesting herring roe within a sanitary closure runs the risk of a person getting sick from *Vibrio Cholera* and *E. Coli* bacteria. Although rare in our waters, the bacteria survive better in low salinity (i.e. after large rainfall events).

The sanitary closure (23.2) in Ucluelet Inlet has been in place for many years (pre-1997); at first due to vessel moorage and standard domestic discharges. The closure was expanded in November 2016 following wastewater treatment plant modelling. Prior to the expansion, there were two prohibited areas, 23.2 and a 300m circle closure around the outfall. The expansion of closure 23.2 jogged it out into Newcombe Channel.

As an indicator of Yuulu?il?ath maintaining traditional foods practices,

harvesters who participate in gathering of roe are encouraged and required to report the amount of spawn gathered (Yuulu?il?ath Fisheries Regulation, Pt 3).

Citizens require a harvesting license prior to harvesting. Applications can be found at www.ufn.ca/forms/ under Forms > Lands & Resources > Resource Harvesting > YFN Form RH-1 to RH5. Submit forms to the Lands and Resources Department, Fisheries and Wildlife Manager, Jonquil Crosby at jonquil.crosby@ufn.ca, or directly at the Cixwatin Centre. For more information call: 250.726.7342.

Reducing risks:

Following the small vibrio cholera outbreak in 2018 around Qualicum Beach (from the consumption of contaminated herring roe) Health Canada completed a Human Risk Assessment and precautionary measures. Time and temperature control are the most important factors affecting the growth of *Vibrio* bacteria in seafood. Carrying out some key steps before, during, and after harvesting can reduce some of the risks.

Before Harvest:

Sanitize totes and equipment used for harvest and storage prior to use with a sanitizing agent. Include any surfaces seafood may come in contact with, such as rakes and surfaces within

the vessel.

During Harvest:

Wash hands with drinking-quality water and soap before handling eggs.

Where possible, rinse eggs using drinking-quality water or use boiled and cooled salt-water to preserve taste (38 g of salt per litre or two heaping tablespoons in 4 cups is equivalent to sea-water specific gravity of 1.026). Rinsing helps to reduce some of the bacteria that may be present.

Use ice made with drinking-quality water to keep eggs cold.

Place harvested eggs immediately on plenty of ice in a cooler or tote to keep product cold (less than 4°C) and minimize time outside of cold storage. This will prevent bacteria from growing.

After Harvest:

Always keep harvested eggs cold, including during transportation. Refrigerate or freeze as soon as possible. It is important to avoid delays between harvest and refrigeration.

Wash hands with drinking-quality water and soap before handling eggs.

Use drinking-quality water in preparing herring eggs.

Sanitize equipment and utensils used for handling herring eggs.

Cook herring eggs to an internal temperature of 63°C for at least 15

seconds to destroy bacteria. Blanching herring eggs in salted boiling drinking-quality water will also reduce bacteria levels: to blanch add eggs to salted-boiling water for 1 minute, remove and add to chilled boiled salted water. **If cooking is not preferred, be aware there is always a risk with eating raw seafood.**

Under refrigerated storage at 4°C or lower, seafood will have a shelf-life of 1-3 days.

If you become ill:

If you become ill with any of the following symptoms: diarrhea, abdominal cramps, fever, vomiting, nausea, or blood in the stool after eating herring eggs, you are advised to visit your health care provider. Individuals with less stomach acid (young children, elderly and those taking antacids) and/or with underlying medical conditions (i.e. chronic liver disease, people with a compromised immune system and people with other chronic illnesses) should be particularly aware of these possible symptoms and seek medical care immediately.

Usually the illness is self-limiting and of short duration (less than one week, usually 1-3 days).

For immediate help, call the nurse line at 811, or Drug Poison Info Line at 1.800.567.8911.

Kwisitis Visitor Centre Construction Starts

UCLUELET - Parks Canada would like to inform the public that infrastructure work to upgrade the Kwisitis Visitor Centre building in Pacific Rim National Park Reserve has begun.

This includes the restoration of the building exterior that is nearing the end of its lifecycle, as well as necessary repairs to interior spaces that have sustained water damage. This work will ensure the Kwisitis Visitor Centre, recognized as a Federal Heritage Building, as well as the national park reserve's premier iconic building and primary visitor centre, can better withstand the elements of the West Coast and continue to serve as a place of wonder for visitors in the years ahead.

Construction will occur in two phases to minimize the impact to visitors. During the first phase of work, from February to mid-March 2020 when visitation is normally lower, the Visitor Centre will be closed to all visitor access. During the second phase, the Visitor Centre will reopen to visitors as the work continues until summer 2020. Impacts to visitors during this second phase are expected to be minimal.

Visitor safety is of the utmost importance to Parks Canada. During construction, visitors can expect scaffolding around the building and

parking may be limited. During phase two, especially for larger vehicles like RVs, visitors can find more parking in the day-use areas by turning right at the T junction, where Wick Road meets the beach. We ask visitors to respect all on-site signage, and be aware of some minor disturbances, including construction noise and temporary closures of certain areas.

The exterior and interior building work is one of a number of infrastructure upgrades in recent years to protect and preserve this iconic building in the national park reserve. Past projects include a new roof for the Kwisitis Visitor Centre and a repaved parking lot.

This work is part of the largest infrastructure plan in the history of Parks Canada. These investments in Parks Canada's heritage, visitor and waterway infrastructure ensure safe, high quality and meaningful experiences for visitors, enabling Canadians to discover nature and connect with history all across the country.

Information on what visitors can do in the national park reserve, and updates on the infrastructure work, can be found at parksCanada.gc.ca/pacificrim, Facebook at www.facebook.com/PacificRimNPR, Twitter at @PacificRimNPR, or by calling Reserve Administration Assistant Niamh O'Reilly at 250-726-3500.



April 4, 2020

You are invited

All children and youth of USMA

We are celebrating you with a seafood luncheon

Time: 12:00 (noon)

Place: Hupačasath House of Gathering

Drop off: 11:30 am

Pick up: 3:00 pm



RSVP

USMA 250 724-3232

Geraldine Tom



Big, Positive Changes In Social Services

HITACU – Some big, positive changes are taking place in the Yuutu?it?ath Government’s Social Services department.

Dr. Rohan Ghatak, Manager of Social Services, says Child Protection services will be all handled within the Nation, in-house, as of March 31.

“This will provide us with better knowledge because we are on the ground dealing with people every day, and we know what the conditions are,” he says “It’s become easier for us to advocate on our children’s behalf because we live where they do. We can get better results because we can better identify the problems, and we are able to provide a more affirmative outcome to what is a very hard area.”

Dr. Ghatak, who arrived in Hitacu three months ago, notes that a provincial agency had been doing the work for the Nation, but adds “Bringing it in-house makes more changes, especially with the changes in our new Childcare building.”

That’s not the only change in Social Services, he states, adding



Dr. Rohan Ghatak

“We are full steam ahead, and we have a lot of things in the pipeline that we’re working on.”

That includes additional after-school education and training for

the Nation’s teenagers.

“We have a new program right now in the community where we are catering to 20 teenagers so they can get after school education and training,” he says. “Basically everything from the Warrior program to traditional knowledge teaching and physical education.”

Education Support Worker Adam Gleeson has left, and his replacement is expected to start in mid-April.

Dr. Ghatak adds Social Services is also planning to add professionals to help improve nursing and health care.

“By adding nursing and mental health psychologists, that will really help, and we are hoping to get that started in the near future,” he says. “We are also trying to improve upon our Electronic Medical Record services.”

“I joined the organization in November, and we’ve moved ahead from where we started. I’m really looking forward to seeing the progress we will make in the future,” he adds.

Invasive Species Youth Summit March 13-15

The Invasive Species Council of BC is hosting the 2020 Youth Summit at the University of British Columbia in Vancouver March 13-15.

This free event is expected to attract over 100 youth from across the province, and is open to any youth (aged 15-30 years) and partner organizations from across BC. Travel subsidies are available to support the attendance of Indigenous youth.

The 2020 Youth Summit is an exciting, active and progressive event that will help young people engage with a culture of service, learn from local changemakers, and amplify their voices. The storyteller lineup includes folk musician Luke Wallace, Patti Beer, and Ocean Wise biologist and Justin Perry, a local Indigenous youth leader, as well as volunteers based in Williams Lake, Kamloops and Vancouver.

An evening reception at the Beatty Biodiversity Museum (in the shadow of a 26-meter-long blue whale skeleton) will give attendees an opportunity to recognize the volunteers who have gone above and beyond in their service. A communications workshop will wrap up the weekend, as participants will learn to use traditional and social media to be heard and inspire others to action.

For more information contact Caitlyn Therrien Iannone, Indigenous Coordinator, at 604-715-8936 or email: liaison@bcinvasives.ca

Nuu-chah-nulth Language Gathering!!!

Where: Maht Mahs Gym

When: March 24-27, 2020


Time: 9:00am—2:30pm

Breakfast and Lunch Provided Daily!!!

Open to All Interested in the Nuu-chah-nulth Language!!

NTC Language Coordinator—Elsie Antuna
RSVP— Elsie.Antuna@nuuchahnulth.org
Any Questions please phone : 250-724-5757





CANOE JOURNEY 2020

PADDLE TO SNUNEYMUXW

Are you interested in being involved with Canoe Journey 2020?

We want to know who is committed to being a part of the Canoe Journeys this upcoming summer. We are looking to hear from people who want to be part of the paddling team (primary, or backup paddlers), as well as support and ground crew. We would also like to hear from people who would be willing to share a song and/or dance at our hosting night, or would teach a song/dance to the paddling team for them to share with other communities along the journey.

- The journey will be landing in Snuneymuxw in Nanaimo on July 27th with protocol continuing until August 1st. The paddle is expected to take about 2 weeks.

If you would like to be a part of the paddling team it is required that you attend mandatory training and protocol sessions leading up to the journey. It is important that the entire crew begins and ends the journey strong and healthy; physically, mentally, and spiritually.

How to get involved: Please submit brief letter of interest, by email (canoejourney@ufn.ca), by phone (Melody Charlie: 250-266-2507), or in person (700 Wya Road, Hitacu, BC).

Thank you in advance for being involved!

www.ufn.ca

West Coast Gender Wellbeing Sessions March 6

Dr. Sandrina de Finney of the University of Victoria and Pawa Haiyupis will be one of the keynote speakers for the March 6th West Coast Gender Wellbeing Sessions at the Cix^watin Centre.

Sandrina, an associate professor in the Faculty of Human and Social Development at UVic, is a lead researcher with the Siem Smun'eem Indigenous Child Welfare Research Network, and lead researcher for *Sisters Rising: Honouring Indigenous Body and Land Sovereignty* (sistersrising.uvic.ca), part of an international study on gendered and sexualized violence. Sisters Rising promotes Indigenous youth-engaged, land-based gender wellbeing activities. She is also a recipient of the Award for Excellence in Research-Inspired Teaching, the Distinguished Alumni award, and the Teaching Excellence Award.

Pawa Haiyupis - Pawa (pawatsq^wačiił) is Ahousaht, Tla-o-qui-aht, French, and Scottish. She has 21-years of facilitating transformational gatherings in First Nation communities and provides meaningful engagement in

decolonial systems change initiatives by encouraging connections to traditional waterways, lands, languages, songs and ceremonies.

Two sessions are planned for the day:

Session 1: Honouring Indigenous Gender Wellbeing 9:30 am-12:30 pm

Canada is facing an "epidemic" (United Nations, 2012) of gender-based violence against Indigenous girls, women, and 2Spirit people. The pathways to gender-based violence are linked to the objectification of Indigenous women throughout colonial history. This objectification is fueled by dispossession from our homelands, identities, and positive gender roles.

In this applied workshop, we share the story of *Sisters Rising*, an Indigenous-led, community-based project focused on honouring Indigenous teachings for gender wellbeing and sovereignty.

Sisters Rising hosts workshops with Elders, knowledge holders and youth participants in Indigenous communities across BC. Our workshops use the arts and land-based materials to explore topics such as land- and water-based wellbeing

and resurgence, restoring our sacred gender teachings, and effective witnessing and practice. Our work is strength-based and shifts the focus away from a focus on trauma and blame, to one of dignity and resurgence. Our team will use land-based materials, artwork and stories to invite participants to share and explore how we can support First Nations gender wellbeing.

Session 2: Caring for the Caregivers in Community-based Practice 1-3 pm

In this interactive circle, we invite caregivers to explore how we "care for the caregiver" who support Indigenous women who have experienced gender-based violence.


This circle is for front line caregivers, including family, front line and agency staff, and community care providers (health care providers, educators, social workers, etc.). Caregivers carry difficult workloads in our communities, while seeking to provide culturally-grounded and trauma-informed care. We invite you to join us for interactive, embodied and cultural activities to share how to sustain ourselves in this work. Caring for ourselves is especially important for First Nations caregivers who live



Dr. Sandrina de Finney


with the same legacies of colonial violence that impact the women and families we work with. How do we do the crucial work of healing, safety planning and support in ways that restore dignity and cultural safety? This sharing circle will hold up the important work of caregivers and explore Indigenous approaches to trauma-informed care.

To register call Vickie at 250-726-5104 or email: womensoutreach@wccrs.ca



Children's Oral Health Initiative (COHI)

COHI Services




Fluoride Varnish

- Is applied to your child's teeth up to four times a year
- Helps prevent cavities by making the outside layer of the teeth stronger
- Can start as soon as your child has teeth
- Teeth are wiped dry and the varnish is applied with a small brush
- Fluoride varnish will not be applied if your child has an allergy to wood resins (colophony). Wood resins are found in many products such as sunscreen and chewing gum. It is not a common allergy.
- Takes only seconds to apply


Sealants

- Help protect teeth from getting cavities
- Deep pits and grooves on the top of back teeth are sealed
- Do not require freezing
- Are easy to do
- Last a long time

BEFORE




AFTER




Temporary Fillings (ART/IST)

- Treat tooth decay in children as young as one year of age
- Don't require freezing
- Are pain free
- Are done quickly
- Keep the tooth healthy until the child is old enough to have a permanent filling
- May reduce the need for dental treatment in hospital under a general anesthetic

BEFORE



AFTER



Island businesses invited to forum on trades and apprenticeship

A unique trades forum is being offered to Vancouver Island businesses in Campbell River on March 30 to build a stronger community workforce.

Hosted by the **North Vancouver Island Aboriginal Training Society (NVIATS)** and **Industry Training Authority (ITA)**, *Community Connections: Employer Forum on Apprenticeship* will share Indigenous culture with industries on the Island and engage them in conversations that will strengthen their understanding and appreciation of Indigenous culture. The forum will enable employers to be more open and involved in training apprentices.

Speakers will provide valuable information on trades training and apprenticeship opportunities, training models within Vancouver Island Indigenous communities, ideas to build community connections, strategies to develop a stronger community

workforce, women and Indigenous peoples in trades, employer tax credits, wage subsidies, and apprenticeship incentive grants.

The forum will be emceed by **Mary Ruth Snyder**, Executive Director, Campbell River & District Chamber of Commerce and include speakers from Automotive Retailers Association, Barkley Project Group, BC Hydro, Indigenous Works, ITA, North Island Employment Foundations Society, NVIATS, Nuuchahnulth Tribal Council, Tla'amin Nation, Vancouver Island Construction Association, and Wei Wai Kum First Nation.

The forum is on March 30 from 9 am to 4 pm at the Maritime Heritage Centre at 621 Island Hwy in Campbell River. There is no registration fee, and lunch will be provided.

Businesses interested in attending the forum are asked to register by March 20 to **Barb Clarkson** at bclarkson@nviats.com or 250-286-3455.

Indigenous Youth Leadership Opportunity

Are you an Indigenous youth community member with a passion for environmental justice?

West Coast Environmental Law is currently seeking three Indigenous youth (aged 19-29) to join our Board of Directors. These youth board positions are meant to support intergenerational

learning, provide opportunities for Indigenous youth to learn about environmental and Indigenous law, and give young leaders a voice in the strategic direction of our organization.

For more information visit <https://www.wcel.org/job-posting/opportunity-indigenous-youth-leaders>

Invite to Port Alberni Open House

Western Canada Marine Response Corporation (WCMRC) is the certified Response Organization on the west coast tasked with responding to marine based oil spills and they are building a new base in Port Alberni with assets in Ucluelet.

WCMRC is inviting members of the Yuułu?ił?at̓ government, staff, and the entire community to attend an open house in Ucluelet on Thursday, March 12 from 6-8 p.m. They will have staff

on hand to discuss our plans, job opportunities and answer any questions on spill response.

WCMRC is wanting to work with the Yuułu?ił?at̓ government regarding working with WCMRC on developing Geographic Response Strategies (GRS). They want to identify areas along the shore that would be critical to the Nation and then develop protection strategies for those locations in the event of a spill.

Looking for Child Care Workers

The q^wayaçiiik?iis Headstart Child-care Centre is now open and the Yuułu?ił?at̓ Government – Ucluelet First Nation is seeking applications from interested candidates to join our team of educators and support staff.

The q^wayaçiiik?iis Headstart Childcare Centre provides inclusive programs in a safe and healthy environment, including programs in culture and language, education, health promotion, nutrition, parent and family involvement, social support, and cultural inclusion. We believe in the importance of nurturing the mind, body and spirit through play, culture and exploration. We strive to build strong relationships with children and their families. We know the importance of trust and value each child's learning experience while strengthening their skills and experience.

The following positions will remain posted until filled and we welcome applications for substitute, casual and part-time work opportunities that may arise in the future:

Early Child Care Educator (One Maternity Leave, full-time position)

Responsible Adult (One x Maternity Leave, part-time position)

Cook (One part-time Maternity Leave position)

Early Child Care Educator Assistant (for casual/substitute work)

Other ECCE specialized certification (e.g. Infant/Toddler, Special Needs) (for casual/substitute work)

Due to the potential increase in demand for childcare services, casual or part-time employment arrangements could turn into long-term or full-time employment upon agreement between the YG-UFN and the employee.

To apply, submit your cover letter, resume, and three recent employment references to employment@ufn.ca or drop off your application package to the attention of the Director of Operations at 700 Wya Road, Hitaçu.

Applicants are encouraged to submit copies of the paperwork and certificates required under the *Child Care Licensing Regulation* to expedite the hiring process.

For questions, contact the Director of Operations by calling 250-726-7342, extension 206.

Oral Health Initiative

The Children's Oral Health Initiative (COHI) is a tooth decay prevention program aimed at children aged 0-7, their caregivers and prenatal women. COHI provides annual screenings, fluoride varnish applications, preventative sealants and temporary fillings, as well as community and family education and support.

Families with children enrolled in COHI receive oral health information and supplies such as toothbrushes, tooth paste and floss to help keep teeth healthy.

The Hitacu dental professional is **Melanie Breaker**, and COHI Aide is **Beverly McCarthy**.

A COHI Aide is a member of the community who has undergone **First Nations Health Authority COHI Aide Training** prior to providing fluoride varnish applications and oral health education.

They are qualified to work independently, but also work in collaboration with a dental professional, either a dental therapist or a dental hygienist, to provide additional COHI services in the community. COHI is fun, and provides a positive, pain-free and gentle approach to dentistry for your child.

For more information, call Beverly at 250-510-7515 or Email: Beverly.mccarthy@ufn.ca

Shingrix Vaccine Available

The Shingrix Vaccine is now available for patients who are 65-69 years of age, and the cost is 100 per cent reimbursable.

Sally Kwan, Pharmacy Assessor – Health Benefits for the First Nations Health Authority, notes there is a

maximum dispensing fee of \$10, and maximum days supply of 100 days, along with maximum units of two per lifetime, effective February 12, 2020.

For further information, contact Sally at 1-855-550-5454 or by email at sally.kwan@fnha.ca

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YG Signs Letter of Expectation With RCMP

HITACU - President **Chuck McCarthy** and **Ucluelet RCMP Detachment Commander Steven Mancini** signed a Letter of Expectation between Yuułuʔiłʔatḥ and the RCMP following approval by the Executive of the Legislature in January, committing to improving the safety, security, health and wellbeing of the citizens of Yuułuʔiłʔatḥ.

Both Yuułuʔiłʔatḥ and the RCMP agreed to uphold the mutually-shared values of professionalism, respect, compassion and effective communication, and work together through the Community Consultative Group to address mutual priorities and objectives.

“This Letter of Expectation is intended to define and promote positive and cooperative working relations and aid in the clarification of the policing relationship,” says President McCarthy. “The goal is to ensure that the YG receives dedicated and responsive First Nation Community Policing in addition to the existing core policing provided by the RCMP.”

It includes four priorities, concerning 1. Public intoxication and open liquor, 2. Adherence to speed signs in the community of Hitacu, 3. Community engagement and communications, and 4. Increased RCMP presence in



Hitacu, supported by a dedicated RCMP officer.

Regarding the first priority, the RCMP will maintain a police presence in the community in the areas, and during peak times, when public intoxication is identified as being a problem. It will include regular checks at the Hitacu dock and other locations identified by Yuułuʔiłʔatḥ, including impaired boating and police check-stop programs and driver/operator education.

Community engagement and communications includes having FNP officers attending and participating in various community functions/events such as cultural events, feasts, signing ceremonies and community group meetings as requested by YG.

They will also provide you, teens

and their parents with education about drug and alcohol consumption and abuse, including delivering presentations at organized Youth Programs such as the Warrior Program. As well, they will engage in drug prevention activities like maintaining a police presence in areas known to be drug hot spots, and share information on public safety matters through a variety of media platforms, including the Umacuk, YG Facebook and website.

Increased policing presence in Hitacu includes working with YG staff to set up and maintain an office in Hitacu.

A First Nations Police (FNP) officer will meet with the Community Consultative Group at least every three months, or as required, to discuss the progress of community policing priorities and activities. They will also ensure receipt by the YG Executive of the monthly Aboriginal Community Policing Report to review while ensuring privacy rules are respected.

The FNP officer will also liaise with YG staff to organize and support an annual cultural awareness session for all the officers at the Ucluelet RCMP Detachment, which may include presentations by Elders and Cultural Leaders regarding Yuułuʔiłʔatḥ

traditions, ceremonies, language and customs used by many citizens of the community.

The purpose of the training is to educate new officers regarding the beliefs, customs and ways of life practiced by the Yuułuʔiłʔatḥ.

The original four-year agreement started in 2014 between the Yuułuʔiłʔatḥ Government and the Toquaht Nation Government Tripartite Agreement and the federal government, represented by Public Safety Canada. To establish the terms and conditions under which the government's communities would receive police services pursuant to the Framework Agreement.

It included provisions calling for the RCMP assigning one member who will devote 100 per cent of their regular working hours to the policing needs of each community – within three months of the agreement being signed.

The RCMP was required to enforce Yuułuʔiłʔatḥ law as well as their regular duties and functions..

They were required to provide each government with reports dealing with their services provided on a quarterly basis.

Yuułuʔiłʔatḥ was required to provide a policing facility that would be rented by the RCMP.

Come see our plans for a new Port Alberni | Ucluelet spill response base.

Western Canada Marine Response (WCMRC) is building a new on-water spill response base in Port Alberni | Ucluelet. The base will be located on Port Alberni Port Authority property along Harbour Road with vessels forward stationed in Ucluelet. Construction of the new base is expected to begin in early 2020 and be operational in late 2021.

Why is this needed?

WCMRC is required to build several new spill response bases to meet enhanced response requirements associated with the Trans Mountain Expansion Project.

These new bases will double the current capacity to respond to spills and cut response times in half in South Coast waters.

Please join us at our Open House and Job Fair

We invite you to learn more about the new Port Alberni - Ucluelet response base at our upcoming open house and job fair. WCMRC representatives will be on hand to discuss our plans, job opportunities and gather your feedback. We look forward to seeing you there.

DATE: Thursday, March 12, 2020
TIME: Drop in anytime between 6 p.m. and 8 p.m.
LOCATION: Ucluelet Aquarium
180 Main Street, Ucluelet

WCMRC is the Transport Canada-certified marine spill response organization for Canada's West Coast. Our mandate under the Canada Shipping Act is to be prepared to respond to marine oil spills along British Columbia's entire coastline. We have been cleaning up spills in B.C. for 40 years.

