



Yuutu?it?ath

Umacuk

Summer 2021 | Volume 13



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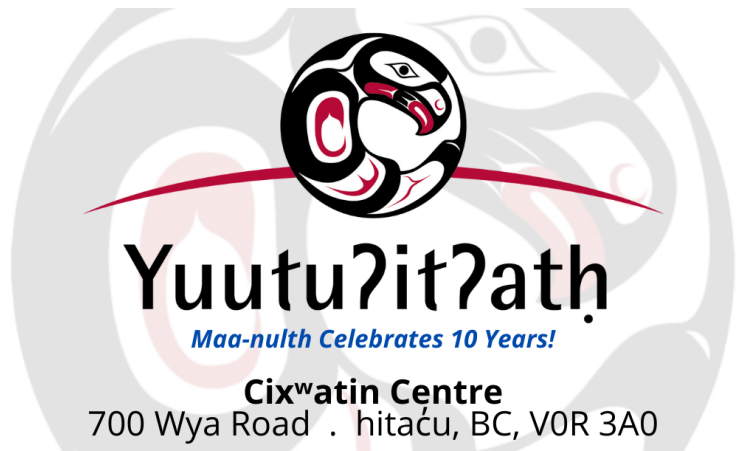
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This publication was written and creatively prepared by Melissa Boucha. We thank all guest submissions and interviews, to complete this publication for you. Photos: front cover, back cover - Melissa Boucha



A prayer, as written by late Elder Barbara Touchie



Waikaašhaas Yaalapi Haweel

Praise be to you Creator

ṭatakʷinmin

We are making a plea

Hupii?in huuhtakšiih

Help us to learn

Tʼaaqsčii kukʷapin tašii

Show us the right path

Našuk suqḷapin

Strengthen our spirit

?uu?uu quk kukaḷapin kaḷhak

Let us have a good day

ḷeekoo Ḥaweel

Thank you Creator

Na?aatahsuk niíwa

You are listening to us

?upaaḷ ya?aaayaqʷinkqin

And our loved ones

The Red Dress Movement

Red dresses dancing empty in the wind can stir strong emotions for onlookers. That was the intent of Indigenous artist Jamie Black when she first began her REDress art exhibit. The REDress Movement started in 2011 at the University of Winnipeg with the intent to create a visual representation of the Indigenous women who have gone missing across North America by hanging red dresses in their honour. Black's installation of dresses inspired people, soon she was receiving hundreds of dresses in the mail donated so more installations could happen. Soon enough what was originally intended to be a temporary "guerrilla art exhibit" transformed into a nation-wide effort to raise awareness for missing and murdered Indigenous women and girls (MMIWG), culminating on May 5 being deemed Red Dress Day.

Jamie Black's idea sparked inspiration for other projects too. The Lil' Red Dress Project is an effort started in 2018 on Vancouver Island by co-founders Carla Maxmuwizungma Voyageur and Aabawasige Jeannine Lindsay to raise money for MMIWG signage and awareness projects. The Lil' Red Dress Project began after the co-founders saw multiple billboards in the Comox Valley for a young missing girl, realizing that renting expensive billboards isn't accessible to many Indigenous families with missing loved ones Carla and Aabawasige decided to do something to change that. They used their cultural knowledge to bead little red dress pins to sell and put the profits into creating awareness for MMIWG. Joined by their husbands, children, and passionate team the Lil' Red Dress Project is still going strong today, continuing to bead pins and host workshops. www.jaimeblackartist.com

In recent years it has become a common sight to see red dresses hung along roads and highways, on personal residences and on university campuses. Throughout Vancouver Island people's love and emotion for MMIWG is potent, red dresses are a common sight while driving on the Island Highway. Unfortunately, not everyone's response to the display is positive. There were three known instances this year of dresses being taken down by vandals or people who did not understand what the red dresses represent. In one of these instances a citizen of Yuułu?iŋ?at̓ hung red dresses only to have them stolen a few days later. This did not deter her though, as she rehung the dresses and blue shirt for her brother the following weekend. Similarly, when dresses were removed along the Island Highway in Ladysmith Roxanne Harris, Chief of the Stz'uminus First Nation, teamed up with Ladysmith mayor Aaron Stone and their respective council members to replace the red dresses. In both cases

the dresses were not removed again, hopefully because the people responsible now understand the importance of the red dresses.

More recently Red Dress has expanded to include other vulnerable groups along with women and girls, including Indigenous LGBTQIA+ persons as well as the occasional blue shirt hung in remembrance of Indigenous men who have been murdered or gone missing. Red Dress, or the National Day of Awareness for Missing and Murdered Indigenous Women and Girls, is the capstone day to remember the Indigenous women of all ages and walks of life who were taken from loved ones too soon. But the honouring of our sisters, mothers, aunts, and daughters does not end on May 5.

Displaying red dresses can be done all year long and the Lil' Red Dress Project runs workshops and sells their beautiful beadwork to help the families of MMIWG year-round. Every single day anyone can take a few moments to make sure that our lost loved ones are honoured and never forgotten.

Submitted by Rose Aday-McCarthy, Communications Coordinator.

Support Local!

Yuułu?iŋ?at̓ citizen Sarah Billy creates beadwork, under the operating name of Sarah's Beading. Red Dress, Indian Residential School, and Every Child Matters earrings and other creations, can be found in Sarah's line of creative goods, and can be specially ordered. You can find more information on Facebook, simply searching Sarah's Beading / Sarah Billy.





Traditional House Front Design Contest

On Tuesday, June 8, Hjalmer Wenstob held a Traditional House Front Design Seminar. This seminar walked participants through the process of designing a traditional House Front. The end result? The option to submit your designs for the Traditional House Front Design contest, as curated by the Culture and Heritage Department. The contest ran for a week and was open to all Yuułu?i?ath citizens with special approval for non-Yuułu?i?ath citizens. The contest was open regardless if artists chose to take the seminar.

The winner of the contest was Jackelyn Williams! Successful applicants were Jay Millar with honourable mention going to Trinity Babichuk. Read along as Jackelyn Williams talks on family, inspiration for the selected design, and growth of being a Nuu-chah-nulth artist. Jackelyn Williams is also owner, creator for Yaakmis Creations.

From Jackelyn Williams...

ʔukłaamaḥ Yaaʔaʔat, Jackelyn Williams. ʔuhukʷitaḥ ʔumʔiiqsu Puuni Debbie Mundy, nuwʷiiqsumit Jackie Williams. ʔukłaaʔakaḥ nananiiqsu Kathy and Earl Mundy (Karen), ʔuḥiḥ Jackson Williams-mit, Irene (Taylor) and George Mundy mit. ʔunaakaḥ ʔaḷa tʷaatnʷeʔis - Quʔuḥinmi Irvin ʔuḥiḥ ʔayiic Matthew, ʔuḥiḥ ʔunaakaḥ cʷawaak tʷaatna, Haḥiḷaqsqa Dezeræ Seitcher.

My name is Jackelyn Williams, My mother is Debbie Mundy, my later father is Jackie Williams. My grandparents are Kathy and Earl Mundy. My late grandparents are Jackson Williams, Irene Taylor and George Mundy. I have 2 sons Irvin and Matthew, and I have 1 daughter Dezeræ Seitcher.



The inspiration for the design came from thinking about our people as successful whalers. Not long ago, our communities prospered in the whale hunt. To me this can be symbolic to nowadays as overcoming colonial oppression. We will succeed and prosper once again. Our people are as powerful as the Thunderbird, and we work together with not only the strength of the others on the hunt, but also the faith of the whale and n'aas (creator). The faith that we will prosper, we will do good with its offering.

I have been creating art for as long as I can remember, as Ucluelet Secondary had some great art teachers and mentors that showed us a variety of techniques, even carving and printmaking. I contributed art pieces when I needed to since, but only more recently I accepted this passion and started putting pieces out to community. Aside from school, I was mentored unofficially by friends and family. I remember Granny Rose (Cootes) teaching a handful of us how to

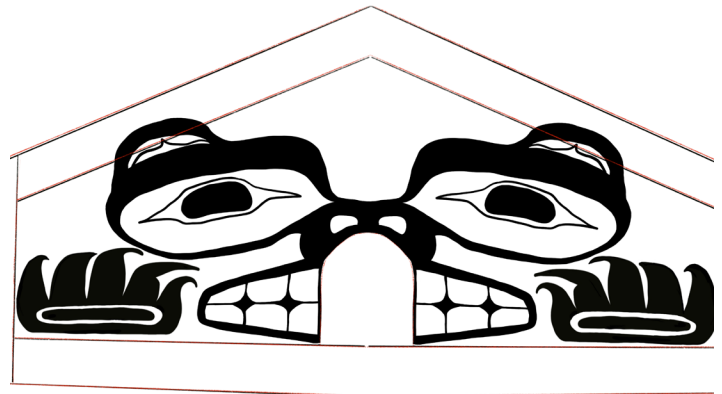
make grass baskets, uncles Art, Hudson, and Ellery sharing their carvings, and any Nuučan’uł artist willingly sharing about their work along the way. Thank you Hjalmer for sharing discussion and your knowledge on Zoom - I was able to catch a bit of that awesome presentation this June.

I am super excited that hitaču is building a big house/longhouse. I’ve heard from a few other communities that Yuułuuʔiʔaṭṭ was the most powerful, impressive nation historically on the coast. The singing and performances were so powerful that generations later they are still speaking of it. Speaking from experience, I know how important our culture and ceremony is to building strength and resilience. This house will bring a lot of positivity and good energy to community, and I am delighted it is in the works!

Ƨatikšiłmah n’aas and our ancestors, our ʔeeʔiičim and huhuupiʔik. ʔuušy’akšiłeeʔicuu huupiics’tał tiičmis, čačim-ḥiiy’ap tiičmis Yuułuuʔiʔaṭṭ. *Thank you to the creator and our ancestors, our elders and the teachers. Working together with life, making life better for UFN.*

Jackelyn is also the creator of Yaakmis Creations. A line of Nuu-chah-nulth painted handbags and other accessories, including logo, design and a resource for Nuu-chah-nulth artistry. Yaakmis can be found on social media @yaakmis-creations or yaakmis.com. The focus of Yaakmis is to preserve Nuu-chah-nulth history and culture.

With the winning design, Jackelyn will be working with the Culture and Heritage Department to further the design to ensure complete Yuułuuʔiʔaṭṭ representation and for large scale application in the community of hitaču.



Art submission by Trinity Babichuk



Art submission by Jay Millar



Photo by Melissa Boucha

Language Song

Written by Timmy Masso

**Hiišilna suučiiḗ ciciqminḥukqin
Wikin tuuḥuk wikin tuuḥuk
Wikin qaayačič wikin qaayačič
Čaamapiʔin čaamapiʔin
ʔuuʔukʷaʔaṭṭa ʔuuʔukʷaʔaṭṭa**

We hold onto our language for one and for all
Let us not fear, let us not fear
Let us not drift, let us not drift
Let us stand tall and speak our language, let
us stand tall and speak our language

Timmy Masso and Hjalmer Wenstob recently joined Samantha Touchie, Marjorie Touchie, and Gloria Valentine (all pictured), in a cultural song and drum session for the youth. Timmy sang his self composed ‘Language Song’ and welcomed to share the lyrics, written in Nuu-chah-nulth with translation. ʔeekoo Timmy & Hjalmer!



British Columbia Conservation Foundation



Summer, what a great time of the year! You might already be enjoying the longer, warmer days and the greenery that the spring has brought. For čims (black bears), the transition from spring to summertime means a few different things. It represents an opportunity to seek out some valuable food sources as the qaawii (berries) start ripening. Qawii (salmonberries) have started showing their colourful fruits in late spring and will be available through to early summer. However, a great advantage for čims is that qaawii often ripen in succession from one plant species to another. Here on the coast, the abundance of qaawii shrubs in and around each community is impressive. You can probably think of many species growing just around your neighbourhood right now, like huup?aał (thimbleberries), y'am'a (salal) and tupkapiih (blackberries) and many others.

While čims are classified in the Order Carnivora, they are actually what are called opportunistic omnivores with

about 80% of their diet being plant-based. They will take advantage of the valuable sugars available during qaawii season and will consume a remarkable amount in one sitting. However, the success or failure of these natural crops are sometimes connected to higher spikes in human-wildlife conflicts as čims might need to find other food sources and can often be tempted by high-calorie unnatural attractants, like garbage.

Did you know that each spring, sows will force their second-year young to leave their side and find their own territory once it is time for her to mate again? Young females may stay nearby while young males tend to disperse to set up a home range in a new area. Being a juvenile male can be quite hard as they need to fend for themselves, find a territory not already occupied by other čims and also find a way to source enough food before the wintertime. As they learn to live on their own, they can also be highly interested in food sources available near homes that they

know will provide them with a huge amount of calories.



WildSafeBC. Credit B. Haywood-Farmer

Sows mate in qawašimł (June), sometimes with multiple partners, and they can have up to five offspring but two is more typical. Sows have

an unusual adaptation called delayed embryo implantation, which means that when it is time for her to enter the den, if she does not have a sufficient amount of fat reserves to survive through the winter and raise her young, the embryo will not implant and develop. This is why it is crucial for her to get enough food throughout the season to be able to sustain herself through the winter and also to nurse her cubs in the den.

A čims day-to-day revolves mostly around food, it is a question of survival and they focus most of their time and energy on eating and finding accessible calories. On the coast, čims have access to a diverse array of natural foods and they take all opportunities that they can find. They have adapted to their coastal environment and are making the most of the rich marine proteins accessible in the inter-tidal zone. Carcasses that wash up on the beach are also a great opportunity for čims to acquire much-needed calories. However, with a nose that can detect food from over a kilometre away and a voracious appetite, food in and around communities are incredibly attractive for a čims.

There are many attractants that might be around our homes that can lead to the food-conditioning of čims. Food-conditioning is when čims learn that they can find food easily and with a low amount of risk around people, which in turn can lead them to become increasingly determined and bold when searching for food around

communities.

Some of these attractants include bird feeders with over 8 000 calories in 1 kg of birdseed and a high fat and protein content which is of great interest for čims. Bird seeds can also attract smaller animals such as rodents and even rats. Even muwač (deer) have been observed accessing bird feeders. These animals in turn can attract larger predators into a community like qʷayačiik (wolves) and kayuumin (cougars).





Fruits on fruit trees are also highly attractive to čims as they are a dense and consistent food source. Čims do considerable damage to trees and sometimes fences in order to access their fruits. Ornamental trees such as cicihʷaλmapt (crabapple) and mountain ash are very attractive to čims. Actually, any fruit or nut-bearing tree has the potential to bring čims into a community. A great way to secure your fruit trees is with an electric fence, some electric fencing can even be put up temporarily to only be used when the trees are bearing fruits.

Garbage is a well-known attractant and so are organics such as compost or any food remains. Keeping community bins

WildSafe Bear Tips

Garbage is the most reported attractant involved in human-bear conflicts.

Bears that access garbage may be injured, cause property damage or become a risk to the community.

-  Keep garbage, recyclables, compost and other attractants secure - indoors is best!
-  Keep containers that store garbage and recycling clean and odour free.
-  If you have curbside pick up, do not place containers out until the morning of collection.
-  Freeze smelly items until the morning of collection or when you can transport to a solid waste depot.



Keeping Wildlife Wild and Communities Safe www.wildsafebc.com

well latched can make a great difference in keeping čims wild and safe. Fish is another highly attractive food source and if fish guts are disposed of on the shoreline, one way to keep čims from accessing the remains is to dispose of them on a low tide, below the high tide line which will ensure that the upcoming high tide will remove any smells or remaining fish meat.

Other attractants consist of pet food which can be attractive to many animals and the easy solution is to feed your pets indoors. The grease and fat from barbeques are also highly attractive and they need to be cleaned with a stiff brush after each use and all food remains need to be burned off and the

grease trap cleaned out.

Securing all of the attractants above is crucial to ensure that the local čims keep their diet to the available natural foods which can be found in and around the community. As they pass through the area, using well-defined wildlife corridors and accessing different food sources along their home range, they will often move through neighbourhoods which are located in prime wildlife habitat, but if all attractants are secured and inaccessible to them they can move through without lingering around. This not only keeps these čims well and alive but also increases the safety of the community as a whole.

For more information, don't hesitate to contact, Marianne, WildSafeBC Āichuuł Hitacu-Macoah Coordinator at hitacu-macoah@wildsafebc.com or call 514-622-7317. Follow us on Facebook at WildSafeBC Hitacu Macoah and visit www.wildsafebc.com for more information and helpful tips on how to keep wildlife wild and communities safe!

WildSafeBC Āichuuł Hitacu-Macoah is grateful for the generous support the program receives from its funders including the Yuułuʔiłʔatḥ Government - Ucluelet First Nation, the Toquaht Nation, the Clayoquot Biosphere Trust, the Alberni-Clayoquot Regional District, the British Columbia Conservation Foundation and the Province of British Columbia.





*Pictured: Michelle Tom, Judy Gleeson RN, Dr. Carrie Marshall, Simble Kaur LPN.
Photos by: Melissa Boucha*

Without a doubt, the biggest accomplishment, thank you to Dr. Rohan Ghatak, is the success in working with VIHA to make sure the community of hitaču was fully vaccinated. The pandemic, with resulting health orders and restrictions was not pleasant for families, including the demise of community gatherings and events, and overall ability to maintain a sense of freedom. With the community being vaccinated and restrictions continuing to lift, normalcy is starting to shine bright once again.

Dr. Rohan’s overall vision for the community of hitaču continues to come to fruition. There has been change and growth to the Yuuᑭatᑭ Health Team and available medical options. The Team has welcomed new faces and offers new, or improved, services that will continue to anchor the medical program.

It is no surprise the community was excited when the announcement came, Dr. Carrie Marshall would be hosting a weekly clinic at the huuᑭatu Centre. Thursday’s Clinic with Dr. Marshall has been a big hit! The Clinic has been respectfully busy each week and noted to be well organized by Dr. Carrie Marshall herself. The Health Clinic saves travel and secures patient needs with a routine, weekly schedule.

Dr. Carrie Marshall has been welcomed to communities upon her arrival to the West Coast, highlighting strength in leadership during the COVID-19 pandemic. We are grateful for Dr. Marhsall to provide on-site services in hitaču and are thankful for the partnership.

Thursday’s Clinic and the every day health requirements of the community are not complete with the operating team. When you call in to huuᑭatu Centre Reception, you are greeted with the wonderful voice of Michelle Tom. Michelle is

available to make your appointment and to assist, or re-direct your immediate needs. Michelle is responsible for keeping a tight, scheduled ship for the medical team.

Simble Kaur, LPN has been with Yuuᑭatᑭ for over a year. Simble has been assisting the community with immediate health assessments, monitoring and documenting patient symptoms, reactions, and progress. Simble is available to administer medications, educate and inform about nutrition, selfcare, disease prevention, and promote health to patients, families and caregivers. Simble has been a huge asset to the community of hitaču during the pandemic.

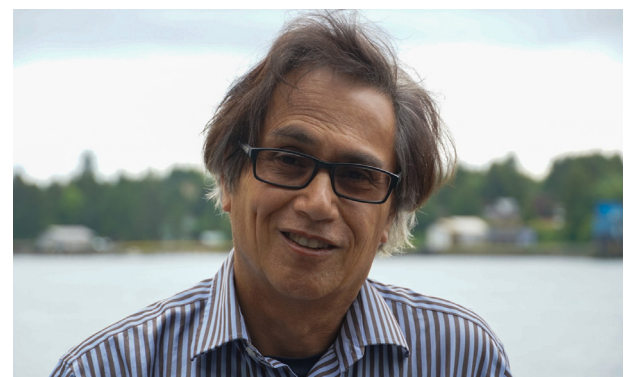
Judy Gleeson, RN assists Thursday’s Clinics and is available to monitor and record patient vital signs and patient progress; create care plans for patients, and administer medications. Judy is available to perform wound and skin care, collect lab work and most importantly - issue vaccinations! Judy is also available to educate patients and answer questions.

Community Psychologist, Dr. Ted Altar, is a wonder to speak with. Needing insight on work/home life balance, addiction, or self help? Dr. Ted Altar is available on-site at the beginning of each month, or 24/7 via phone. If you or anyone is uncomfortable to open up, Dr. Altar offers an air of ease and compassion when in session. Airing your challenges is a crucial way to settle your mind and make healthier life choices for yourself and family. Dr. Altar can also assist with nutrition plans and guidance for a healthier you!

Monthly Massage Therapy Clinics will be held at the huuᑭatu Centre, starting in July. Clinics will be on the first Tuesday of every month with Brooke Smith, Registered Massage Therapist with Harbour Health Integrated Therapies in Ucluelet.

If you require booking assistance, please contact Michelle Tom at huuᑭatu Centre (778)942-0569. Services are available to urban citizens, call for details!

Pictured: Dr. Ted Altar





*A Message from
Manager of Education Services
Adam Gleeson*

The Yuuʔuʔiʔaʔh Healthcare and Social Services Department would like to acknowledge the tremendous efforts made by families, parents, students, teachers, and YG staff the past year and more to support UFN learners in school, online, and at post secondary institutions. It has been a challenging time, and we recognize and honour the work done by all to maintain learning success through the pandemic.

The ongoing success of a vaccine roll-out in hitaʔu and beyond, means we are steadily approaching a time when, as a community, we can gather safely and celebrate education achievements.

We can hope for and anticipate an Education Celebration before the end of the current year, when we can gather safely and celebrate the learning achievements made by many Yuuʔuʔiʔaʔh students of all ages the

past 18 months and more. There will be a celebration – **it is delayed, not cancelled.**

Looking a little further ahead, to the June 2022 Education Celebration, there will be an increase to two scholarship awards per elementary and high school grade level.

Thank you for your patience and understanding as we navigate what we hope are the final stages of the pandemic and can look forward to being able to meet as a community in the not so distant future.

*All the best,
Adam Gleeson
Manager of Education Services*

*A Message from
Executive Legislative Member
Lorri Touchie*

The 2020-2021 school year has been challenging for everybody to say the least. We would like to acknowledge all Yuuʔuʔiʔaʔh students from kinder-

garten to post-secondary; you are all truly amazing. All of you, should be extremely proud of what you have accomplished during these unprecedented times.

On behalf of the Yuuʔuʔiʔaʔh Government, we would like to say congratulations to you all on your very special day. I want to take this opportunity to encourage you all in whatever you choose to do in the future. On your very special day you must look ahead and dream of all the bright possibilities that holds for your future.

Today and for the rest of your life, may all your dreams come true as you embark on a new chapter in your life and look back at everything you have accomplished. Enjoy this moment forever and always.

We wish you all the best in your future endeavors.

*ʔuʔaatukhʔiʔaata - Take care,
Lorri Touchie
Executive Legislative Member
Portfolio of Community Services*

Kindergarten	Grade 3	Grade 6	Grade 8	Grade 11	SD70 Class List
Luis Baquedano Billy Daylen Nathan LaFortune Jr Darryl McCarthy Taya Patrick	Samantha Clutesi Ronan Currey Damian McCarthy Samara Randall Cynthia Thompson Victoria Thompson Tiani Touchie	Nisa Charleson Ryne Clayton Annabelle Chester Hannah McCarthy Sean Nelson-Patrick Kale Touchie Navaeh Wesley Karen Williams	Dallas Louie Calianna McCarthy Lindsay McCarthy Nicole McCarthy Anastasia Mickey-McCarthy Adam Randall-Touchie Ravyn Roberts Serena Sam Darryl Tate Deagan Thompson	Lance Fred Johnny George Billy Jack Diego McCarthy	
Grade 1 Liam Baquedano James Frank-Mack Edith Frank-Severinson Carter Johnson Kasen McCarthy Kendrick Williams	Grade 4 James McCarthy Leanne Meanney Patrick Jack Jr Katrina Sam Weston Wesley Jaime Williams	Grade 7 Destiny Boucher Jonquil Currey Mathew Jack Jordyn Louie Kaila Louie Christopher Roberts Michael Stanley Jaysen Touchie Hector Williams Katherine Williams	Grade 9 Cheyenne Biederman Leon Nelson-Patrick Bryon Roberts Evan Touchie	Grade 12 Brandon George Jada Touchie	
Grade 2 Lincoln Keitlah-Louie Kiana McCarthy Chenoa McCarthy-Tom Timmy McCarthy-Tom Travis Touchie Christopher Williams	Grade 5 Kaiden Burnie Sadie Currey Isabella McCarthy Madea Small Gabriel Tate Breanna Thompson Matthew Edgar-Touchie	Grade 10 Abigail Patrick Michelle Patrick		Post Secondary Kimberley Baines Claire Cook Bronwyn Currey Raven Gagnon Ethan Joseph Donna Louie Edward Mack Kaila Mack Chiara Alfaro McCarthy huupkʷistaʔaqs (Asya Touchie) Jeneva Touchie Mercedes Williams Jaden Touchie Gregg	

The Yuuʔuʔiʔath Warriors

In the summer of 2015, the Yuuʔuʔiʔath community of hitaʔu was asked for their perspective about the wants, needs and dreams of their Nation's men. Men wanted to learn on the land and from the land. They were also looking for brotherhood with whom to connect. Although initially launched for adult men, only youth attended during the Warriors program for the first two years. The program was shaped from their vision, to what has become the Yuuʔuʔiʔath Warrior program.

The program has continued to grow steadily in popularity and continues to provide young men with opportunities to apply the traditional knowledge and survival skills, but also to nurture their ability to lead small teams of younger Warriors.

In 2018 the Warrior program was adapted to meet the needs of young men in Ahousaht and Tla-o-qui-aht First Nations, and in the fall of 2019 a 12-month pilot launch approach began with Kyuquot and Huu-ay-aht First Nations to co-create their version of the Warriors program.

Today the program is hosted in six Nuu-chah-nulth communities, weaving traditional and mainstream leadership and wellness teachings and practices together on the land, to build capability, cultural pride, and confidence in young men. It has come to teach survival in three ways: wilderness sur-



vival skills if you get lost in the woods; how to survive and lead in emergency situations; and strategies to survive life in today's society.

The young men who were 12 and 13 years old when we began are now verging young adulthood, and offering their experience to teach this program model to other Nations. Locally, our in-community mentors have found a renewed sense of purpose in grooming some of their Nation's future leaders.

The program continues to be guided by the youth voice, and they have created a consistent and safe space for all healthy community members to rebuild their cultural and personal pride by sharing their skills and stories.*

**Program backgrounder adapted from Ricardo Manmoham.*

The Warrior program has seen immense success in the last few years. Ricardo Manmoham stepped down from overseeing the Yuuʔuʔiʔath program and leads the Warriors program at a regional level. James Walton has since taken on the role of leading the group, under the Yuuʔuʔiʔath Government Culture and Heritage Department, as managed by Carey Cunneynworth. Manmoham continues to work along the group as an available resource for support and encouragement.



Pictured: Top - Leon Patick, Evan Touchie Jr., Darryl Tate. Middle - Carey Cunneynworth, Jayne Lucas, Tyson Touchie Jr. James Walton. Bottom - Samantha Touchie, Justin Darbyshire, Patrick Lucas. Photo by Melissa Boucha



Throughout the years, the group has been getting to know each other, creating comfortable opportunities, and utilizing the program as a place to have important conversations. The drive for connection, having time for conversation, learning teamwork, is high priority for the group, experience, and land programming a necessity. **The Warriors is medicine.**

The Warriors do not want to discourage participants.

James Walton stated “I believe that good can be taken from almost every experience and it is hard to move forward if we really focus on the negatives. I also understand that it can be extremely difficult to not focus on the negative when it is a big part of what you know and it’s had a hand in shaping you. I suppose I think there can be wisdom in everything.”

“People who drown out their sorrows with addictions, most likely do not have healthy places to think and have conversation about their wellbeing and future. I think without that care and those places, it’s easy to just stay in the same mindset all the time.”

The Warriors is a safe place to learn, grow, and heal. A program to take back culture and create those valuable connections in a safe space. What is striking, citizens are re-learning skills that have been removed from their culture. Cultural identity that was and has been washed away, as a direct result from the residential school system and generational culture loss. Youth were removed from their family homes and forced into government and church run education facilities. In this time, the mandate for residential schools created the fear to live, eat, and speak in one’s own culture. This not only affected the Nuu-chah-nulth, but every Nation across Canada. The Warriors program is guiding this trauma and loss to re-discovery and re-learning of culture and traditional practices.

In addition to creating a safe space for humility and encouragement, the Warriors have been successful with on the land training, such as trail building, chainsaw certification, wilderness first aid, driver’s training, marine and boat operator’s certification. The group has spent time cabin, trail, and canoe building. The group also assists Elder’s lunches with cultural cook outs.

A slight hiccup during the COVID-19 pandemic, the Warriors program is gearing up to get their program off the ground, offering meetings and excursions. Currently the Warriors are working to complete the trail to hitacu lake.

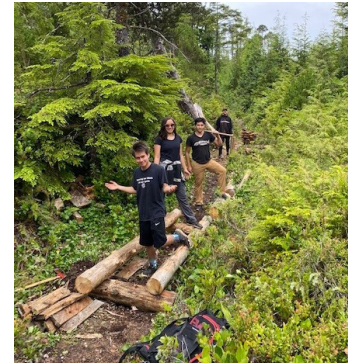
Patrick Lucas, Founder of Indigenous Youth and Mountain Bike Program and Justin Darbyshire have been with Yuuʔuʔiʔpaʔh Warriors for the past year on the trail project. Lucas states, “As part of the Indigenous Youth Mountain Bike Program we’ve worked with several dozen First Nations around BC. With support of the province of BC through the Civil Forfeiture program we are working with several Nuu-

chah-nulth Nations including Huu-ay-aht and Kyuquot. We hope to continue working with Warriors and support more trail projects and training youth.’

Patrick and Justin who partner with in Wandering Path Consulting, was introduced to the Warrior program (and Ucluelet) through Ricardo Manmohan, while working on a trail project in Kyuquot.

“The more I learn about Warriors the more impressed I am. It’s an amazing program for training youth leaders. All the youth we meet who are part of the program are wonderful, hard working, committed, confident with highly developed leadership and team works skills. We are hoping to continue working with Warriors and support the creation of a Nuu-chah-nulth trail crew.”

The Warriors is always open and encourages new members and participants. For more information on programs or to join, contact James.Walton@ufn.ca.

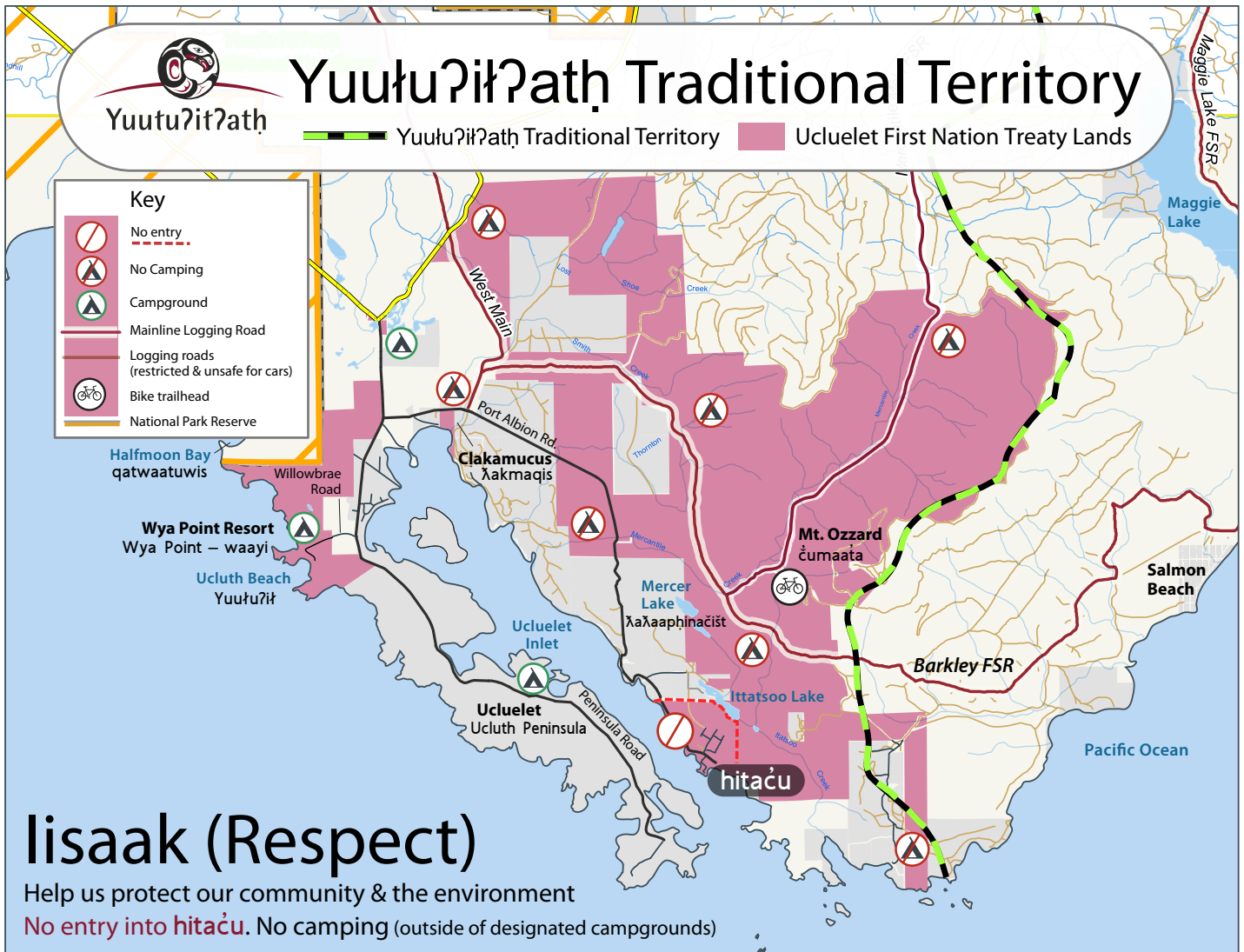


Aerial & action photos provided by Patrick Lucas and Justin Darbyshire



Photo by Melissa Boucha

Photo by Melissa Boucha



Treaty Land Map for Unauthorized Camping Released

As restrictions lift, travel will prevail. The Yuułu?i?ath Government recently shared a land map of Treaty Settlement Lands (not open) for unauthorized camping.

The map was shared with local accommodators, through Tourism Ucluelet and the Ucluelet Chamber of Commerce, in hopes travellers to the area will be mindful of Yuułu?i?ath Treaty Settlement Lands. Overall, we anticipate this land map will support comprehension of Yuułu?i?ath Treaty Lands surrounding the Traditional Territory, along the Ucluth Peninsula.

Areas not highlighted were through Nahmint Valley, Effingham Inlet, and the Pacific Rim National Park. Areas that are not as easy to access and where PRNP camping is monitored. This map was came to vision to gener-

ate awareness of Yuułu?i?ath Lands, reduce back road garbage, unsolicited camping, and deterring visitors from entering hitaču, while scouting camping locations or looking for the UMBA trail systems through čumaata, also referred to as Mt. Ozzard.

With summer camping comes heat and campfires. June 30, the province set in place a province wide fire ban. Since the recent heat wave, fires have erupted within the province, resulting from lighting and negligent campfire use. Deterring

camping will largely reduce any potential fires within Treaty Lands.

Stay safe and cool this summer!

Heatwave got you HOT? HOW TO KEEP COOL

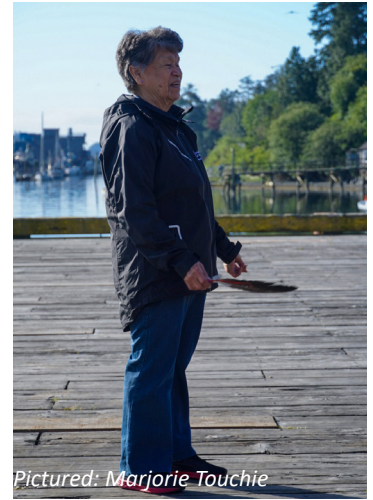
- Drink water and **lots** of it! Infuse with flavour to make a tasty drink.
- Avoid alcohol, sugary drinks, and/or caffeine.
- Eat foods with high water content.
- Take a dip in the lake or river.
- Cool down with light layers.

Remember to:

- Wear sun protection.
- Replenish when you sweat.
- Know the signs of dehydration.
- Check your area for any available cool, indoor locations.



Pictured: Spencer Binda, Jay Millar, Nick Touchie, Gene Antoine, Mara Li. Photos by Melissa Boucha



Pictured: Marjorie Touchie

Coastal Restoration Society Derelict Vessel Clean Up

The **Derelict Vessel Cleanup** crew started their venture from the Government, Whiskey Dock on May 20, 2021. The sun was shining, the air slightly crisp, Spencer Binda, Project Manager, welcomed Marjorie, in turn, Marjorie welcomed the group, to the Traditional Territory and Treaty Lands of Yuułuʔiłʔatḥ. A moment of prayer was given, offering a welcoming blessing to the group for their upcoming work and effort along the Ucluth Peninsula.

Let's back track. The Coastal Restoration Society received \$2.1 million and partnered with 10 Indigenous communities to clean up 200 to 400 kilometers of shoreline along the Island's west coast. This funding came from the Clean Coast, Clean Waters Initiative. An initiative part of B.C.'s 10 billion COVID-19 response, a recovery plan for jobs, growth, and resilience. The project started within Yuułuʔiłʔatḥ Traditional Territory and Treaty Lands, employing citizens for short terms projects; Jay Millar, Lakeisha George, Nick Touchie, and Patrick Harness were those who took part in the clean up initiative.

It has been noted, to date, all nine vessels in Ucluelet harbour have been dismantled to the best of the crews ability and allowance of the vessels. Dismantled parts have been separated into recyclable (metal) and non recyclable (construction material) and packed into super sacs for removal.

The majority of boats are sitting in inter-tidal locations, which means crane and barge removal will be delicate and



Photo by: Matt Lynch

intricate work. Andrea McQuade, Media representative for the Coastal Restoration Society highlights, "CME Crane and Timber Rose Ventures were excellent partners in this ecologically impactation work."

The breakdown. Six out of nine vessels have been removed; three vessels along the mudflat in front of hitaču, one along vessel along the rock marina, one large wooden fishing vessel close to Kvarno Island, and a sunken sailboat along public boat dock. It has been noted, the Kvarno Island residents were delighted to see the boat stripped down for removal.

During the vessel clean up, there has been "an astonishing" amount of debris collected. 60+ super sacs and approximately 100 tonnes of debris has been removed from the coastline at the time of this article. To date, more debris has been most likely added to this removal list.

McQuade states, "CRS has been grateful to work with an eager, dedicated and thoughtful crew that continues to show up each day to do sometimes technical, sometimes tedious work in the name of better environmental outcomes for this shoreline. We remain thankful to the Ucluelet First Nation for partnering with CRS in this work, and to the Province of British Columbia for the funding."

The project will help with future revitalization of the harbour and continues to run in July, with a need for more crew. For information email communications@ufn.ca.



Photo by: Spencer Binda

Healthy Eating on a Budget

Drinks & Teas



*Submitted by Samantha Touchie, Yuufu?if?ath
In partnership with NTC Dietitian, Rachel Dickens*

Harvesting Tips

The protocols of how to harvest safely and sustainably which have been passed down from elders and knowledge keepers are now being revitalized.

Respect the Plants

Be careful to leave enough behind so the plants will continue to thrive. Some gatherers harvest no more than 10-20% of a plant in one area. In urban centres it is advised to take even less.

Don't Gather Too Much

Remember that harvesting is the fun part, but the processing afterwards is the work. It can be easy to get carried away, but we don't want to waste any of the precious plant or medicine.

Harvest with Intention

When harvesting, hold good thoughts and prayers for the people you are harvesting for. Plants have a spirit that nourishes our spirits.

Check That The Area Is Clean

Avoid harvesting near roadsides, or near farms that may have been sprayed. Ask about the health of the land be-

fore you start harvesting food or medicine.

Make Sure You Can Identify The Plant

If you have never harvested before, make sure to check the identity of the plant, as some plants have poisonous look-a-likes.

Important

Only harvest and consume plants you can safely identify. The information in this booklet is not complete with detailed safety information. Seek out an elder or knowledge keeper who can not only help with identification but also with proper harvesting protocol.



šaašaaxtanuuḥ
Yarrow

- Used to alleviate stomach cramps, especially if you are menstruating.
- Find on the coastlines and along rocky bluffs.
- Steep in boiled water, with lid on, for 15-20 minutes.



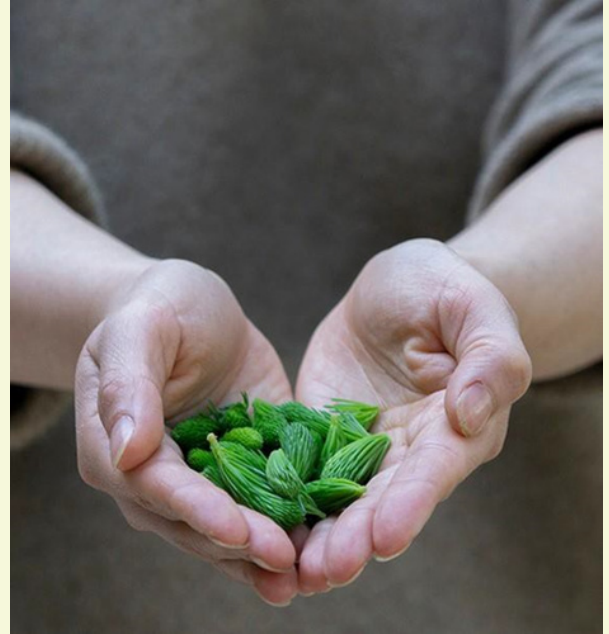
Šiitḥmapt
Stinging Nettle

- Used to cleanse your system. Especially used for pregnant woman.
- Find near rivers, lakes, inditches and streams.
- Steep in boiled water, with lid on, for 15-20 minutes.



tuuḥmapt
Spruce

- The new growth is high in vitamin C and offers a citrus flavour.
- Harvest spruce tips in the Spring.
- Steep in boiled water, with lid on, for 15-20 minutes.



tiimapt
Labrador Tea

- Can help with digestion and sore throats.
- It is advised to have only 1 cup per day.
- Steep in boiled water, with lid on, for 15-20 minutes.



Making Tea

After you have safely identified a plant, or have purchased your tea from a reputable source you can make medicinal tea. Here are some tips on how to maximize the nutrition from the plant when drinking it as tea.

By adding the plant to boiled water you can extract more of the beneficial compounds from it compared to simply eating it.

- Dry the plant by placing it in a warm place with good ventilation, next to a wood stove with a fan running nearby is ideal. Keep the plants out of direct sunlight.
- Once the plants are completely dried and crackly, remove any brown leaves or unwanted parts including the stems.
- Store the now dried plants, or tea, in glass jars, paper bags, or plastic bags. Make sure they are out of direct sunlight.
- Using the dried form of the plant for tea allows for a stronger flavour. Fresh plants can also be used, but the

flavour will not be as strong.

How to make a medicinal tea:

1. Use 1 teaspoon of dry tea per cup of water,
2. If you are using fresh plants for your tea, you can use about 1 to 2 tablespoons of fresh plant per cup of water .
3. Cover the plants with boiling water. Cover with a lid; this helps to ensure all the beneficial oils are trapped in your vessel and do not dissolve into the air. Steep tannin-rich herbs such as black and green tea for less time.
4. Mineral-rich herbs such as horsetail, nettle, oat straw and red clover are best when steeped several hours to overnight.
5. Strain the tea before serving.
6. Option to make a large batch and keep it in the fridge for a cold refreshing tea, or make the tea doubled in strength and then serve over ice cubes.

Making Infused Water

You can also make infused water with the plants or herbs you have safely identified. Learning how to make water fun and interesting helps us to drink less of the unhealthy things such as juice and soda. Here are some tips on making infused water:

- Add your plants and or fruit into a large container - a large mason jar works well, or any large drinking vessel.
- Cover your ingredients with water.
- Let the water sit for a few hours so the flavours can infuse.
- The longer it sits, the more flavourful the water will be and more nutrients will be extracted into the water.
- Some like to let the water sit in the sun for a solar infusion.
- Keep your flavoured water in the refrigerator for up to three days.

Here are some infused water ideas:

- Cucumber and Mint
- Blackberry and Mint
- Orange and Mint
- Strawberry and Cucumber
- Watermelon and Rosemary
- Cranberry and Rosemary
- Rose Petals or Rosehips
- Huckleberry and Lavender

- Spruce Tips or Fir Tips
- Frozen Berries

Tea and infused water tips referenced from "Native Infusions: Rethink Your Drink" by Valerie Segrest & Elise Krohn





Garden photos by: Melissa Boucha

The 'Secret' Garden

To say the Wya Community Garden is special is an understatement. Tucked peacefully in behind the food trucks at the Tofino/Ucluelet Junction, the garden is meticulously planned, row upon row of fruitful abundance. Peas, artichoke (planted as a joke), raspberries, a strawberry patch, and blueberries nestled under newly made box, with wood provided from President Charles McCarthy. There is a garden house of tomatoes, and so much more.

The garden started in 2009 with a grant from the Vancouver Island Health Authority, which ran its course in 2012. With a few twists in turn with the continuation of the garden over the years, the garden is currently in need of attention. Volunteer count is low and after a hot few weeks the garden has started to thrive, yet so have the weeds, and the need for water, and harvest.

Lorna acknowledges previous involvement from Gordon Taylor, Donna Johnson, Marilyn and Ladner Touchie, Rose Wilson, Vi Mundy, and Geraldine Touchie, over the years to keep the garden sustainable. Niamh O'Reilly, Traditional Foods Coordinator for YG, is on her second year with the garden and is tasked with managing the garden houses. Warrior involvement is also on the horizon.

What the garden is not lacking, is love and attention from caretaker Lorna Watson. "The garden is for Yuuŭu?it?ath." says Lorna. "Yes we pick and sell the fruit, but essentially the garden is there for Yuuŭu?it?ath to harvest food." The sale of fruit goes back into the garden as funding. Funds from sales and a small grant from the ACRD is currently

helping the garden push forward in its abundance.

Lorna expressed the future of retirement from the garden. Hoping someone comes along with much love and respect for the earths abundance and help nourish Yuuŭu?it?ath families.

The garden is a treasure. Lasting over 10 years of production and nourishment, the garden is a much needed resource for healthy and available foods.

If you would like to volunteer at the Garden email communications@ufn.ca.

Pictured: Rose Wilson and Lorna Watson, provided by Lorna Watson





*Pictured Gordon Taylor, Catherine Taylor, Kaleena George.
Photos by: Melissa Boucha*

while Gordon was engaged in harbour clean ups years ago, “an idea to try and create a plan to keep the clean-ups going forward and tying in other ideas towards healthier living habits as a society and hopefully encouraging more than just our small west coast communities to do the same.”

Catherine notes “Qu’us’in’mit stories by George Clutesi really stands out, not just for my dad but myself as well. His Son of Raven, Son of Deer stories have really inspired myself. Raven has a lot to do with huge things in the world and also a trickster, which is very relate-able.

The family feels confident moving forward with this business and future plans, we want to create jobs, create a better environment for future generations and keep the healing process moving forward. We want to be a positive and inspiring light to others and hope more follow along with their own ideas and dreams, taking positive steps forward.

Țiickiin E-Bikes is located at the Tofino/Ucluelet Junction with rentals available at WCS Surf Shop. Adventuring accessibility is right at your pedal, with direct access to the Țap-sciik tašii (ups-cheek ta-shee), the new multi-use pathway and the bike path leading into Ucluelet.

Țiickiin (t-eets kin) E-Bikes is Open For Business!

Țiickiin (t-eets kin) E-Bikes is now open and ready for you to ride!

Țiickiin E-Bikes is a proud Yuuŭu?iŭ?ath owned and operated business, run by Gordon Taylor Jr., daughter Catherine Taylor (Manager), Kaleena George (Assistant Manager), and son Gordy Taylor III (technician). Formally the Taylor family were Owner/Operators of Cynamoka Coffee House. At a young age Catherine was told by her father, her help would be required “even just for a month or two”. Young Gordon III would help with floor mopping, doing dishes, making coffees and learning the ropes of customer service from his father and sister. Catherine notes “We really grew to our customer service there, I was never going to consider such a path but I am hooked.”

Gordon’s vision to open an E-bike shop is to operate ‘Everything E’, with dreams of playing a role in healing the traditional lands, that inhabit us all.

The name says it all. Țiickiin is Nuuchah-nulth for Thunderbird, for the ebike rentals is inspired because of lightning and electricity.

Țiickiin wasn’t the first choice for a the e-bike business. Qu’us’in, Nuuchah-nulth for Raven, was an early thought

Gordon has future plans for the vision and success of Țiickiin E-Bike. The shop will run as long through the year as weath-erly possible. During stormy weather there is confidence the next steps to success will be formulated.

Rates can be found online at www.tbirdebikes.com and locals will always receive a 10% discount off regular prices. Contact Catherine@tbirdebikes.com for more information!



Traditional Harvesting

For the first Elder's Lunch of the year, Yuułu?it?ath Government staff and citizens trotted along the Wild Pacific Trail to the Rocky Bluffs. The morning was true west coast cool; wet and foggy, traffic free. We grabbed a couple walking sticks and were on our way.

Ladner 'Laddy' Touchie, off on his own expedition, met the team at one of his favourite harvesting spots. A location bustling with ʔučup (urchin), ʔučim (mussels), and ʔaaʔišt-up (chiton). The goal? To fruitfully spend the next couple of hours cruising the coastline in hopes to fill the bellies of Yuułu?it?ath Elders with traditional fare.

Tyson Touchie Jr., James, Walton, and Carey Cunneyworth, Manager of Culture and Heritage, suited up in wetsuits to dive for urchin, under the guidance of Carey's expertise. Samantha Touchie, Assistant of Culture and Heritage lead the ladies for ʔaaʔištup and successfully caught the flying ʔučup from Laddy's toss ups.

Back at the Cixʔatin Centre, the Community Interns traditionally smoked salmon over an open fire, Debbie Mundy and Debbie Touchie supplemented the fare with healthy sides and tasty treats.

As the community begins to re-open, traditional gatherings, culture nights, and youth programs will see a re-birth. Traditions temporarily put on hold, but an essential way of life for all.



Harvesting photos by: Melissa Boucha



Marrissa Mack



Ladner Touchie and Tyson Touchie Jr.



Ladner Touchie and ʔučup



Photo by: Jenna Millar



Photo by: Jenna Millar



Samantha Touchie



Yuutu?it?ath

'People of the Safe Harbour'

