



Yuułu?it?ath

# Umacuk

www.ufn.ca

Volume 10, Issue 3 | April, 2020

## We Must All Do Our Part To Stop Spread of COVID-19



A gate has been placed on the main road to keep non-citizens away from Hitacu

The Yuułu?it?ath Government is advising all citizens to support our nation-wide effort to commit completely to personal efforts to reduce the spread of the COVID-19.

This means absolute compliance with government health orders to self-isolate and practice social distancing by all age groups.

This means that all of us must start taking the seriousness of the COVID-19 pandemic seriously:

1. Stay home.
2. Keep your children home and

away from all public parks.

3. Cancel all visits from anyone who does not live in your home.

4. Essential travel in/out of the community only (i.e. medical emergencies, travel for essential medical appointments (as defined by the FNHA), and to purchase essential supplies).

“The Yuułu?it?ath Government recognizes  
Continued on page 5

## YG Gives Update At Assembly

**H**ITACU – Plenty of positive news was shared at the March 10 Yuułu?it?ath First Nation assembly at Cixwatin Centre.

Close to 50 people attended the community dinner prior to the meeting, which was also live-streamed so citizens could follow proceedings online.

Lorri Touchie, the Legislature Member responsible for Community Services, shared much of the good news to announce to those in attendance.

“Dr. Rohan Ghatak has been phenomenal in the three months that he has been with us, and has managed to direct several major achievements already,” Lorri notes.

Those include bringing key health services to Hitacu, including a licensed practical

nurse being in the community five days a week and Dr. C. Marshall being here one day a week starting April 14, the Nation having its own Community Development Officer starting April 15, and the Nation’s own Registered Psychologist being here, starting April 20.

Lorri also announced that the top floor of the Huupatu building will now be for health services, with social services on the bottom floor.

“I’m pretty excited. We will now have mental health nurses and doctors in our community, which means we don’t have to travel to Port Alberni or Vancouver,” Lorri states, adding if necessary, Dr. Ghatak will have direct dialogue with specialists. “This is huge for our community, and I’m so grateful.

I’d like to thank the Executive and President Chuck for bringing in Rohan, and supporting the achievements he’s accomplished.”

Lorri also mentioned that six citizens have registered so far for security training and noted that there has been more RCMP presence in the community in the past several members, with more expected in the near future.

• Legislature Member Jenny Touchie, who oversees the Executive Portfolio for Assets, shared how she has been busy working on economic development, including chairing a recent meeting where a new concept for a business opportunity was tabled with the committee for consideration.

She also chaired several Yuułu?it?ath First Nations

Holdings meetings, adding they now have five proposals from five different companies to help with developing and finalizing an economic development strategy for the Nation.

Assets Manager Spencer Touchie also touched on the economic development meetings, and noted that new equipment and technology in the government buildings will increase the capabilities of staff to serve the Nation, and conduct professional development training as well.

• Director of Operations Suzanne Williams noted that the YG is looking into purchasing a new telephone system for the offices, and that BC Transit has been sending a bus into the community

Continued on page 3

## Briefly



President’s Report

Page 3



New Staff For Lands & Resources

Page 2



Bike Trails Offers Benefits

Page 7

## Inside:

Economic Development Update . . . . . 4

Monitoring Herring Spawn . . . . . 6

Gender Gathering . . . . . 8

## Staff Working Remotely, But Services Remain Available

These are unsettling and unprecedented times that we are living in due to the COVID-19 virus, as everyone knows.

We want you to know that your Yuulu?i?ath Government is doing everything in its power to make sure all of our citizens are armed with proper precautionary measures to avoid contamination from the virus. We have distributed numerous information bulletins about self-isolation and cleanliness, which of course includes something all of our parents reminded us about many times while growing up: The importance of washing our



**Suzanne Williams**  
DIRECTOR OF OPERATIONS

hands!

As for our offices, we have instructed and enabled our staff members to work

remotely from home, which is possible due to Smartphones and the internet. There are also online chats and video conferencing that makes this difficult situation just a little easier to manage.

If you do need to contact a staff member, you can call into the office and your call will be transferred to who you need to speak to, or you can also email them directly. While it is not convenient, we are confident that we can still handle any difficult situations and urgent needs that our citizens require. Please remember that patience is important, as the speed at which we

can respond may be delayed because of everyone working off-site, but we will have someone get back to you as soon as possible.

This pandemic will pass at some point, hopefully sooner than later. But in the meantime, we do have a real opportunity to make the best of a quieter, slower time. This is when we can spend more time with family and catch up on things we can do within our homes.

While we are all being discouraged from meeting in larger groups, please remember that there may be some people who you

can contact by phone, just to check in and see how they are doing, and maybe even visit with them. Sometimes in life we seem to get so busy that we forget some of the most important things around us, most notably family.

As your Director of Operations, it is my responsibility to make sure that our staff meets the needs of our citizens in a friendly and timely manner, and even though these are trying times, I am confident that our team is up to the task and will do whatever they can to help.

Hopefully we'll all be through this soon!

## Pollins Joins Lands & Resources Team

When Tori Pollins saw the position of Administrative Assistant in Ucluelet First Nations' Lands & Resources department, she was excited.

It would give her an opportunity to utilize all of the skills and education she has accumulated, and was

delighted to be chosen. Her first day on the job was February 4.

Tori studied Forestry and Natural Resource Conservation at the University of British Columbia, managed a pet day care business, and coordinated events and itineraries for the National Speakers' Bureau in Vancouver prior



**Tori Pollins is an Administrative Assistant in the Lands & Resources department**

aspects of lands and resources here. Wildlife, and forestry are definitely things that I am passionate about, and I saw this as an opportunity that I could do a job that really means something."

Tori lived in the bay area of San Francisco, California for 10 years and her father decided to emigrate to Canada in 2005.

"Because of my age I was able to start the immigration process early because I was a minor," she says. "I attended UBC, then started looking out for different opportunities in Canada."

After the day care experience, Tori joined the National Speakers' Bureau, and was coordinating engagements for speakers all over the world. She enjoyed the position, and after three years there, a friend mentioned the Ucluelet job and she applied.

"At the NSB I learned office etiquette, and how to say 'no', which is important and helped give me the maturity and skills that I'll need in a position like this.

to taking the job at UFN.

"This job has given me a chance to get back into the area that I was supposed to be in," she says. "I learned a lot of great skills along the way with the National Speakers' Bureau, and at the dog day care business. I took GIS (Geographic Information System) Mapping and lots of computer courses in school, so all I just had to brush up a little on what I had already knew.

Tori knows she will get more training in GIS, and adds "I'm really excited about working with maps and other

I think if I had just gone into forestry after university, I don't think I would have had the skills necessary for this position.

"Administrative work is a great place to start, and everyone needs help because it's so busy," she adds. "I'm very happy to have this opportunity. "The West Coast was very appealing to me, as I have always been really attracted to the area," she states, adding that her partner and their dog moved to Ucluelet before she started her position in February.



### q<sup>w</sup>ayaçiiik?iis Headstart Childcare Centre

FULL-TIME/PART-TIME/CASUAL POSITIONS

hitaçu, British Columbia

The q<sup>w</sup>ayaçiiik?iis Headstart Childcare Centre is now open and the Yuulu?i?ath Government – Ucluelet First Nation is seeking applications from interested candidates to join our team of educators and support staff.

The q<sup>w</sup>ayaçiiik?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

## President's Report: Trades Offer Bright Futures

When our young people make an investment in themselves through education, there are a number of opportunities for them to consider, especially in Trades.

Carpenters, electricians, millwrights, plumbers, pipefitters and mechanics are some of the options that are available. These are interesting jobs that pay well and can raise families, buy homes and provide for a healthy, enjoyable lifestyle.

It doesn't seem to matter what the economy is like – trades jobs always seem to be in demand.

These skills require education and skills training that not everyone can do, and those that do should feel very proud for what they can make



**Chuck McCarthy**  
PRESIDENT

and build. Not everybody wants to work behind a desk all day.

I think that's where the real money is, in trades. In B.C., a full-time carpenter makes around \$53,000 a year, and construction workers almost \$62,000 per year, according to the B.C. Construction Association (BCCA). That includes carpenters, electricians and general

laborers.

They are not seasonal jobs like many of the tourism occupations, as trades jobs are year-round.

We have an opportunity over the next three years to bring about real, positive change in our community. We are wanting to encourage a new type of workforce, focusing on trades.

We are having discussions within the Legislature about the possibility of helping fund trades education for our young people.

In our Gap Closing Action Plan, it is stated that there is wide support for post-secondary education for Ucluelet citizens – including in trades and technical training. There is much demand for tradespeople not just in our province, but across the country.

The BCCA states they anticipate an increase in opportunity for tradespeople, and that by 2028, there will be 7,900 construction jobs that will go un-filled due to labour shortages.

This means it's a great opportunity for our young people to look ahead.

How do we get our young people there?

I believe conversations like this one, that can start around the kitchen table, that talk about how interesting and fulfilling these jobs can be,

and the lifestyles that are possible because of the wages they will earn. Too many times, parents and families get excited about their children becoming lawyers and accountants, when in reality, not everyone in those occupations makes really good money.

But trades do, and the BCCA statistics reveal, there are lots of them. The job market is waiting for new graduates to come and fill those important positions.

These opportunities are available for our young people. It's going to take a step forward for our young people to help their dreams come true, but let's get behind them and encourage them.

Let's all of us do whatever we can to help make them realize a bright future - and earn a solid return on their investment in trades education and training.

## YG Gives Update At Assembly

Continued from page 1

periodically to determine how much demand there is for bus service. There is a hope that BC Transit will

start providing regular service to Hitacu by June, 2020.

After the reports, several elders spoke to the Legislature.

• **Richard Mundy Sr.** encouraged

them to go on with their commitment to restoring culture and heritage, particularly in regards to learning and preserving the language.

• **Larry Baird** took note of Chief Financial Officer **Robert Rodvik's** report that highlighted the improvement in

Yuulu?it?ath's economic performance. Although he expressed satisfaction with the results, he stressed that it isn't just financial results that are important – but that funding should result in more employment for the Yuulu?it?ath citizens.



From left: President Chuck McCarthy, moderator Ken Watts and Hereditary Chief Wilson Jack



Citizens enjoyed a tasty dinner at March 10 meeting at Cixwatin Centre

### The Math Behind Social Distancing

Now	5 Days	30 Days
1 PERSON	2.5 PEOPLE INFECTED	408 PEOPLE INFECTED
50% LESS EXPOSURE	1.25 PEOPLE INFECTED	15 PEOPLE INFECTED
75% LESS EXPOSURE	0.625 PEOPLE INFECTED	2.2 PEOPLE INFECTED

### MAINTAIN SOCIAL DISTANCING

Maintain at least 1-2 metres (3-6 Feet) distance between yourself and anyone who is coughing or sneezing.

### AVOID TOUCHING EYES, NOSE, AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth

### Prevent COVID-19 (novel coronavirus) by Washing Your Hands

Wash your hands often to keep your community safe and healthy.

- Wet your hands.
- Apply enough liquid soap to cover your hands.
- Lather and scrub your entire hands, including the back, back and between all fingers.
- Rinse - 15 seconds.
- Dry your hands with a paper towel.
- Turn off tap with the paper towel.

For more information, visit [www.bccdc.ca/covid19](https://www.bccdc.ca/covid19)

## A Record Year for YFN Group of Companies

By Jonathan Cross

of Cross Hospitality, CEO

of the Yuutu?it?ath First Nation Group of Companies

### Financial Performance

The financial year of The YFN Group of Companies ended on December 31, so we now have six years of audited financial data to measure the performance of our businesses. The information in this article was released on February 28, 2020.

The recent year ending December 31, 2019 was a record year for the companies with overall profits excluding depreciation of \$415,000.

Following several years of substantial losses the financial picture of the businesses has improved dramatically and has made significant steps towards becoming self-sufficient.

In addition a great deal of progress has been made with the financial record keeping resulting in improved reporting and a significantly more efficient annual audit processes.

It is anticipated that provided stability can be maintained in the operations self-sufficiency should be attained within 12-18 months, which will be a major achievement of ownership.

### 2020 Forecast

The forecast for the 2020 Vancouver



Jonathan Cross

Island Tourism Season is strong with occupancy levels anticipated to be on par with 2019 and average rate growth of approximately 5%. We continue to face challenges with the Highway Access situation and are hoping for some relief this summer from the long delays and closures which have impacted us in early 2020.

Based on current forecasts along

with operational changes and efficiencies it is anticipated profit will increase in the 5- 7% range over last year.

It should be noted that the past 30 days have generated significant uncertainty in the international tourism marketplace due to the COVID-19 Virus. Based on the impact of previous similar such situations (e.g. SARS) on Vancouver Island Tourism we are not at this time anticipating a significant impact on our businesses, it is likely domestic tourists will fill any void from International cancellations all be it at a potentially lower rates. Clearly this remains a very fluid situation and is impossible to predict.

### First Nation Employment

1. Currently we employ six employees in the businesses. 100% of our employees are YFN Citizens

2. An estimated additional six YFN Citizens are employed at our three leased sites.

3. In the High season both are forecast to double their employment numbers to approximately 12.

### 2020 Summer Employment Opportunities

As summer approaches we will be recruiting additional front-line staff in the housekeeping and maintenance roles, as always, these positions will

be posted on the Wya Point website and circulated internally to the Nation.

We are often in search of qualified Electricians, Plumbers, Carpenters and Painters YFN citizen expressions of interest will be given strong preferable consideration.

We are offering a Host Trainee program to Nation members for the 2020 Summer Season (see attached Job Posting). These positions are directly targeted to our members with the long-term goal of filling our supervisor and manager roles from within the organization in future years.

### Summary

In a business of our size a \$500,000 positive change in profitability in one year does not come along often and should not be expected every year. This success is a result of the implementation of the 2018/19 Business plan and reflects the perseverance and dedication of the governing bodies tasked with overseeing the companies.

While there is much more to do, the companies are undoubtedly in a better position financially, managerially and administratively to challenge new opportunities, when the Economic Development Plan is finalized, and new feasibility and business plans are generated.

## Join our Ucluelet Eco Resort Team



### Trainee Hospitality Host – A Summer Job of a Life time

Learn to Wow our Guests and Work in Paradise!

**Term:** Early June 2020 – Sept 30, 2020

**Work Week:** 20 – 40 hours per week

**Salary:** \$14.60

### Overview

This is an opportunity for Yuutu?it?ath and Nuu-chah-nulth members to train in a Hospitality Operation during the busy summer season. The role will offer Hands on Structured training and experience and is an excellent entry position for someone looking to start a career in The Hospitality Industry.

As Trainee Host you will work with our Hospitality Team to provide excellent customer service to our guests, perform Housekeeping between stays and oversee our "Off Grid" Facilities including basic maintenance tasks.

If this is the dream summer job for you apply in writing with a summary about yourselves and why you want to join our Team.

Email your application to [jonathan@crosshospitality.ca](mailto:jonathan@crosshospitality.ca)

*In support of our strategy to achieve our employment goals for Yuutu?it?ath and Nuu-chah-nulth members, preference will be given to candidates who indicate that they are a Yuutu?it?ath or Nuu-chah-nulth citizen.*



## Protect Yourself From COVID-19 (caused by novel coronavirus)

Each of us plays a role in protecting our communities and loved ones. Follow these tips to prevent COVID-19 and stop the spread of germs!

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.
- Try to avoid touching your face.
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- Recommend that people sneeze and cough into a tissue or their elbow.
- You may be used to greeting friends, family and colleagues with a hug or a handshake, but make bumping elbows the new greeting for now.
- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.
- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.
- Limit unnecessary travel and avoid gathering with others unless necessary.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.
- Masks are not effective at preventing infection, and may increase risks by causing people to touch their faces more often. Use a mask only if directed to by your health care provider.

**During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. Thank you for doing your part to keep your community safe!**

Learn more and get all COVID-19 updates at [www.fnha.ca/coronavirus](http://www.fnha.ca/coronavirus)

## Public Works: Be Careful Regarding Flushing

Ucluelet First Nation Public Works is reminding all citizens of Hitacu to NOT flush ‘flushable’ antiseptic wipes or similar products down the toilet.

To allow sewers to operate properly, residents should NOT flush

- Wipes
- Paper Towels

- Hygiene products
- Or any other paper products down the toilet

When residents do flush these items, it seriously impacts the sewer infrastructure through build-up, clogging and attracting other solids.

Toilet paper disintegrates into pulp when flushed, making it easy for it

to move through the sewage system. Flushable wipes are not designed like this and should be disposed of in the garbage.

“In this challenging time when we are spending more time at home as we our part, we must be conscious that our homes have to function,” says RDOS wastewater utilities

foreman Rina Seppen. “The last thing we need to have the sewer lines clog and essential services stretched as we work to serve the public needs. We thank you for your assistance.”

Thank you,  
Ucluelet First Nation.

## We Must All Do Our Part To Stop Spread of COVID-19

Continued from page 1

that these are challenging times and while it is going to be hard to avoid visiting in-person with family members and friends who don’t live with you, it is something that we all must do together so that this terrible virus does not enter our community,” says President **Chuck McCarthy**.

Further, the time is now to monitor our habits and start thinking twice about our actions and then weigh our decision to leave the home based on what we need versus what we want.

Here are some tips to help you stay safe and healthy:

- Limit contact to only those that live with you. Shopping should be done at off peak hours.
- If you must go out for groceries or other things, practice social distancing as best you can and try to complete all your tasks in one trip.
- Wash your hands and sanitize your hands and facilities as often as you can. Washing hands should be done for at least 30 seconds and should include use of soap.
- The following people should limit any unwarranted visits: elderly age 65 or more, people with compromised immunity and systemic conditions.
- Avoid touching your face until you are able to wash or sanitize. Alcohol based sanitizer are preferred over water based.
- Keep a list of people with whom you are or have been in physical contact until further notice.

- Talk to your children about what they can do to maintain good health and safety measures for themselves, their families, and the community. Things children can do to help include playing at home or in their yards, keeping playgroups to a minimum (e.g. resident-family members only), avoiding public playgrounds and other public facilities that are normally high-traffic areas of interest to children and youth, and other safe practices that include proper handwashing/sanitizing and refraining from sharing anything such as toys, food, beverages, sporting equipment, etc.

- If you are coughing or sneezing, then use a tissue and discard it yourself. Please isolate yourself immediately if this occurs multiple times.
- Maintain hygiene, keep yourself clean, clothes washed after every trip with detergent.
- If someone has a potential patient in their house please keep the premises clean with bleach. Any tissues or other soiled waste is to be discarded by the patient in a bag that is sealed and needs to be put in a garbage bag and discard immediately.

All YG offices are closed and many members of staff are working from home. If you need help or would like information on how to get help, please call **Carrie George** at 250-726-7342 or email [carrie.george@ufn.ca](mailto:carrie.george@ufn.ca).

Please work with us to help put an end to the COVID-19.



This photo by Michelle Touchie shows three canoes that participated in the 2019 Canoe Journey. Melody Charlie will be organizing the 2020 event.



## 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](mailto: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!

**Teechuktl Mental Health services during COVID-19**

Everything is shutting down. How can I access counselling?  
 I'm feeling anxious and I don't know what to do.  
 I can't stop worrying about my family member.  
 What do I say to my kids about what's happening?  
 In social isolation, I'm worried about unhealthy coping habits.  
 I just need to talk to someone.  
 I'm feeling overwhelmed with how I'm going to manage.

**Daye Cooper**  
**NTC Clinical Counsellor**  
 Available by phone and email:  
 8:30am-4:30pm weekdays.  
 250-266-3243  
[daye.cooper@nuuchatnuuth.us](mailto:daye.cooper@nuuchatnuuth.us)

## UFN Joins Flight To Monitor Herring Spawn



Jonquil Crosby took these spectacular photos of the herring spawn during a March 9 plane ride.

**F**isheries and Oceans Canada and a West Coast Wild Adventures charter plane took to the skies on March 9 to monitor herring spawn, and Ucluelet First Nations Manager of Fisheries and Wildlife Jonquil Crosby was with them.

Jonquil took the photos on this page, that show the herring spawn as a mixture of foam and the chalky white herring milt and egg spawn in Barkley

Sound and Newcombe Channel.

“Unlike 2019, there was no large spawn in Ucluelet Inlet,” Jonquil notes. “The spawn occurred around the corner in Newcombe Channel and along Macoah Passage. Yuuḷuʔiʔath residents were encouraged to place branches along the channel shoreline, and a small harvest of adult herring was provided to local elders.

Herring spawn is an important

nutritional food source for Nuu-chah-nulth First Nations, while also bringing much excitement throughout the communities. Since time immemorial, harvesters have submerged tree boughs or gathered kelp to collect eggs in areas of abundant, active spawn. Eggs may be laid up to twelve layers thick and are considered a delicacy.

The herring population on the West Coast has struggled to make a come back after vast commercial overfishing decades prior, the coastwide surveys this year showed some promise of improvement, with multiple spawn events in Esperanza Inlet, Nootka Sound, Clayoquot Sound and the event in Barkley Sound.

First Nation charters conduct herring spawn reconnaissance, supplemental surface spawn surveys and catch monitoring on the West Coast of Vancouver Island each spring. The peak estimate total from test boat sounding this year is 15,280 tonnes of herring, including 1,850 tonnes in Barkley Sound.

Pacific herring are the basis of west coast marine food web.

A paragraph from [www.raincoast.org](http://www.raincoast.org) provides an explanation:

“Herring are a cornerstone species in marine ecosystems. These small, silvery fish fuel marine food webs and directly support predators such as salmon, pinnipeds, whales and a large diversity of marine birds. They also stage one of the natural world’s most spectacular events with their annual spawn.

“Each year, tens of thousands of tonnes of herring migrate from offshore waters to more sheltered near-shore bays and estuaries where they spawn *en masse*. Male herring release milt (containing sperm), which colors nearshore waters a chalky white, sometimes for many kilometers of coastline. In this opaque water, female herring lay eggs upon the intertidal and near-shore vegetation, which often includes eelgrass and kelp. These dense aggregations of spawning herring – and their deposited eggs – often attract tremendous numbers of predators and scavengers. In some areas, millions of marine birds, hundreds of sea lions, seals and dozens of humpback and grey whales actively forage for weeks.”

Yuuḷuʔiʔath

**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

## Assets Department Update

**I**n the assets management department we have been working on a few notable initiatives since our last update.

The Economic Development committee has met, and is working on getting the five year management plan started.

We have started new projects to modernize the operations of our government with new video conferencing abilities as well as modern internet based phone systems, with each upgrade bringing higher efficiencies and lower costs to the government.

We have also been working on staff development training in skills, which



**Spencer Touchie**

**ASSETS**

will help us gain better proficiencies and transparencies for the nation.

## Youth Mountain Bike Program Offers Benefits For Citizens



A video presentation explained what the program is all about

Photo by Cecilia Jensen



Participants in the program stop for a rest

Patrick Lucas photo

**By Cecilia Jensen**  
 Communications Officer/  
 Urban Citizen Engagement  
 Yuułu?it?ath Government -  
 Ucluelet First Nation

**D**o we want to build a trail in Yuułu?it?ath territory?

That's what award winning community planner and writer **Patrick Lucas** came to Hitacu to find out March 9. The Founder and Director of the **Youth Mountain Bike Program** presented information about the program to see if there would be interest in the community to build a trail in our territory.

Patrick has built nearly 100 kilometers of trails within First Nations communities around B.C., which are used for everything from walking, to hiking, trail running, cycling and winter sports. Training is provided for First Nations youth to build and maintain the trails, which offers them huge benefits, including opportunities for skills training and employment, and learning transferrable skills that will

help prepare them for a broad range of jobs.

Young people that have participated in the trail building have experienced a boost in self-confidence and self-esteem. There also are health and wellness benefits like being outdoors and connecting with nature again, as daily physical activity can do amazing wonders for one's health and well-being.

A few of the Youth Mountain Bike Program projects have led to tourism opportunities, as trails are a travel motivator. Research has shown that people will travel to engage in outdoor recreation, and walking, running and biking on trails are some of the preferred activities.

With increased tourism activity there will have to be plans developed and put in place that will protect community values and enhance Indigenous rights and title, as we are the caretakers of your lands and territory.

The next step for Patrick is to return to Hitacu to do a thorough assessment in order to develop a plan that would

serve the community's recreational needs, and would provide the most when it comes to opportunities for all Yuułu?it?ath citizens including youth, elders and families.

If the trail plan is approved by the community, and assuming that this pandemic is managed and the period of isolation ends, trail construction could possibly start this year.

"We commit to working with communities on a timeline that fits their needs and ensures the trail is properly funded, the process follows community protocols and has the appropriate support," Patrick says. "Working in a good way is our highest priority and the best strategy for developing sustainable trails that meet community needs."



A section of the trail with signage.

Photo by Cecile Gambin Photography

### HITACU NOW HAS AN AFTER HOURS EMERGENCY/ON-CALL NUMBER for

**THE YUULU?IT?ATH GOVERNMENT PUBLIC WORKS DEPARTMENT**

This number is for any Emergency that requires the attention of our department outside of regular work hours. It includes water or sewer main breaks, dangerous debris or fallen trees on a street, and damaging potholes.

For Assistance, call

**250-726-6757**



## West Coast Gender Wellbeing Sessions March 6



Dr. Sandrina de Finney of the University of Victoria and Pawa Haiyupis were keynote speakers for the March 6th West Coast Gender Wellbeing Sessions at the Cixwatin Centre.



A large number of citizens attended the March 6 event.

### CORONAVIRUS DISEASE (COVID-19) HOW TO ISOLATE AT HOME WHEN YOU HAVE COVID-19



Isolation means staying at home when you are sick with COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

If you have been diagnosed with COVID-19, it is expected that you take the following measures.

#### Limit contact with others

- ▶ Do not leave home unless absolutely necessary, such as to seek medical care.
- ▶ Do not go to school, work, other public areas or use public transportation (e.g. buses, taxis).
- ▶ Arrange to have groceries and supplies dropped off at your door to minimize contact.
- ▶ Stay in a separate room and use a separate bathroom from others in your home, if possible.
- ▶ If you have to be in contact with others, keep at least 2 metres between yourself and the other person. Keep interactions brief and wear a mask.
- ▶ Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- ▶ Avoid contact with pets if you live with other people that may also be touching the pet.

#### Keep your hands clean

- ▶ Wash your hands **often** with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- ▶ Avoid touching your eyes, nose and mouth.
- ▶ Cough or sneeze into the bend of your arm or into a tissue.

#### Avoid contaminating common items and surfaces

- ▶ At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- ▶ Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ Use regular household disinfectants or diluted bleach (one part bleach and nine parts water) to disinfect.
- ▶ Place contaminated items that cannot be cleaned in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Put the lid of the toilet down before flushing.

#### Care for yourself

- ▶ Monitor your symptoms as directed by your healthcare provider or **Public Health Authority**.
- ▶ If your symptoms get worse, immediately contact your healthcare provider or **Public Health Authority** and follow their instructions.
- ▶ Get some rest, eat a balanced diet, and stay in touch with others through 'communication devices'.

