



Yuuṭu?it?ath

Umacuk

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Yuuṭu?it?ath Signs Milestone L00 Agreement With UMBA For Trails



From left, Economic Development Officer Corey Rich, Markus Rannala of UMBA and Manager of Culture and Heritage Carey Cunneyworth at the entrance to the mountain bike trail.

Trail blazing has taken on a new form for the Yuuṭu?it?ath.

A landmark License Of Occupation (LOO) agreement between the Yuuṭu?it?ath

government and the Ucluellet Mountain Bike Association (UMBA) has been signed that will result in new and improved mountain biking trails on Treaty

Settlement Lands.

Carey Cunneyworth, Manager of Culture and Heritage, states “Some important topics to note for the community from my point of

view are that UMBA as an organization has acknowledged UFN’s ownership of the land from the beginning and made a point to

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Childcare Centre Back To ‘New Normal’

It’s back to normal operations at the q’ayačiik?iis Headstart Childcare Centre.

Or rather the new, COVID 19 normal. Manager Michelle Ralston says the Centre, which re-opened June 29, now has 11 children regularly, down from 31, and there are two programs, for infants and toddlers, where there were formerly four. There is also a new program, Multi-Age, for a maximum of 8 children from 2-12 years old.

“We can tell the difference with the kids as their happiness

has increased, through being with other kids and feeling safe,” says Michelle, adding there are a few explanations for why the number of children in the centre has decreased. “Some families want to wait for a coronavirus vaccine, some are waiting for a second wave, and some families have decided to do home schooling.”

She notes that the centre adheres to strict health and wellness guidelines, and “parents need to fill out a form before they can send kids into

the building. We have a zero symptom policy.”

Marissa Mack, who is certified as a Responsible Adult and currently doing her Early Childhood Education certification, is back from maternity leave, and she is teaching language and culture to the children. Trisha Miller, who Michelle calls “the best cook ever”, is certified with her Responsible Adult certification.

“We’ve also received our commercial license so we can provide food all day, every day, and the parents don’t have to pay,”

says Michelle. “We’re supplying families with outreach food boxes every two weeks from Gordon Foods, and we have arts and activities every Friday.”

Marylise Frecheville, who is a big support in our Multi-Age program is also taking her Early Childhood Education.

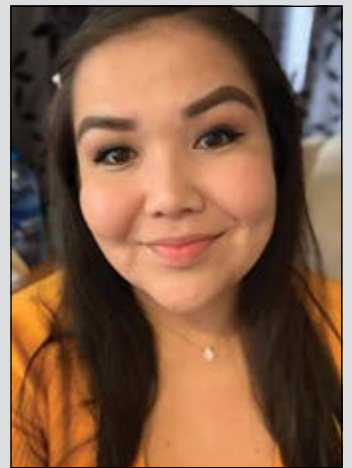
“Donna Louie and Freda Thomas are finishing up their Infant and Toddler Diploma,” Michelle adds. “I am so beyond proud of these women! They have so much drive and passion to succeed.”

Briefly



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New Direction For Umacuk Newspaper

Following last month's introduction to Melissa Boucha, one of the newest members to the Yuulu?il?ath Government Team, the administration is nearing the final stages to having our communications hosted in-house, a plan that started in 2019. We are aiming to have the communications team fully staffed by the end of October 2020 and encourage citizens to review the Communications Officer job advertisement and consider applying (see the advertisement posted in this edition).

As we bring our communications function in-house, we are preparing to wish farewell to Mark MacDonald, who has been contracting with the Yuulu?il?ath Government for the last few years as the writer, editor, and publisher of the Umacuk newspaper and offered other services



Suzanne Williams
DIRECTOR OF OPERATIONS

such as videography, graphic design for community publications, and a great support in the writing of media releases.

It has been an honour to work with Mark over the years and I look forward to continuing our working relationship in areas that require extra support. His ability to work with our team to produce monthly news and updates has been great and I value the time that we spent working together to ensure that our paper was presenting current and accurate information.

Many citizens will have seen Mark at Yuulu?il?ath events over the years including Education Celebrations, Christmas Dinners, Cultural Celebrations, etc. and some of you may have come to know him. However,



Mark MacDonald

you may have also noticed that he was intently observing the flow of the event, taking notes, and taking photos. For the most part, Mark was the one engaging and asking questions of those attending the event and I realize that we may not have taken the time to ask Mark to introduce himself to the community.

While it is not ideal to introduce someone as they are readying to leave, I feel it is important to share with the citizens the person who has been behind the scenes over the years and with that, I share this information and quote from Mark, who will be transitioning out of the Umacuk business.

Running his own successful publishing and communications companies for 16 years, Mark and his wife Lise publish four Business Examiner publications covering most of B.C. A respected columnist, author and award-winning writer, Mark published his fourth book, "It Worked For Them, It Will Work For Me: The 8 Secrets of Small Business I Learned From Successful Friends"

in 2018, which Dr. Peter Legge calls a "must read" for business people of all ages.

"Working with Director of Operations Suzanne and President Chuck and all of the other people in the legislature, government office and other hitacu citizens I've met and interviewed over the past several years, starting in 2016, has been a wonderful experience. I've learned so much, and have watched firsthand the building of a new Nation with a very bright future. I look forward to hearing good reports about the new and exciting programs that have been put in place, and I can't say thank you enough for giving me this great opportunity to serve all of you through the Umacuk."

On behalf of the Yuulu?il?ath Government Administration Team, I would like to thank Mark for his time spent with our organization and citizens and for the value he brought to the Umacuk through the use and application of his interview and writing skills. We look forward to continuing our working relationship with Mark and wish him all the best on his next journey.

Adam Gleeson offers Education Support at Huupatu

Education Support Worker Adam Gleeson will be at the Huupatuu building Tuesdays and Thursdays from 4-6 p.m. to provide Ucluelet Elementary and Secondary School and Choices students with homework and learning support.

Adam will offer guidance on study skills, schedule and time management, organization, setting priorities, how to read and reread questions, and offer feedback on edits and first drafts.

Adam will provide encouragement on how to tackle learning and helping

students advocate for themselves.

These sessions will be for learning support only, and will not replace or replicate school teaching or reteaching concepts covered in school or online classes.

Covid-19 health and safety protocols must be observed:

Attendees must wear a mask indoors.

Before entering the building, attendees must pass the Island Health Student Health Check, the same



Adam Gleeson


used at school. There will be a maximum of four students in any one hour.

Students will sit 2 metres apart.

Students will bring their own devices and materials.

Please contact Adam in advance to confirm time and availability, since for COVID-19 safety, the sessions will not be drop-in.

Adam can be reached from 8 a.m. to 6 p.m. on weekdays via email at: adam.gleeson@ufn.ca or telephone: (250) 266-2730.



COMMUNICATIONS OFFICER

RE-POSTED ON: WEDNESDAY, SEPTEMBER 23, 2020

Reporting to the Manager of Communications and Public Relations (the "Manager"), the Communications Officer works in the Communications Department, based out of the Port Alberni Yuulu?il?ath Government Satellite Office, and is responsible for assisting in the production and distribution of publications, pamphlets and handouts for events and activities, and reporting events for the Yuulu?il?ath newspaper and newsletter. The Communications Officer is also responsible for organizing and reporting on urban citizen engagement sessions of the Yuulu?il?ath Government. The candidate will be responsible for the organizing, maintaining and supervising of the administrative functions of the office, to include engaging urban citizens, developing and maintaining office filing, word processing support for citizens, assisting in the development of reports, papers and proposals and the administration of office supplies and equipment. The Communications Officer works closely with the Manager and other YG department staff to coordinate programs and services as assigned.

For a copy of the complete position description, please contact Ashley McCarthy, Administrative Coordinator, by email (ashley.mccarthy@ufn.ca) or phone (250-726-7342, ext. 205)

Qualifications and Experience:

- Must have successfully completed Grade 12
- Strong reading and writing skills and experience with business and/or creative writing styles
- Experience with related computer software including PowerPoint, Word Press or a keen interest in learning new software applications
- Ability to work evenings or weekends if required
- Criminal Records check
- Valid Class 5 BC Driver's License and own transportation
- Experience working for a self-governing nation preferred

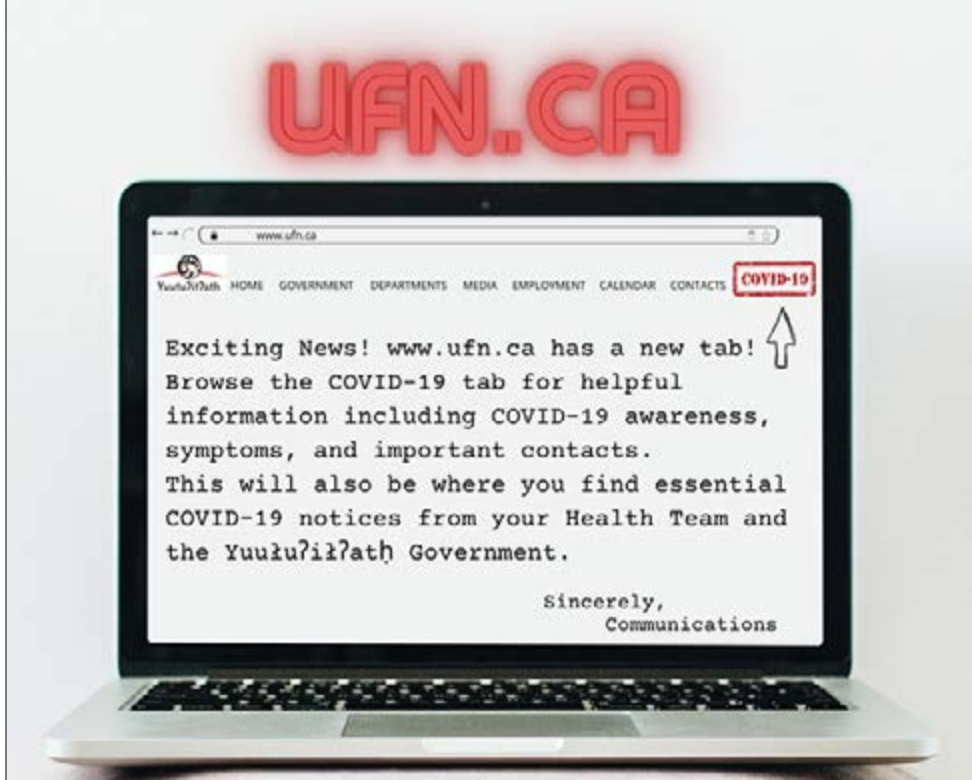
In accordance with the CHRC Aboriginal Employment Preference Policy and the Yuulu?il?ath Government hiring policies, preference will be given to citizens of the Yuulu?il?ath or individuals of other Indigenous Ancestry.

How to Apply: please submit your covering letter, resume and three recent employment references to the attention of the Director of Operations, by email (employment@ufn.ca), fax (250-726-7552), by mail (P.O. Box 699, Ucluelet, BC, V0R 3A0) or in person (700 Wya Road, Hitacu, BC).

Closing Date: Friday, October 9, 2020

Thank you in advance for your application and interest in working for the Yuulu?il?ath Government.

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



U.F.N. CA

Exciting News! www.ufn.ca has a new tab! Browse the COVID-19 tab for helpful information including COVID-19 awareness, symptoms, and important contacts. This will also be where you find essential COVID-19 notices from your Health Team and the Yuulu?il?ath Government.

Sincerely,
Communications

Restrictions Effective In Protecting Our Citizens

Your Yuułu?ił?ath government has been very concerned about protecting our citizens during the COVID 19 pandemic, and we've done everything we possibly can to make sure our people are safe.

We know it has been difficult for everyone, but we believe the restrictions we've imposed through declaring a State of Emergency for several months now has been effective. We have been able to avoid anyone within hitacu being exposed to the coronavirus, and we are very thankful for that.

We grieve for those who have not been so fortunate. We feel so very badly for Tla'amin First Nation, who had as many as 20 of



Chuck McCarthy
PRESIDENT

their citizens test positive recently for the coronavirus, after having none since the beginning of the pandemic. Many questions have been asked about how this could happen, and there are indications that someone from outside the province made contact with Tla'amin people

at a gathering.

This is everyone's worst nightmare during the pandemic. We sincerely hope for a quick recovery by those who have been affected, and that there are no fatalities from it.

When things like this happen, we realize how quickly things

could change anywhere, and perhaps it explains why the Legislature and Yuułu?ił?ath staff have taken the measures we have to protect everyone, including closing the gate to hitacu for a time. We have been so strict and careful because we felt we had to, and so far, it has worked.

Like everyone, we are hopeful for the day when the pandemic is over, and we can return to life as normal. But until that happens, we will continue to be watchful and careful to make sure our Yuułu?ił?ath stays healthy and out of harms way.

The signing of the License Of Occupation agreement with the Ucluelet Mountain Bike Association is an important positive step forward for our Nation.

This will result in better, safer mountain biking trails for not only our citizens, but others to come and enjoy on our Treaty

Settlement Lands.

The UMBA has committed to being respectful and careful of our land as it improves on the existing trails and builds new ones. We appreciate that the UMBA has officially recognized our title on the land, and we have retained 100 per cent decision making authority on anything that UMBA wishes to do regarding the trails.

UMBA has also committed to using some of our Junior Guardian participants and graduates to help build the trail. I believe programs like this are so important to train our young people and equip them with skills that will allow them to work on jobs like this and move into rewarding and enjoyable careers.

This is great news for everyone, and I thank everyone involved for their hard work in making it happen and signing the official agreement.

Welcome Your New Legislature Member Kimberly Touchie

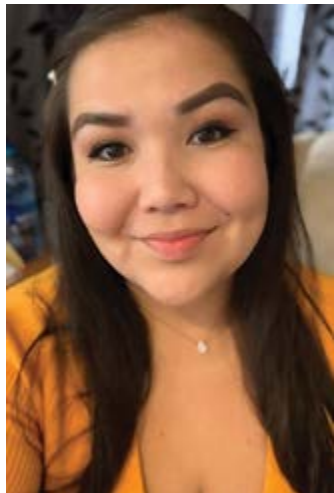
With a soft voice and professional demeanor, long-time hitacu citizen Kimberly Touchie won the hearts of voting citizens, in her campaign run for Member of Legislature for Yuułu?ił?ath Government.

Kimberly took over 50 per cent of the votes cast in the September 12 by-election. Voter turnout was 15 per cent.

Kimberly grew up in hitacu with her sister Samantha and parents Ladner and Marylin Touchie. Kimberly's paternal grandparents were Barb and Sam Touchie of hitacu, and her maternal grandparents were Phillip and Constance Clark of the Nisga'a Nation.

Kimberly graduated from Ucluelet Secondary School and spent many summers within the west coast hospitality industry, and graduated from Vancouver Island University with a Bachelor of Arts in Criminology.

"While in University, one of my practicums was with the non-profit agency, The Native Courtworkers and Counselling Association of BC," she says. "It was working with this organization that had me appreciating the



Kimberly Touchie

work and dedication that non-profit agencies have."

From her experience at The Native Courtworkers and Counselling Association of BC, Kimberly ventured into working with another non-profit agency, the Alberni Community and Women's Services Society, as the Community Based Victim Support worker.

"I have always wanted to be in an employment position where I help people and being a front-line support worker was a great opportunity for that," Kimberly states.

In 2019, Kimberly started working at the Port Alberni Law Courts as a Registry Technician and Deputy District Registrar. "I find that this role has strengthened my core values of ethics, fairness, equality, reliability and dedication," she adds.

"As for my vision for being a part of legislature, I promise to serve and uphold the Yuułu?ił?ath Constitution and Laws and prioritize Yuułu?ił?ath and our citizens. I will strive to honour our ancestors, elders, Ha'wiih and our Hahoulthee and commit to the values preserved for us," Kimberly says.

"I promise to adhere to the highest ethical standard, ensure our Yuułu?ił?ath resources are used efficiently, and provide service on an equitable and impartial basis, and respond to the needs of Yuułu?ił?ath citizens in a timely and accessible manner. I also promise, (as an elected) member of Legislature, to conduct myself at all times with integrity

and respect for the position and place the interests of Yuułu?ił?ath ahead of my own during my term."

The election was held due to the passing of former Legislature member Joyce Patrick. The Yuułu?ił?ath honours Joyce, as her term ended unexpectedly and far too soon. She will always be remembered for her dedication and community spirit.

Language Class with Jeneva

Monday, Wednesday & Thursday
5:00pm to 6:30pm . via Zoom
Meeting ID & Passcode, available every Monday, Wednesday, and Thursday, until November 4, 2020.

Zoom Details

www.zoom.us
Meeting ID: 810 9130 1500
Passcode: 121964
or
Tel: 1(778) 907-2071

Yuulu?ił?ath
For questions and concerns, contact Samantha Touchie, Culture & Heritage Assistant
250.725.8700

Full Speed Ahead For Community Development

Community Development Officer Zaid Sarigat arrived in Hitacu last spring to begin work with the Yuulu?il?ath people, and he has hit the ground running.

The government decided to hire a Community Development Officer to dedicate more time and effort to community development projects, improve standards within the community, provide employment opportunities and improve child care and protection programs.

Zaid came to the job with years of experience and education as a trained social worker, and he has put that to good use.

A partnership program with Parks Canada has been developed to provide skill development opportunities to younger members of the community.

“These skills will not only serve the community in the short term, but will be helpful for further education of candidates as well,” he says. “It will also improve the standard of professionalism within the community and provide options to future generations.”

This program includes but is not limited to the following:

- A Junior Guardian program has been created in collaboration with Parks Canada to provide an opportunity to selected members of the community with training that is at par with Parks Canada staff. This program is a new initiative launched specifically for First Nation communities to provide on-land experience. The program has been culturally appropriated, and it provides financial responsibility to young people.

- The Beach Keeper program has been created as a part of the Junior Guardian program, and it has merits that surpass the parent program. The Beach Keepers are a select group of



Robert Andrew, Waylon McCarthy and Zaid Sarigat at Huupatuu. Photos by Zaid Sarigat



Zaid Sarigat

Junior Guardians who receive professional education about protection and knowledge from Parks Canada employees at the beaches that surround Ucluelet First Nation.

- Trail building has also been undertaken as part of the government’s pledge to improve community



maintenance and development of the community.

Robert Andrew was one of the trainees, and he said “I kind of knew it already, so it was pretty easy. Before receiving the training, it wasn’t legal for me to use a chainsaw yet, so to be able to do that now is kind of cool.”

- Position and Acquisition Learning (PAL) training, a firearm safety course, was provided for the youth in the community and discussions are in place about opening it up for the community.

Waylon McCarthy took the chain saw, CSIP and PAL training and said “It’s pretty nice to get outside and do things like this. It’s good to get the training for other future jobs. With the PAL training, that was pretty neat. It was nice to learn all of that information. It’s been a busy summer.”

Waylon and Robert are already putting their training to good use, building trails and clearing the area in front of the Huupatuu building.

“We’re opening up making it look nicer and get a view,” says Waylon. “We’re going to be painting around the building, helping out with this building, and making it something more useful.”

Waylon, who has one more year of high school, is excited about the internship he’s been on.

“The Junior Guardian course started a month ago. We’ve been helping out on the trail, and we’re making progress every day, and getting used to being out there. It’s pretty neat.”

services. A trail to hitacu Lake has been organized and is being worked on for the benefit of Yuulu?il?ath citizens. The trail will be accessible for the elderly and disabled and shall be maintained by UFN staff going forward. It will also be used to promote Indigenous learning and leadership amongst community members.

Through the various engagements provided to the members of UFN, the department strives to promote employability of the community members. This includes training of professionalism and employment related work structures such as perfecting a time sheet, maintaining intricate paperwork etc.

- Wildlife training has been provided in addition to programs provided by Parks Canada. This includes bear training, whale spotting, cougar prevention and others. These are skills that will be helpful for any potential internships or other opportunities that members of the Nation might explore.

- Chain Saw training was provided to a group of young people and UFN employees. This has been useful to create an in-house cleaning crew for

Thoughts on the Hitacu Assembly & Communications?

We would like to hear from you!

SURVEY

communications@ufn.ca



Type the link in your browser to answer a few questions to provide helpful feedback!

www.surveymonkey.com/r/JQ68ZVP

Significant Advances in Social Services And Health

Despite COVID 19 precautions that have affected the arrival of new team members and staff, it has been a very productive year within the Social Services Department.

Dr. Rohan Ghatak, who arrived last November, oversaw the assembly of the new team of care professionals, and notes “The credit for the good work goes to every individual within the Department of Social Services,” says Dr. Ghatak. “A special mention goes to Director of Operations Suzanne Williams and the Executive Leadership for providing continuous support to our team.”

Dr. Ghatak provided a summary of activity and accomplishments within Social Services for the Yuuᓴuᓴiᓴᓴᓴ recently.

- The Yuuᓴuᓴiᓴᓴᓴ health centre is in the process of being moved from its current location to the Huupaatu building to create a Social Services Campus. The campus will have the health centre on the main floor and the Social Services department on the lower floor. “This change was created to accommodate and expand services within the community and provide better care delivery to the citizens,” Dr. Ghatak states. That includes the arrival of Dr. Ted Altar to focus on and improve mental health, who is introduced in this issue of the Umacuk.

- Nursing care improvement within the Nation was one of the most important parts of care improvement. “Amanda Aspinall is an excellent nurse and her presence in the community has been a strong point of support for the community,” he states.

Additionally, Licensed Practical Nurse Simblejeet Kaur Gill was hired to provide continuous support to the patients within UFN.

“She comes with a wealth of experience within First Nations in B.C., and has been taking a thorough look at improving nursing standards further. She is also a certified Foot Care Nurse and will be starting footcare clinics within UFN soon. Her equipment for that has been ordered and expected soon.”

- Medical Care improvement within UFN has been of interest and Dr. C. Marshall will be holding a clinic at the Huupaatu building one day each week. This was to be in effect since April, but due to the recent pandemic and its consequences, her clinic has been delayed until further notice. It is expected to be under effect as soon as possible. Additionally, Electronic Medical Record systems will be put in place to provide efficient care delivery for patients.

- One of the highest priorities of this department has been to provide for the community during the COVID 19 pandemic. The following are the responsibilities accomplished during COVID 19 by Yuuᓴuᓴiᓴᓴᓴ government and



Staff members practice social distancing at Huupaatu building. From left: Adam Gleeson, Simblejeet Kaur Gill, Michelle Ralston, Aliya Haer, Dr. Rohan Ghatak, Zaid Sarigat. Photo by Melissa Boucha.



Dr. Rohan Ghatak

services.

Stocking PPE for Medical workers, in-need families, and staff.

Working with EMBC to create the Social Services protocol for Emergency Response.

Liaising with VIHA and FNHA to create testing, screening and evacuation protocols for emergencies related to COVID 19.

Obtaining equipment and devices for testing and screening.

Providing complete health and nursing coverage to the members of the community while securing staff exposure by creating work from home protocols.

Arranging support for staff and others who needed to go on Employment Insurance.

Arranging COVID 19 funding and managing the flow through of that funding to provide important functions to the community such as security at the gates; providing income support; food and other outreach; health-related outreach; contact tracing; providing community-wide security measures to mitigate and/or counter the possibility of COVID 19 within UFN; Disseminating information within the community and being in constant communication to provide support and information beneficial to citizens; and arranging for the immediate testing and screening needs of the members in this community.

- Negotiations are continuing with the Nuu-chah-nulth Tribal Council to provide better care for the hitacu community and possible self-resilience of services starting in April, 2021.

- Continued Homecare and Personal care worker support is being provided to families that need additional

assistance. Debbie Mundy has been working tirelessly to provide superlative standards of care while being supported by LPN Simblejeet Gill.

“Additionally, Debbie has maintained open communication with the elders in the community to provide valuable information that was crucial for service delivery, engagement, and enhancement,” Dr. Ghatak states. “She has also provided support to strike a balance between traditional and western medical support that has been a cornerstone of our service expansion.”

- Virtual healthcare support has been on top of the list for our department. “Furthermore, we have utilizing the Doctor of the Day program, which is a virtual doctor for patient’s needs provided by the province,” he explains. “We have also promoted the use of private apps such as Maple which provides virtual medical care to patients.”

- Patient travel and nourishment were provided special attention by Carrie George, who has provided the utmost support to the community members in need.

- Uustuukyuu traditional health programs will be provided soon to citizens. “Our leadership has provided their support to them and based on a pandemic revised timeline, we shall have traditional health support as well,” Dr. Ghatak states.

- As part of its core value of being in the forefront of medical change, UFN will be entering into collaboration agreements with medical device supplying organizations.

“This will be a pathbreaking development as this will be a new standard of delivering excellence for UFN,” Dr. Ghatak notes. “This partnership will begin with the inclusion of portable ultrasound machines to be used for the members of the community. The ultrasound machines are expected to be smart-connected to beam the resulting image to an electronic device of the choice of the patient, which can then be shared by the patient with their physician and nurses. “This will set the care provided by UFN at a standard far above its peers.”

IS IT A COLD, FLU OR...?

COVID-19 testing is not recommended for people without symptoms.

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold.

Including:

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat
- Painful swallowing
- Stuffy or runny nose
- Loss of sense of smell
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

Please call Island Health's Call Centre at 1-844-901-8442 to be assessed to determine if you need testing.

Hours are 8:30 to 4:30pm, 7 days a week

Yuulu?il?ath Signs Milestone LOO Agreement With UMBA For Trails

Continued from page 1

respectfully consult with the nation before any decisions were made concerning their involvement on Mt. Ozzard.

“By entering into an agreement with UMBA where UFN retains 100 per cent decision making authority, yet UMBA is providing experienced trail builders, maintenance, and liability via their own insurance policy, I believe that this is an amazing opportunity to provide the UFN community with new trails in which they can access the important place of čumaata (Mt. Ozzard) as well as have UFN members actively employed in building and maintaining these trails, and possibly creating economic development opportunities for citizens on TSL lands in the future as these trails become developed. By partnering with UMBA, we are able to better manage and protect such an important place to the Yuulu?il?ath.”

The LOO means fresh recreational opportunities and jobs, as well as a boost to the local tourism industry. There is plenty of excitement about the agreement and the possibilities, a point that Economic Development Officer Corey Rich sees clearly.

“Mountain Biking and Hiking trails are outdoor activities that exist in an important economic corridor of Yuulu?il?ath lands,” Rich points out. “Enticing increased user activity into treaty settlement lands is how we can strategically position ourselves to benefit from economic



Trail blazers: From left, Economic Development Officer Corey Rich, Markus Rannala of UMBA, Director of Operations Suzanne Williams and Manager of Culture and Heritage Carey Cunneyworth at a trail entrance in hitacu.

development in the coming years.

“It is our hopes that these trail networks will bring new excitement on the hitacu side of the bay, and that by enhancing these land corridors with new recreational activities, everyone from those involved in trail construction, trail usage and supporting business ventures will come to understand this particular initiative. In the future this visitation activity combined with a growing population can help justify new capital investments such as placing a storefront, food kiosk, restaurant, or grocery closer to the reach of Yuulu?il?ath citizens.”

UMBA is a registered non-profit society of volunteers that

advocates and maintains mountain bike trails in the Ucluelet area. UMBA’s mandate is to preserve, maintain, repair, improve construct and enhance trails in the Ucluelet area for the use and enjoyment of cyclists and other members of the community. As they do, they promise to protect and preserve the environment and forests, and they purpose to build relationships with surrounding communities and Indigenous organizations.

UMBA President Markus Rannala signed the agreement on behalf of the organization, and is excited about what the future holds because of it. I am absolutely thrilled to report that the “Recognizing the

need for consent to ride and improve the existing trail system on First Nation land was a founding principal of the society and as such this represents a huge landmark for UMBA,” says Rannala. “We are looking forward to future collaboration and would like to give a huge shout out to Carey Cunneyworth, whose work has been instrumental in pulling this together.”

UMBA and the District of Ucluelet has applied for grants to help cover the costs of building the trails, including a possible \$200,000 from the Community Forest Dividend Fund.

The current trail runs 5 kilometers to the top of Mount Ozzard, home of the white weather dome that can be seen for miles which offers unparalleled, spectacular views of the Broken Islands, wild Pacific Ocean and the sprawling West Coast.

It is popular with experienced mountain bikers, but funding would enable UMBA and possibly Yuulu?il?ath young people who have been trained to build trails through the Junior Guardians program to make them more family-beginner friendly.

UMBA is committed to building to Whistler Trail Standards, established in 2003. The multi-page document states that it is “not a ‘how-to’ on building or maintaining trails; rather it is the standard by which the trails will be managed within the Whistler Valley.” Nevertheless, the multi-page online document includes tips and recommendations as suggested guidelines for prospective trail builders.

WATER CONSUMPTION

Late August, with drying weather conditions, hitacu citizens were reminded of tips to reduce water consumption. As we fall into soggy days, Jeremy Valentine, Water Operator, would like to remind hitacu citizens to continue to make a healthy habit of water conservation practices (when and where applicable).

TIPS & TRICKS

- Take a shower instead of a bath
- Turn off the hose while washing the car or during any outdoor household maintenance
- Run sprinklers for a few hours in the morning or evening when watering your lawn
- Make sure all outside faucets are turned off
- Check all indoor and outdoor faucets and pipes for leaks and drips
- Turn off the tap while brushing your teeth or shaving
- Turn off the tap while washing dishes (when not rinsing)
- Refrain from running the dishwasher with less than full loads
- Refrain from running the laundry with less than full loads

keekoo

A close-up photograph of a silver water tap with water flowing out. The tap and the water are covered in droplets of water, suggesting it has been recently used or is in a humid environment.Three lightbulb icons arranged horizontally. The first two are white with black outlines, and the third is yellow with a white outline and a white heart shape inside, symbolizing an idea or prosperity.

Building Regional Prosperity

TAKE THE SURVEY TO TELL US YOUR EXPERIENCE AND THOUGHTS ON POVERTY AND PROSPERITY IN THE COMMUNITIES OF THE ACRD

A square QR code that, when scanned, likely leads to the survey mentioned in the text.

USE YOUR PHONE CAMERA TO SCAN THE QR CODE OR FOLLOW THE LINK

<https://www.surveymonkey.com/r/BuildingProsperityACRD>

HELP US BUILD A REGIONAL ACTION PLAN AND ENTER TO WIN ONE OF TEN \$100 GROCERY GIFT CARDS AT A STORE OF YOUR CHOICE BY FOLLOWING THE DIRECTIONS AT THE END OF THE SURVEY

The logo for the Alberni Clayoquot Health Network, featuring a stylized mountain range and the text "ALBERNI CLAYOQUOT HEALTH NETWORK".

September 21: Yuułu?ił?ath Day!

Monday, September 21, marked Yuułu?ił?ath Day, a day that acknowledges our independence as a self-governing Nation, free to govern the activities of the Nation under our own Constitution, as signed on April 1, 2011.

This year, we recall the important words in the Constitution Preamble:

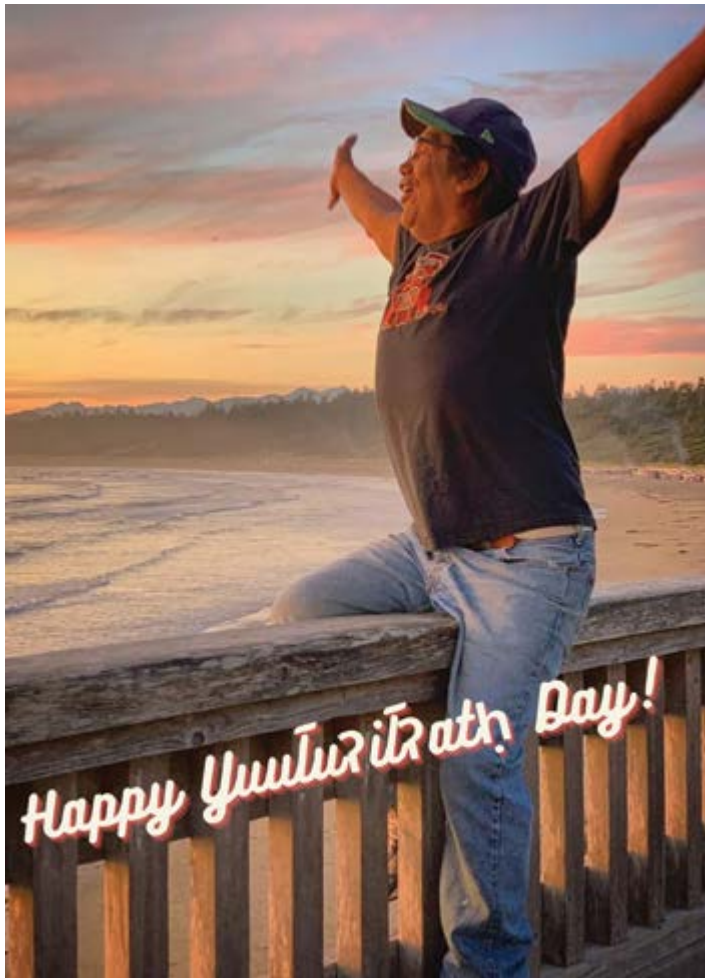
- The Yuułu?ił?ath, by this Constitution, declare our unique identity as a Nation and claim our rightful place in Canadian society.

- We have, throughout time, functioned on and abide by an internal order based on our Ha'wiih and our Hahoulthee.

- We have existed from time immemorial and have occupied and used the lands, waters and resources of our traditional territory, as set out in Schedule 1 to this Constitution, throughout history.

- We draw our identity from our relationship to our lands and from our rich heritage, culture, language and our stories, myths and oral traditions.

- We honour our ancestors and our elders and commit ourselves to the values that they preserved for us, values that provide us dignity and



Ladner Touchie celebrates Yuułu?ił?ath Day in this photo taken by his daughter, Samantha Touchie

enhance our humanity.

- As self-determining peoples, we accept the responsibilities inherent in governing ourselves and seek, with the assistance of Naas (the Creator), to govern with wisdom and respect for all people.

- Through the act of governing, we assume the power to preserve our natural world and enhance our identity.

Happy Yuułu?ił?ath Day!

Psychologist Dr. Altar Arrives To Serve In hitaçu

Registered Psychologist Dr. Ted Altar has arrived from Terrace to serve the citizens of Yuułu?ił?ath.

Dr. Altar has been in private practice since 1995, as well as teaching psychology and doing case-by-case contracts for several provincial and regional organizations. Most recently he was Head of Mental Health with the Nisga'a Valley Health Board, and he is a Past President of the Psychologists Association of British Columbia, Canada.

His experience includes extensive client counselling, psychometric assessment, clinical assessment, individual and group treatments and administrative duties. He had also provided clinical and administrative supervision for 10 mental health workers. Other community workers have also obtained consultation, guidance and supervision from him. Dr. Altar's initial interest and training in mental health were in the clinical field, and he started out as a volunteer with the Vancouver Mental Patients' Association.

"After volunteering at different agencies, I worked as a front-line worker and case worker at the Vancouver General Hospital," he recalls. "I have worked as a volunteer, case worker, crisis centre worker, suicide prevention worker, counselling assistant and psychological assistant."

Upon earning his Masters, he worked for two years as a counselling assistant at the University of Regina doing both vocational and personal counselling, as well as two years at the Regina Mental Health Clinic doing counselling, assessments and stress management programs.

"I have been continuously working since 1996 both as an educator and as a Registered Clinical Psychologist at the doctoral level in the Terrace Region," he adds. "Having worked at all levels in both the public and private sector I value the role of volunteers, para-professionals and professionals within the mental health system."



Dr. Ted Altar

Part of Dr. Altar's work in Terrace included psychological assessments and parent and capacity assessments.

"I have served as an expert witness in court over 40 times pertaining to parent capacity or custody assessments that I completed," he notes. "I also had provided services to First Nations clients on two Reserves near Terrace and this work requires adaptability and the skills of a generalist working with both adults, adolescents, children and extended families."

Dr. Altar is part Hawaiian, and he believes this has been a strength for his work with First Nations people.

"I find that the First Nations people I serve feel comfortable with me, as someone who, like themselves, belongs to an ethnic minority," he says, adding that his research interests pertain to the mental health of First Nations, addictions and positive psychology.

"I am a strong advocate of evidence-based services and believe in the highest standards of professional care," he adds, noting he has completed over 40 parenting capacity and custody assessments and testified as an expert witness and fact finder for the court. "In both my administrative role and my clinical practice, I have strongly promoted the benefits of a healthy life-style."

Briefs

Fish Distribution in Vancouver

Yuułu?ił?ath citizens on the lower mainland can participate in the Halibut and Sockeye Food Fish Distribution on September 30.

The Lands and Resources Department issued a notice about the distribution, and a call will be put out to all mainland citizens on specific details.

Cold and Flu Season

With cold and flu season upon us, there are many similar symptoms between the common cold and flu,

and the COVID 19 coronavirus.

If you have any questions or concerns, you can dial 811, as someone is always available to take your call and answer your questions, 24 hours a day, 7 days a week.

Highway 4 Work Resumes

Project activities on Highway 4 at Kennedy Lake has resumed after a slower schedule for the summer, and from September 16-June 4 it is Off-Peak Season.

That means there will be stoppages from 1-4 a.m., 5-7 a.m., noon to 1 p.m., 4-5 p.m., and from 10 p.m. to midnight each day.

The provincial website notes that the majority of the rock blasting and traffic stoppages are planned during

the night to minimize traffic disruptions, but some traffic stoppages are required for "daylight critical" activities like rock scaling.

Single lane alternating traffic may result in up to 30 minute delays during peak traffic periods during the day.

No traffic stoppages are permitted on Friday evenings between 10 p.m. and midnight, or on long weekends, including the day before or after.

Small Business Relief Fund

Small to medium-sized (SME) companies from all sectors and regions of Canada are eligible to apply for up to \$5,000 from the Canada United Small Business Relief Fund.

For-profit and not-for-profit

organizations are eligible to apply. They must have been operating as an incorporation or operating as a sole proprietor in Canada as of March 1, 2020, have no more than 75 employees, have minimum annual sales of \$200,000 but less than \$3,000,000, have \$1,000,000 of commercial general liability insurance, and are not receiving any other contributions from public funds towards specific activities contained in the funding application.

The funding is targeted towards preventative measures against COVID 19, but also includes enhancement of website/e-commerce capabilities for the business.

For further information, visit <https://occ.ca/canada-united-small-business-relief-fund/>.

Čims (black bears) in the fall

By Marianne Paquette

WildSafeBC *łichuuł Coordinator:*
Hitacu-Macoah

Summer is now over and we can start to feel that fall is here.

This season means something different to each of us. For some, fall evokes the smell of crisp leaves on the ground, for others, it will bring up memories of warm home-cooked meals and enjoying the comfort of a hot drink by a crackling fire.

However, for čims (black bears), it is a whole different story.

From March until the end of November, čims are very food-focused, but in the fall, they enter a phase called hyperphagia which can also be described as a period of extreme eating. As they are getting ready for the winter months, čims need to put on layers of fat and to achieve this they require an average of 20,000 calories a day. To put this into perspective, that would be the amount an average adult would be eating over ten days!

That is why, in the fall, čims go from being food-focused to completely food-obsessed. With a sense

of smell that can detect food from over one km away, čims are looking for foods high in calories that can help them put on the weight that will sustain them throughout the colder months. When čims overwinter in their dens, they may lose up to 30% of their body weight.

In our region, čims have access to abundant sources of natural foods.

One of the critical parts of their diet in the fall comes from salmon which provides them with an incredible amount of fat and protein. Hungry bears will often be seen congregating when salmon are spawning.

Being opportunistic omnivores, čims will take advantage of anything they can find and in an area like the west coast of Vancouver Island, they will often be seen foraging in the intertidal zone. This is common for them to do throughout the seasons, but in the fall, this is where they can find many of their daily calories. You might see them forage near the water on a low tide, turning over rocks in search of shore hasaamac (crabs)



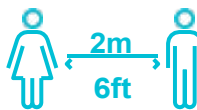
WildSafeBC. Credit J. Couperus

Stay Strong. Stay the Course.

Protect yourself and your loved ones



Wash your hands frequently for at least 20 seconds.

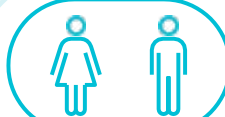


Maintain physical distancing.

Avoid gathering in large numbers.



Wear a mask whenever physical distancing is not possible.



Be cautious if you expand your bubble.



If you feel unwell, stay home.

Be kind to each other.



Testing is available for those who need it, but not everyone needs to be tested.



“ This is not the time to lower our guard. What we’ve been doing is working. Keep it up! ”

– Dr. Shannon McDonald
FNHA Acting Chief Medical Officer

Learn more at the [FNHA.ca/coronavirus](https://www.fnha.ca/coronavirus)

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or looking under a big pile of bull kelp washed up on the beach to eat amphipods like beach hoppers.

You might also have noticed some purplish bear scat around *tašii* (road/trails) or close to your community, these bear scats are full of *y’amá* (salal berries). Berries are essential for helping čims add layers of fat that will sustain them through winter. These berries are now very ripe and are a great source of sugar for them. They are also abundant in our region, which is why čims are eating them in high amounts to get their much-needed daily calorie intake.

This area of the Pacific Northwest is carved out of prime bear habitat and we share the landscape with these incredible omnivores. Therefore, from time to time, you might see a čims around your living space considering that we are also living on theirs. This time of year, čims can be more active in the area since they are on a continuous search for food.

As long as they move along and do not linger around the community, start accessing unsecured attractants or interacting with people, there is no concern. They might just be trying to access a food source from one end of your community to the other.

However, if the availability of natural foods is low and the attractants are not well managed in surrounding communities, čims can be tempted to seek out unnatural

foods. Remember, they are hungry and all they can think about is eating.

This is why it is even more important during the fall season to secure all attractants and ensure that these čims do not have access to human-provided food sources. Making sure to keep your garbage indoors before you are ready to bring it to a community bin and latching the bin properly before you leave the area, are great ways to help the čims stay wild and also help your community stay safe.

Simple actions, like taking your bird feeder down until winter, picking up all the fruit off your fruit trees and on the ground, disposing of fish remains in deep water, feeding your pets indoors and cleaning your barbecue after each use, can make a huge difference. It is essential to keep in mind that we live where wildlife lives, and unfortunately, wild čims are not aware of what is off-limits to them. It is our responsibility to be very diligent this time of year and ensure that all human food sources are inaccessible to wildlife.

Enjoy this beautiful fall season and remember to report all wildlife conflicts to the BC Conservation Officer Service RAPP line at 1-877-952-7277. If you have any questions about how to secure the attractants around your house or are not sure what options are available, don’t hesitate to contact me at hitacu-macoah@wildsafebc.com.