



Yuutu?it?ath

# Umacuk

www.ufn.ca

Volume 10, Issue 6 | July, 2020

## Youth Building New Path For The Future



Johnny George shows some of the old wooden trail that will be replaced

**Y**uutu?it?ath youth are building a trail to hitacu Lake and as they do, they are creating a whole new path for their lives.

Seven young people have been busy with the Junior Guardian Program this summer, learning valuable skills as they design and build trails and help others, and receiving teachings from elders and Yuutu?it?ath staff members.

Skills like tracking, reading a compass, operating a chain saw, and learning to eat off the land, and others are being taught and are well received by the young people, who share with pride that the trails they are making will be able to be enjoyed by elders and all citizens once they're finished.

Six full time and one half-time intern youth aged 16-21 years have been participating in the program, including **Waylon McCarthy, Robert Andrew, Bryson George, Johnny George, Jada Touchie, Peyton George, Ray Walton** and intern **James Walton**.

Education Support Worker **Adam Gleeson** notes that trail building experts **Patrick Lucas** and **Dustin Darbyshire** started the program off in July with some hands-on training.

"Dustin and Patrick have built lots of trails with Indigenous communities up and down

the coast, and they held a week-long workshop for the program," he says. "The first day and a half was bushwhacking, looking for likely layouts, best pathways of trails, natural viewpoints, and making trails with flagging tape. The youth themselves have selected the routes for the trails."

The youth work on the trail-head starting at 8:30 a.m. Monday to Friday.

"Each day, we hold a daily briefing where we discuss tasks, progress to date, challenges and concerns," he says. "And we recognize their success."

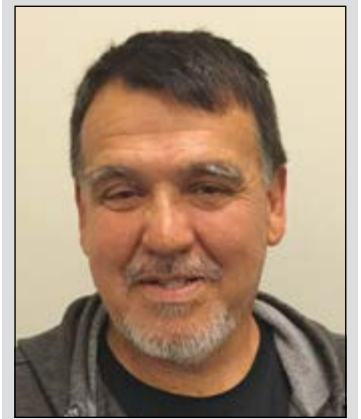
Waylon McCarthy, 21, notes "We're building trails and making them ready for walking. We are doing this so we can get people out to exercise more, and we're expanding the old trail a bit."

They've already cleared a trail that reaches beautiful hitacu Lake, and the long-term plan is to make a trail all around the Lake.

They've also been working on **Wya Gardens** at the Junction of Highway 4 and the Pacific Rim Highway, and **Ricardo Manmohan**, one of the pioneers of the Warriors program, adds "from the beginning of the Warrior program, we were supported by former President Les Doiron,

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## Briefly



President's Report

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Yuutu?it?ath Citizens On The Water

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Tri-Lingual Signage Installed

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## Covid-19: State Of Emergency Remains

**T**he State of Emergency that was instituted at the end of March continues to be extended by the Yuutu?it?ath Government.

President **Chuck McCarthy** continues to make it clear that travel remains restricted. The State Of Emergency that was instituted to protect Yuutu?it?ath citizens has been extended several times.

President McCarthy and the YG Government implemented

the first SOE in March, and has renewed it four times. At the end of March, YG's legislature also enacted its 65<sup>th</sup> Act, the Emergency Preparedness Act, which allowed the government to drawdown emergency measures as it navigates these uncertain times. Hitacu was closed to the general public on March 23.

The Government office has been opened to limited traffic since mid-June, and all visitors

must follow the safety procedures clearly marked within the building, including social distancing and wearing masks.

The Yuutu?it?ath Government is working with neighboring governments and partners in effort provide added support systems for such things like grocery shopping and deliveries, mental health supports, Food Bank Services, emergency pet-care matters, etc.

President McCarthy states

"we continue take our response to the pandemic day-to-day and week-to-week. Things are not going to look the same for a while and every single one of us must do our part to ensure that we get through this safely.

"People have to be aware of the potential risks with this kind of behaviour and limit the people in your vehicle to people that are from the same household in order to stop possible transfer of this virus."

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## The čims – black bears – love qaawii – berry – season!

By Marianne Paquette

WildSafeBC *łichuuł* Coordinator:  
*Hitacu-Macoah*

One of my favourite times of the year is qaawii – berry – season and on the West Coast of Vancouver Island, we are quite fortunate in terms of edible berries.

We are now at the tail end of the qawii – salmonberry – season, but the thimbleberries, the blackberries and the yamà – salal, to name a few, will start ripening soon. As you go about your day, I am sure you can find plenty of tasty berry bushes along your path.

However, you are not the only one that might be interested in these sweet treats!

Čims – black bears – are opportunistic eaters which means that they will make the most of what is accessible to them. With the amazing amount and diversity of maturing berries available in our region throughout the season, black bears also like to take advantage of this great resource of high-calorie foods.

Did you know that black bears swallow berries whole? Even after they have passed through their short digestive tract, they are very easy to detect in their scat. Most berry



seeds will pass through unbroken and therefore are still able to germinate. Consequently, one way that black bears fulfil a very important ecological role is by dispersing the berry seeds along the landscape and this helps bushes to grow all around their territory year after year.

Black bears also love the berries of devil's club. They can pull off an

entire glome (very dense cluster) of berries with their dextrous lips and tongue. Also prized by both humans and black bears are any of the Vaccinium species, like blueberries and

huckleberries. The black huckleberry is the sweetest and black bears need their sugar to pack on layers of fat in time for winter denning.

On the other hand, one thing to keep in mind is that just as fruit trees in your garden, wild berry bushes in your yard, can also be a bear attractant and one great way to keep the black bears wild and feeding on shrubs that are away from the community is by picking the ones you have around your house.

Make it a fun activity for the whole family and find tasty recipes to use your wild berries. If you don't like the berries that grow around your home, maybe you can offer them to a neighbour or simply trim the shrubs before they start to get fruit on them.

Happy čayax – berry picking – everyone and remember to report all wildlife conflicts to the BC Conservation Officer Service RAPP line at 1-877-952-7277.

If you have any concerns or questions, don't hesitate to contact me at [hitacu-macoah@wildsafebc.com](mailto:hitacu-macoah@wildsafebc.com).

## Instructions For By-Election Nominations

Any eligible voter, according to the Yuulu?i?ath First Nations Government Elections Act 42/2015 (the Act), may nominate a candidate for Member of the Legislature.

You may only nominate one person. If you want to nominate a person to be a candidate for Member of the Legislature, you must complete the attached Nomination Form with your name, your address, and the name of the person who you wish to nominate. You must sign this form and have it witnessed. You must also complete and have witnessed a Voter Declaration Form declaring your eligibility as a Yuulu?i?ath voter.

Forms must be submitted to the Chief Electoral Officer prior to 4:30 p.m. on August 8, 2020 by scanning and emailing them to the Chief Electoral Officer at [YFN\\_CEO@shaw.ca](mailto:YFN_CEO@shaw.ca). Nominations may be deposited with the Deputy Electoral Officer who will be present at the Yuulu?i?ath First Nations Government House 1:00 p.m. to 4:30 p.m. on August 8 to receive nomination packages.

The person you are nominating (the Nominee) must provide a Voter Declaration Form, an Acceptance of Nomination Form, and a Support for Nomination form with the signatures of three (3) Yuulu?i?ath citizens. Each supporter must complete and sign a Voter Declaration Form.

The Nominee must also provide a Declaration of Eligibility as a Candidate Form and a statement of motivation for candidacy indicating the reason for accepting the nomination and seeking

the office.

The Nominee must also provide a non-refundable deposit of \$200. Nomination fees must be payable to the Ucluelet First Nation and should be deposited with the Law Clerk at the

Yuulu?i?ath First Nations Government House who must provide a receipt acknowledging the deposit. Alternatively, the deposit may be provided directly to the Chief Electoral Officer or Deputy Electoral office who will provide a receipt.

The complete nomination package including the Voter Declaration form from the Nominee, the Acceptance of Nomination form, the Support for Nomination form, and the Declaration of Eligibility as a Candidate Form must be submitted to the Chief Electoral Officer prior to 4:30 p.m. on August 13, 2020 by scanning and emailing them to the Chief Electoral Officer at [YFN\\_CEO@shaw.ca](mailto:YFN_CEO@shaw.ca). Nomination packages may also be deposited with the Deputy Electoral Officer at the Yuulu?i?ath First Nations Government House on August 13, 2020. The Deputy Electoral Officer will be present at Government House from 1:00 p.m. to 4:30 p.m. on August 13 to receive nomination packages.

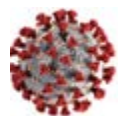
### Important Dates

Final Date for Receipt of Nominations August 8, 2020 at 4:30 p.m.

Final Date for Nominee Packages August 13, 2020 at 4:30 p.m.

For further information please contact the Chief Electoral Office, **Kit Spence**, by telephone at (250) 881-0142 or by email at [YFN\\_CEO@shaw.ca](mailto:YFN_CEO@shaw.ca)

## What you should know about COVID-19 to protect yourself and others



### Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



### Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



### Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



### Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



### Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



### Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.





## Our Young People Could Become Guardians

It is very heartwarming to watch our young people learn our teachings and traditions and grow as strong individuals through the Junior Guardian Program.

Within the last year, Director of Operations Suzanne Williams and I encouraged our staff to start the program to get our young people out into the community, in the forest and on the beaches, to put the

teachings they've been learning to good use. What we're watching now is very satisfying, as close to a dozen of our young people have been participating so far.

Should they continue to grow and apply what they've learned, we know they have great potential to become



**Chuck McCarthy**  
PRESIDENT

community leaders in the years to come.

The Warriors program that was initiated in hitaču has been a great success story, and there are a number of other First Nations that have adopted and adapted the program. It is a fun and interesting way to share the secrets of our ancestors with the younger generation, who are truly

excited about what they're hearing, and have the ability to try it out for themselves.

Besides the possibilities for future leadership, the Junior Guardian course also opens a door of career opportunities within Parks Canada, which has an Indigenous Guardians program that

supports Indigenous land management and oversight based on a cultural responsibility for the land. It provides Indigenous Peoples the prospect of working as equal partners in protecting and managing land and resources.

Two examples of available programs are the **West Coast Trail Guardians** and the **Broken Group Islands Beach Keepers**.

Other First Nations that have been participating include Huu-ay-aht, Diti-daht, Pacheedaht, Tseshaht, Hupacasath, Toquaht and Uchucklesaht. With this training, it is only a matter of time before our Yuułuʔiłʔatḥ youth are able to join in.

The West Coast Trail Guardians care for trails and protect the land and visiting hikers. Their responsibilities may include sharing a story by the fire, a song, or creating a life-long memory while sharing their experiences with hikers.

The Broken Group includes over 100 islands, which are rich in natural,

cultural and human history, as well as resources. Beach Keepers welcome visitors and offer safety information, advice and share the First Nations legacy of the territory.

Besides learning and developing the skills that would fit well in careers like this, it is exciting to watch the young people share about the difference what they're learning is going to make within our own Nation. They are not just building trails. They know they are making safe paths that other members of the community can use and enjoy, especially our elders. It brings an extra sense of purpose to everything they are doing and learning.

They are making a difference, and they know it, and it shows. And through all of it, they are enjoying themselves. They're having fun working with friends and learning valuable skills and teachings from elders that they will utilize throughout their lifetime, and be able to share with their friends, family and our entire community.

## By-Election Scheduled For September 12

A By-Election date of September 12, 2020 has been announced, pursuant to Article 2.4 of the Yuułuʔiłʔatḥ First Nation Government Elections Act, for the office of Member of the Legislature for the Yuułuʔiłʔatḥ First Nation, to fill the seat made vacant by the passing of Member of the Legislature **Joyce Patrick**.

A **Voters List** for this election has been posted in hitaču in the Yuułuʔiłʔatḥ First Nation Government House and on the YFN web site at [www.ufn.ca](http://www.ufn.ca) and is updated regularly.

By Executive Order due to the State of Emergency, eligible voters may only vote by mail-in ballot or by electronic voting including telephone and Internet voting.

**There will be no in-person voting and no polling stations will be established.**

**Mail-in ballot packages** will be sent to eligible voters and mail-in ballots must be received by the Chief Electoral Officer before 8 p.m. on September 12, 2020. All eligible voters will receive a mail-in ballot package and instructions for **electronic voting**. Electronic voting will take place from September 5, 2020 at 12:01 a.m. to September 12, 2020 at 8 p.m.

### Nominations

Any eligible Yuułuʔiłʔatḥ voter may nominate a Yuułuʔiłʔatḥ citizen who qualifies under Section 4.1 of the Elections Act (see attached) by completing, signing and witnessing a **Nomination Form** and a **Voter**

**Declaration Form** and delivering them to the Chief Electoral Officer prior to 4:30 p.m. on August 8, 2020. This form will be available for download on the [ufn.ca](http://ufn.ca) website.

### Nominee Requirements

The person who is nominated (the Nominee) must provide a **Voter Declaration Form**, an **Acceptance of Nomination Form**, and a **Support for Nomination** form with the signatures of three (3) Yuułuʔiłʔatḥ citizens, who agree to sponsor the nomination. Each sponsor must complete and sign a **Voter Declaration Form**.

The Nominee must also provide a **Declaration of Eligibility as a Candidate Form** and a **Statement of Motivation for Candidacy** indicating the reason for accepting the nomination and seeking the office. A colour photograph (head and shoulders) must be provided in electronic format.

The Nominee must also provide a non-refundable deposit of \$200 which can be delivered to the administration office or provided to the Chief Electoral Officer or the Deputy Electoral Officer.

The complete nomination package including the **Voter Declaration** form from the Nominee, the **Acceptance of Nomination** form, the **Support for Nomination** form, the **Declaration of Eligibility as a Candidate Form**, the **Statement of Motivation for Candidacy**, and a colour photograph

in electronic format must be submitted to the Chief Electoral Officer prior to 4:30 p.m. on August 13, 2020 by scanning and emailing them to the Chief Electoral Officer at [YFN\\_CEO@shaw.ca](mailto:YFN_CEO@shaw.ca).

Nomination packages may also be deposited with the Deputy Electoral Officer at the Yuułuʔiłʔatḥ First Nations Government House on August 13, 2020. The Deputy Electoral Officer will be present at Government House from 1:00 p.m. to 4:30 p.m. on August 13 to receive nomination packages.

Kit Spence has been appointed as the **Chief Electoral Officer** for this election. He can be contacted by telephone at (250) 881-0142 and by email at [YFN\\_CEO@shaw.ca](mailto:YFN_CEO@shaw.ca)

### Qualifications of candidates

Subject to this Act, any Yuułuʔiłʔatḥ citizen who is at least 16 years of age may be nominated to stand as a candidate for any elected office to be filled in an election.

A Yuułuʔiłʔatḥ citizen may not be a candidate in an election if that person

- (i) is not, or will not be, at least 16 years of age on the general voting day for that election,
- (ii) is an electoral officer for that election,
- (iii) is a nominee for another elected office in that election,
- (iv) is an undischarged bankrupt,
- (v) is suffering from a medical condition, including mental illness or dependency on drugs

or alcohol, that a medical practitioner in writing concludes would render that person likely to be incapable of performing the duties or exercising the powers of the elected office,

(vi) has been subject to a sentence of incarceration for an indictable offence within the four year period immediately prior to

the general voting day for that election,

(vii) has been convicted of fraud, bribery, an offence under this Act or any similar election statute of another jurisdiction or a sexual offence under the Criminal Code (Canada), or

(viii) is not in good standing with a Yuułuʔiłʔatḥ institution.

LET'S LEARN THE LANGUAGE WITH JENEVA  
IN AN OUTDOOR SETTING

**huuhtakšiihin**  
**quuquu?aca**

Honoraria will be provided as an incentive to regular students.  
There will be refreshments and snacks provided.

STARTING JULY 8TH EVERY WEDNESDAY  
FROM 5PM TO 6:30PM

If you have any questions or concerns please address them to  
Samantha Touchie, Culture and Heritage Assistant  
250-726-7342 ext 216, e-mail: [samantha.touchie@ufn.ca](mailto:samantha.touchie@ufn.ca)

## Support Strong For Systemic Racism Investigation

The First Nations Health Authority (FNHA), the First Nations Health Council (FNHC) and the First Nations Health Directors Association (FNHDA) welcome the launch of Mary Ellen Turpel-Lafond's investigation into systemic racism in BC's health system.

"We welcome this effort to shine light on the systemic racism that still exists in our province and encourage BC Indigenous patients and health workers within the system to trust this process and come forward to tell their truth about racism," says Charlene Belleau, Chair of the First Nations Health Council.

Turpel-Lafond, a former judge and longtime children's advocate in BC will produce a report on racism in the BC health system following allegations that health-care staff in

emergency rooms were playing a "game" to guess the blood-alcohol level of Indigenous patients.

"Mary Ellen is doing very important work that will have great impact on the future health and wellbeing of First Nations in B.C. and across Canada. FNHA is extremely pleased to support this work," says M. Colleen Erickson, Chair of the First Nations Health Authority Board of Directors.

"The FNHA looks forward to the outcomes of the review as a way to accelerate the progress on cultural safety for First Nations of BC," says Richard Jock, FNHA's Interim Chief Executive Officer. "It is important people participate in the survey as a way to provide their experiences. FNHA will look to provide appropriate ways to support participants who may be triggered by the final report's

disclosures."

"The First Nations Health Directors Association (FNHDA) encourages all Health Directors to come forward to share their experiences to encourage First Nation community members to share any incidents that need improvement within the healthcare system. It is only through a clear identification of incidents that we can strengthen the health care system to ensure only positive experiences and outcomes for First Nations people," says Keith Marshall, President of the First Nations Health Directors Association.

The FNHA, the FNHDA and the FNHC have been aware of incidents of mistreatment of First Nations people in the health system and have worked hard to embed cultural safety and humility into health care delivery

by working with our health partners to raise awareness and train staff. It is clear, however, that much work is still to be done.

Cultural safety and humility are essential dimensions of quality and safety and only a sustained and genuine commitment to action from all leadership paired with concrete actions will lead to the change needed.

Mary Ellen Turpel-Lafond's investigation into systemic racism in BC's health system includes a call for Indigenous people to describe their experiences. This can be done through a survey, email (Addressing\_Racism@gov.bc.ca) or phone (1-888-600-3078) until July 30.

More information about the investigation can be found on the investigation website: <https://feedback.engage.gov.bc.ca/189465?lang=en>

## New Arts Community Outreach Coach

The First Peoples' Cultural Council Arts program is excited to be increasing its support of Indigenous artists and organizations in B.C. with a new Arts Community Outreach Coach.

The FPCC Community Outreach Coach will:

- Share expertise to support the success of Indigenous artists and organizations in B.C.;

- Connect directly with artists and organizations by video chat or phone to assist them in accessing FPCC programs and resources;

- Offer support to artists on grant writing skills, budgets and project planning.

The FPCC is working with Joanne Finlay (Moskm Gyaaks - White Caps on the Water), who is Tsimshian from Lax

Kw'alaams and lives in Prince Rupert.

Joanne has decades of experience as an arts administrator, grant writer and recently as a curator, who has worked closely with Indigenous artists and arts organizations across B.C.


Joanne's experience and passion for the arts will be a great asset to the FPCC Arts program and we look forward to making her available to assist

Indigenous artists and arts organizations in B.C. Those interested in meeting with Joanne can contact her via email at: [joanne@fpcc.ca](mailto:joanne@fpcc.ca).

For more information about the role of the Arts Community Outreach Coach contact Emmy McMillan, Communications Officer, First Peoples' Cultural Council via email at: [emmy@fpcc.ca](mailto:emmy@fpcc.ca).

**STOP THE SPREAD OF GERMS**  
Help prevent the spread of respiratory diseases like COVID-19.

**Wash your hands often with soap and water for at least 20 seconds.**

 [cdc.gov/COVID19](https://cdc.gov/COVID19)  
CS160319A March 17, 2020 2:06 PM



## UMBA Applying For License Of Occupation



Yuułu?ił?ath citizens participated in a Small Vessel Operator Proficiency (SVOP) course in July. From left: Captain Tom Van Wyck, Jada Touchie and Jonquil Crosby are out on the open ocean. A full story and photo feature will be in the August issue of the Umacuk

**T**he Ucluelet Mountain Bike Association (UMBA) is applying for a license of occupation for a period of 20 years, located on the west slopes of Mt. Ozzard.

UMBA is applying for a license of occupation in order to legally maintain and improve the existing trail network, and to develop further recreational trails in this area without exceeding a maximum of 2 hectares of cumulative linear trail.

UMBA is a non-profit society with a mandate to build and maintain trails for the use and benefit of all local community members, and to foster educational and recreational programming with surrounding communities and indigenous organizations.

This notice is in accordance with the Yuułu?ił?ath Law Land Act: Notice of Intention to Apply for a Disposition.

**Cloth Face Covering Do's & Don'ts:**

**DO:**

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

**DON'T:**

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## Need Support? We Are Here For You

### NURSING SUPPORT IN HITACU

**Kaitlyn Lauzon**, Nuuchahnulth Tribal Council  
Registered Nurse (Dual Role for Homecare and Community Health Nursing)  
Type of Support: Prevention, planning, information sessions  
Location: Hitacu Health Centre  
Schedule: Wednesdays  
Contact Schedule: Any time (weekdays)  
Phone: 250-725-3367 (Tofino office – call to ask for direct line)  
Email: [Kaitlyn.Lauzon@nuuchahnulth.org](mailto:Kaitlyn.Lauzon@nuuchahnulth.org)

### MENTAL HEALTH SUPPORT

**Daye Cooper**, Nuuchahnulth Tribal Council  
Clinical Counsellor  
Type of Support: Counselling  
Location: Telephone/Email only  
Schedule: Monday through Friday, 8:30 a.m. – 4:30 p.m.  
Telephone: 250-266-1242  
Email: [Daye.Cooper@nuuchahnulth.org](mailto:Daye.Cooper@nuuchahnulth.org)

### Yuułu?ił?ath Government Contacts:

Front Desk Services at the Cix<sup>w</sup>atin Centre:  
Contact: Carrie George  
Phone: 250-726-7342 Toll-free: 1-877-726-7342  
Hours: Monday through Friday, 8 a.m. – 4:30 p.m.  
(Closed for the lunch hour between 12 noon and 1 p.m. and Statutory Holidays)

### OTHER CONTACTS:

**President Chuck McCarthy** (Call or Text: 250-266-4499)  
Director of Operations **Suzanne Williams** (Call or Text: 250-726-5082)  
Manager of Social Services **Dr. Rohan Ghatak** (Call or Text: 647-473-7545)

### EXTERNAL:

#### Health Canada Helpline

Phone: 1-833-784-4397  
Hours: 24/7

Uses: Symptoms related questions, prevention related questions, diagnostic questions, local support.

#### Canada COVID 19 Employee Support

Phone: 1-800-641-4049  
Hours: 24/7

For Employment and COVID 19 related queries

#### Non-medical helpline:

BCCDC: 1-888-COVID19  
Hours: 7:30 a.m. to 8 p.m.



**T: 250-726-7342**

**[www.ufn.ca](http://www.ufn.ca)**



## Youth Building New Path For The Future

Continued from page 1

the Legislature and the UFN Administration. They not only allowed, but also encouraged us to welcome young men from other Nations seeing the need for this program existed beyond just UFN. These are now the young men that are leading the programs for their Nations.

"I have been in the woods with some of these young people for over six years and it is amazing to see them stepping up and into these new roles that are being created in Hitacu."

Johnny George, 16, adds "We found a new beginning place for the trail, and we've been flagging and marking off the new route. We're testing our navigation skills with using a compass as well."

Johnny, a Grade 12 student at Ucluelet Secondary School, has already achieved his First Aid, Chainsaw Operator and Radio Operator certificates.

He's been in the Warrior program for four years, and adds "It's fun. I'm telling all my friends about it, and I'm enjoying working with my friends."

Gleeson notes the program is teaching the trail keeping aspects of being a Junior Beach Keeper/ Guardian.

"The youth are picking up on the job training, and they've taken the chainsaw course, wilderness first aid, as well as receiving teaching from community leaders like Ray Haipee, Tyson Touchie, Jay Millar and Richard Mundy Sr.

"My part is to see that our youth are comfortable learning, and making



Waylon McCarthy works on a trail

progress," Gleeson says. "Our hope is that when the youth will leave the program, besides learning about community leadership, they see this as a way of putting up pathways for future career possibilities.

"They've done a remarkable amount. They've taken out the old boardwalk

and identified what needs renovating and replacing, and mapped out a new routes," he adds. "On August 10, Patrick and Dustin are coming back to assess our progress and show the youth how to make the trails safe for community members. Making sure that elders and seniors will be comfortable using the trails is very important."

Ray Haipee, or "Uncle Ray" as he is known, has been involved with the Warrior program for four years and is one of the lead instructors in the Guardian Program. He is a former logger, and 25-year member of the local Search And Rescue team.

"Ray helps us a lot," says Waylon. "He sits us down and teaches us things, and we've been pick up his knowledge. We trust what he is teaching us, and we've also been helping out one of the elders with their garden at their home."

Ray recalls when he got involved with the Warrior program.

"I was working and I heard some people talking down by a boat at the dock," he says. "I went down there and asked: 'Where are you going? Can I come along?'. I took along my Search and Rescue survival backpack, and I went along."

Ray shared with the young people the importance of the backpack, which includes a sleeping bag, tent, compass, water bottle and "four days of grub. With two sandwiches and four boiled eggs, it can last for four days, because I know how to ration my food."

Off they went to Effingham Inlet, and Ray gave the young people an early test once they arrived.

"I did a head count and there was 12 of us. We started off, then I stepped back, and waited in the forest to see what the boys would do," he recalls. "I hid in the bush, and waited about 10 minutes before I heard someone blow a whistle. I watched as two of the youth ran ahead, while a third kid waited, looked up and down and watched, then he saw where I was hiding in the bush. That was my exercise for the day - to have them find me - and it



Ray Haipee with some cedar bark

worked really well."

One of the things Ray teaches the young people in the Guardian Program is how to peel the bark from cedar trees, and he shows the young people that the tree underneath works wonderfully as bug repellent.

"We use the cedar bark for making hats, bracelets, roses, baskets - anything that comes to mind that someone wants to make," he says. "It's very strong, and I've used it as a leash for my dog for many years. I still have it."

"We have also taught the young people to leave what remains from the tree on the ground, and put it back where it came from."

Community Development Officer Zaid Sarigat oversees the Junior Guardianship Program, and notes the young people are "learning so many things. We want to make sure the youth get all the training they need, so we can create and encourage more leaders that can represent Ucluelet First Nation well in the future.

"That's our main goal, so they can lead by example. I've seen good changes in these young people day by day, and I'm seeing them grow into future community leaders."



From left: Ricardo Manmohan, Ray Haipee, Adam Gleeson and Zaid Sarigat are helping our young people



## BC PROVINCIAL OVERDOSE ALERT

### INCREASED DRUG TOXICITY REPORTED ACROSS BC (BOTH STIMULANTS & DOWN)

- Increase in both fatal and non-fatal overdoses over the last few weeks
- More severe overdoses being reported
- Increased community overdose & drug alerts since March 22<sup>nd</sup>

#### FOR YOUR SAFETY:

- 1) Use an Overdose Prevention Site, if you can. [FIND AN OPS](#)
- 2) Pick up a naloxone kit. [FIND A SITE](#). Call ahead for hours.
- 3) Avoid using alone. Find a buddy or have someone check on you.
- 4) Talk to your doctor or nurse practitioner about how to access prescription medications to reduce overdose risk and prevent withdrawal. Click [here](#) for more info.

#### THIS IS A PROVINCIAL ALERT

Check your local Health Authority websites for local alerts

For more information on ways to stay safe while using substances during COVID-19 please check the [BCCDC website](#)

Date Posted: **MAY 6, 2020**  
(remove by May 20, 2020)

Last Updated: May 6, 2020

toward  
THE heart.com  
BCCDC HARM REDUCTION SERVICES



July, 2020 | Yuulu?il?ath Umacuk

## COVID-19 Travel Information Available With ArriveCan

Enhanced border measures will continue at Canada's points of entry as part of the Government of Canada's efforts to minimize the importation risks of COVID-19.

All travelers entering Canada—by air, land or sea— must provide Government of Canada officials with information including contact information, quarantine destination information, and symptoms. This affects a large number of travelers and the number will only grow over time.

The Government of Canada has recently introduced the ArriveCAN app so that travelers can provide this information by digital means.

The ArriveCAN mobile application and accessible ArriveCAN, developed by the Public Health Agency of Canada and the Canada Border Services Agency, provides a digital way for all travelers entering Canada to easily and securely submit their information and complete a self-assessment of symptoms up to 48 hours before they arrive in Canada.

The ArriveCAN app is available for free on Google Play and Apple App stores. With the ability to capture information requirements

electronically, the Government of Canada is also aiming to expand our collection of contact information to those travelers who enter Canada for the purpose of performing an essential job or function.

The use of ArriveCAN will help the Government of Canada communicate with travelers via push notifications, and for those travelers required to quarantine or isolate, to promote and verify their compliance with requirements under the Quarantine Act and to record any voluntary report of symptoms of COVID-19 during their 14-day quarantine period.

As Canada continues to rollout a comprehensive stakeholder engagement and outreach strategy, it is enlisting help from other levels of government to increase the awareness and uptake of this app among travelers in advance of arrival in Canada to reduce congestion at the border and support public health measures to reduce the spread of COVID-19.

This digital tool that will help reduce wait times at the border and continue efforts to reduce the spread of COVID-19 in Canada.

## Meet Our New Community Development Officer



Community Development Officer  
Zaid Sarigat

Zaid Sarigat, the new Yuulu?il?ath Community Development Officer and Junior Guardianship Program overseer, has recently joined the administration from the B.C. Interior.

Prior to coming to hitaču, Zaid led the Social Service department for a Nation in the Tsilhqot'in National Government based around Williams Lake. In his previous position, Zaid's work also included justice programs, assisting people within the community who had family members incarcerated.

"hitaču is a smaller community, but I have more responsibility here, although most of my work will be in Social Services," Zaid says. "We're focusing on trail building and making our young people ready for possible Beach Keeping positions with Parks Canada. Some of our people are also getting appropriate training in operating Small Vessels."

Born in India, Zaid earned his degree in Social Services in South Africa, and he also worked in Toronto prior to coming to British Columbia.



Ray Haipee at the end of the hitaču Lake trail

**MY STRENGTH IS INDIGENOUS.**

Our teachings guide me to acknowledge my own limits around cannabis.

FNHA.ca/cannabis #IndigenousStrengths

First Nations Health Authority  
Health through wellness



## New Team Members for Department of Culture & Heritage

By Carey Cunneyworth  
 Manager of Culture & Heritage/  
 Archeologist

The Department of Culture & Heritage welcomed Ron George and James Walton to our team recently.

Ron George has taken the position of Trail Monitor for the ɔpsciik tʔaʔii trail project through Parks Canada, and James Walton is working as a summer student with both the Culture & Heritage and the Lands & Resources departments.

The photos show that three new sign types with nuuɕaaniul have arrived and were placed throughout Yuutu?i?ath Territory.

James Walton and the junior beach keepers explored the trail system up to Mt. Ozzard and put up signage along the way.

Tri-lingual signage has been developed for the Parks Canada Wickaninnish Sand Dunes project and has been installed at the dunes.

Also, the department of Culture &



Heritage completed an archaeological survey for the District of Ucluelet in the Spring Cove area, with help from James Walton and Clayton Jack. This survey was done to assess the archaeological potential of a proposed trail location.

An artifact cabinet has arrived for the reception area of the Cixwatin Center. This cabinet will house some of the artifacts that will be returning from the Royal BC Museum in Victoria and the Museum of History in Quebec.



ʔathis Wickaninnish  
 Wickaninnish Beach Dunes  
 Les dunes de la plage Wickaninnish

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winaɕakma ʔaqaptʔi  
 yaacuk supicmis

**Sensitive Habitat**  
 Walk on bare sand

**Habitat sensible**  
 aux perturbations  
 Marcher sur du sable nu

ʔuuʔalukʔi ʔathis wiikʔiʔilaya.  
 Coastal sand dunes support endangered and threatened species.

Les dunes de sable cōtières abritent des espèces en voie de disparition et menacées!

<p>Abronia umbellata</p> <p>ʔihukcʔin supicmis ʔiɕciip              Pink Sand-verbena (ENDANGERED)              Abronie rose (MENACÉE)</p>	<p>Abronia latifolia</p> <p>hiɕiɕiqak supicmis ʔiɕciip              Yellow Sand-verbena (CRITICAL HABITAT)              Abronie à feuilles larges (HABITAT ESSENTIEL)</p>	<p>Lathyrus littoralis</p> <p>k-ayismapt              Silky Beach Pea (THREATENED)              Gesse littorale (MENACÉE)</p>
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Yuutu?i?ath  
 Traditional Territory of the Yuuɕi?i?ath Nation

Parks Canada