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Yuutu?it?ath

# YG Newsletter

Volume 11, Issue 5 | July 2021

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

A new legislation is in draft progress, Community Safety and Trespass Act. The main elements of the Act are:

### *?iisaaksta? (Healing Circle)*

Includes an optional process for a traditional healing circle that an alleged offender can either be asked or can choose to participate in. The healing circle is overseen by the Taayii ha?wi? (Tyee Ha-wilth) with the assistance of their ciqiita (speaker) and witwaak (guardians).

### *Exclusion Orders*

Empowers the Executive to issue an exclusion order, which would prohibit someone from entering Yuutu?it?ath lands or restricting them to be on only certain Yuutu?it?ath lands (typically their own home and direct access in and out of the community on a designated road, but nowhere else). The issuing of an exclusion order only occurs after due process, ensuring the principles of fundamental justice are followed, and is subject to periodic review.

### *Trespass*

Allows the Executive, by Regulation, to restrict public access to certain Yuutu?it?ath treaty lands, subject to the terms of the Maa-nulth Treaty. As we move forward with this piece of Legislation, we will work towards clarifying the traditional role of the Tyee Ha-wilth, as well as assembling the Ha'wiih Advisory Council. Participation from all Ha'wiih will be paramount.

The draft, third reading legislation was reviewed publicly at the Legislature Meeting held July 13, 2021. Legislature meetings are held once a month and are public for viewing.

### **Food Fish Incident**

At the hita?u Assembly on July 12, concerns were raised regarding a Yuutu?it?ath citizen taking more than their allotted share of food fish. Concerns the citizen directly approached the fisher retained by the Yuutu?it?ath Government, to har-



vest our food fish, saying it had been approved by the Yuutu?it?ath fisheries manager, when in fact it had not. The Yuutu?it?ath Government investigated the incident and, based on the findings of that investigation, shares the concerns raised at the hita?u Assembly.

Appropriate actions have been taken and penalties imposed by the Yuutu?it?ath Government to address those concerns and ensure restitution is made for the lost food fish. As this matter may not yet be fully resolved, no additional

detail from the Yuutu?it?ath Government is appropriate at this time.

A blockade was recently held out on West Main along the Yuutu?it?ath and Tla-o-qui-aht territorial boundaries. With this blockade came an erected gate, forcing campers down East Main, Port Albion Rd., and onto UFN territory and lands.

There have been many meetings and discussions between working groups in respect to un-authorized camping, including the impact it has on the Kennedy Lake Watershed and local communities. Solutions require a review of logistics with the involved working groups, including participation of several land area owner/operators; Tla-o-qui-aht, Yuutu?it?ath, Mosaic, Parks Canada, Alberni Clayoquot Regional District, the Ministry of Transportation, and the Ministry of Forestry.

What is clear, not only is there a wealth of many nightly campers inundating the area, there are long term working campers who are have been displaced or cannot find local housing.

We will continue to move forward to consider a viable solution for all.

**Charles McCarthy**  
*President*

# Director of Operations

The summer is running by so very quickly! YG has seen much success with the directive to 'return to normal'.

We opened phase 3 with a broader return to work schedule for the staff, we were able to hold the Assembly in person and were so very happy to see the participation and hear from hitaču citizens that were in attendance. The Assembly ran a bit over schedule than originally anticipated, but we wanted to encourage openness from the community, to hear your thoughts, struggles, and needs from the past year; this communication was much needed for YG progression and to see a release from the community.

On top of in person Assemblies, we will be holding in person Legislature Meetings available for viewing, but not for commentary. We welcomed Shana Thomas as the new Chair. Shana has provided services with YG previously and we are excited to see her return to the table.

We are moving forward to hold Economic Engagement sessions in the Fall. These sessions will be partnered with a third party consultation team (to be determined), which is part of funding received prior to COVID. We encourage citizens to attend the engagement sessions, participate in the communication process, learn what YG is looking to create for sustainable economic activities, ask questions and provide your feedback. Watch for information packages in your mailboxes.

With the opening of the Centre, we look forward to hosting Elder's lunches, youth programs, after hours adult activities, thank you Michelle Touchie for getting the ball rolling on basketball, and much more. Due to the increase of COVID cases, we are encouraging citizens to enter the Cixwatin and huupatu Centre with PPE. This is not a mandatory request.

Cases are on the rise and we will offer suggestions if required through the Health Team. More information is available in this letter under Health and Social Services.

We have had much success with new programs! The Healthy Meals pilot program has been a nutritional hit for the participants. Meals are provided five days a week for lunch and dinner. Program meals and services have been well received. With success of the program we are crossing our fingers to further receive funding to keep the program running. Learn more about the Healthy Meals program under Health and Social Services.



The community gathered for an Education Dinner. A small recognition to the hard working graduates from 2020 and 2021. hitaču class graduates from each grade category were acknowledged. I want to extend a big Congratulations to Jada Touchie for her accomplishment in not only graduating under un-ordinary circumstances the past few years, but as Class 2021 Valedictorian. What an accomplishment to be proud of! Congratulations Jada!

Another accomplishment YG is proud of are the CSIP and STEM programs offered through Social Services. These programs have been developed as educational support systems and training for the youth. The program offers learning, building blocks, tools, and resources to encourage growth in individual interests, train for employment, and support school relations for future education.

I would like to strongly acknowledge Adam Gleeson, Manager of Education Services and Zaid Sarigat, Community Development Officer for their time towards progress and to the success of these programs. More youth are becoming involved and post-secondary applications are higher than YG has seen. ʔeekoo, ʔeekoo.

There has been a positive shift at the qwayačiiikʔiis Childcare Centre! Skylene Patrick has accepted the role as Assistant Manager and Marissa Mack has accepted the role as Administrative Assistant. Congratulations to both! Skylene and Marissa will continue to grow under the guidance of Michelle Ralston, qwayačiiikʔiis Manager.

There has been recent disturbance with animals, we thank those citizens who have done their part to correct proper care and habits for pets. The CARE Network is in partnership with YG, to offer support, guidance, and to accept reports. Please call (250) 266-6693 or email info@coastalanimalsrescue for more information or to file a report.

**Suzanne Williams**  
**Director of Operations**

QWAYAČIIKʔIIS

Childcare Centre would like to acknowledge the promotion of Skylene Touchie to Assistant Manager and Marissa Mack to Administrative Assistant.



# West Main Blockade



On the Ucluelet Community Board, Monday, August 9, Timmy Masso raised dissatisfaction to the influx of unauthorized camping, improper garbage disposal, and overall mistreatment of lands down West Main, along Clayoquot Arm and the Kennedy Lake Watershed. A dissatisfaction that has been frustrating many West Coast residents. Masso took a stand and prompted action to hold a blockade, with sights to respectfully turn campers away and offer long term campers notice to vacate from the territory.

The peaceful blockade was held approximately a half mile down West Main, along Tla-o-qui-aht and Yuuʔuʔiʔath territorial boundaries. In attendance at the blockade were the Tribal Park Allies, supported by a handful of Tofino and

Ucluelet locals. Law enforcement were on the scene respectfully requesting campers to vacate; streams of traffic removed themselves from West Main (4:30pm). With no doubt, removal of campers displaces individuals working within Ucluelet and Tofino. Individuals who have made West Main their current home, due to low inventory of long term rental suites in Ucluelet and Tofino.

Brief communication between President Charles McCarthy and Tla-o-qui-aht members (Timmy Masso and Hjalmer Wenstob) was initiated, prompting a quick combative plan to work together in the days ahead. Reaching out to involve Nation leaders to move forward with plausible resolutions for the issue at hand. Recognizing there are individuals who are working within both communities to consider.

Making a decent wage contracting, one fellow mentioned the best rental he could find was \$5000 a month. An amount difficult to split between a couple of his co-workers. Another hurdle renters face out on the West Coast.

At the time of this story, campers re-situated themselves along East Main, around Tinlet, through alternate back roads and within locations of Ucluelet. Campers are consisting of nightly vacationers, long term tenters, and as mentioned, campers who are working within the communities.

Further action from Tla-o-qui-aht to install a gate as been released. Government entities and the Nations involved will move forward with an action plan to offer short term and long term solutions.



**Speed Limit is 30 km/h in hita'cu**



ʕeekoo for understanding.

- ▶ Drive slow for community safety.
- ▶ Show ʔiisaak (respect) for our youth, elders & citizens using the road.
- ▶ Go the speed limit inside of hita'cu; it's the law.





# WildsafeBC ʕichuuł hitaču-Macoah

**Would you like to take part in the volunteer community bin monitoring program?**

## How?

As you walk around Hitaču, take a quick look at the community bins you pass by.

- ✓ Is the bar up? Is it well latched with the clasps?
- ✓ If it is not, close the bin correctly to make sure čims (black bears) or other wildlife cannot access the contents.
- ✓ Once that is done, please text Marianne (WildSafeBC ʕichuuł Hitaču-Macoah Coordinator) at 514-622-7317 and indicate the number of the bin that was unlatched.

If you notice any damage or if the bin cannot be closed because of a bent lid or other reasons, please provide those details.

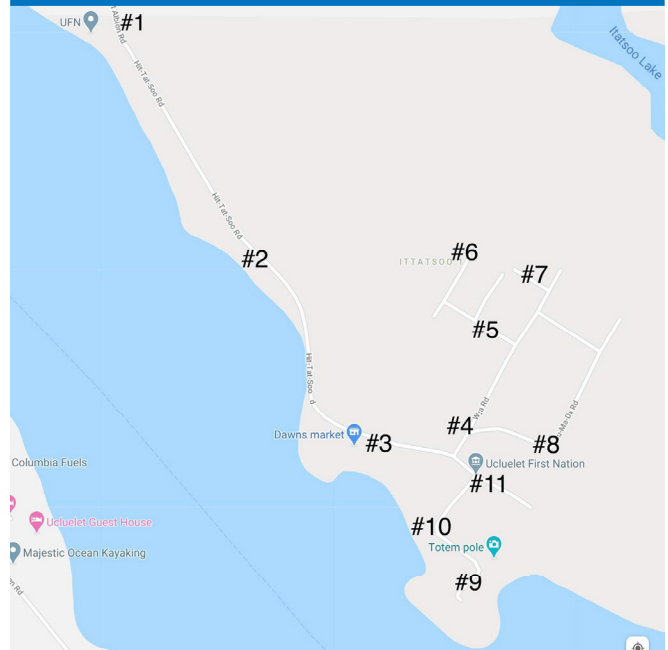
## Why participate?

Garbage is a strong attractant for čims and other wildlife species and by taking part in this monitoring program and making sure that the community bins are well latched at all times you can help keep čims wild and the community safer as a result.

Thank you everyone and don't hesitate to get in touch if you have any questions. A clipboard and community bin map will be provided to each volunteer.



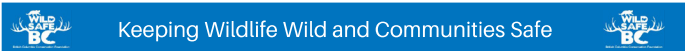
## Hitacu community bin map



## Found an unlatched bin?

Please text or email the number & condition of the bin →

Marianne Paquette  
WildSafeBC ʕichuuł  
Hitaču-Macoah Coordinator  
514-622-7317  
hitacu-macoah@wildsafebc.com



## WildSafeBC is here to help keep wildlife wild & the community safe!

Don't hesitate to reach out if you have any questions about how to secure attractants or any wildlife-related inquiries.

Remember to report all sightings of čims (black bears), qʕayačik (wolves) and kayuumin (cougars) in urban areas to the Conservation Officer Service at **1-877-952-7277**.

### WildSafeBC Community Coordinator

Marianne Paquette  
hitacu-macoah@wildsafebc.com  
(cell) 514-622-7317

### Follow us on Facebook

WildSafeBC Hitacu Macoah

### Learn more on our website

[www.wildsafebc.com](http://www.wildsafebc.com)

### Get wildlife updates in your neighbourhood

<https://wildsafebc.com/programs/what-is-warp/>



Wildsafe hitaču-Macoah Co-ordinator, Marianne Paquette, has thoughtfully put together a package of Wildsafe material! Distribution will be sent to residents in hitaču. This information package includes materials on cougars, wolves, and bears!

For more information on the Wildsafe program, follow along on Facebook @ **wildsafebc-hitacumacoah** or online at **www.wildsafebc.com**.

Few black bears have lost their lives this summer due to loss of natural human fear and hunt for food. Remember to lock up or put away your garbage. This action is for wildlife safety and community cleanliness.



# Fisheries & Wildlife

## Food Fish Distribution

Food Fish Distribution has seen a busy (and hot) season! Distribution for most allocated salmon has been completed (on the Island), halibut distribution is well underway. Distribution will continue through the Island and is still yet to venture to the mainland.

Mainland distribution will be held in September/October. Distribution dates will be released closer to the date of delivery. Continue to watch for social media posts on Facebook (@uclueletfirstnation), the Weekly Eblast, and of course through the One Call system via email, phone and text.

If you need to update your contact information; email address and/or phone number, please contact the Lands and Resources Administration Assistant **Tori.Pollins@ufn.ca**, or call in to the Cixwatin Centre at **(250) 726-7342**. For any questions on Food Fish Distribution, contact Traditional Foods Coordinator **Niamh.Oreilly@ufn.ca**.



## Harvest Cards

**Why is it important to get your Harvest Cards and to report your catch?**

- Shows we are catching our allocations - a good thing!
- Helps us know if we are catching too much - we need to care for our fish & animals!
- Provides good records of unallocated species for future allocations
- B.C. chooses how to use crown land (forestry, industry, etc.), but must protect our “reasonable opportunity” to harvest fish, birds and wildlife - in our hahuuŋi forever.
- Our reported harvest and catch helps us and B.C. know if our “reasonable opportunity” to harvest is decreasing - the more you report, more future allocations.



### HARVEST CARD RENEWAL

Reminder to get your Harvest Card renewed! If you are unable to in person, **here are the alternate steps:**

**HARVEST CARD APPLICATIONS**

- Fill out an application form: [ufn.ca/forms](http://ufn.ca/forms) or [ufn.ca/lands-and-resources/harvesting](http://ufn.ca/lands-and-resources/harvesting)
- Have a **clear** photo taken.
  - Passport ID style; shoulders up, no hats.
  - Walmart Photo Centre can take your photo for a small fee.
- Mail in your application, photo, and payment to:
  - PO Box 699, Ucluelet BC, V0R 3A0
- OR, Fill out an online application and email in with a digital copy of your photo.
- Your application will be processed, a card will be issued, signed, and mailed back to your specified mailing address.

**HARVEST CARD FEES**  
Renewal fee is **\$25**  
Replacement fee is **\$50**  
No fee for first time applicants  
Payment via certified cheque, money order, or EFT to [cfo@ufn.ca](mailto:cfo@ufn.ca)

**CONTACT FOR INFORMATION**  
Manager of Fisheries & Wildlife; Jonquil.Crosby@ufn.ca  
Administration Assistant, Lands & Resources; Tori.Pollins@ufn.ca

Or Call (250) 726-7342

**It is critical Maa-nulth-aht report harvests of all allocated & unallocated species.**

### Allocated species

- Ensures we access full potential of Treaty benefits
- More reporting, more allocations, less reporting, less allocations.
- *All salmon species, herring, Halibut, sablefish, rockfish, ground fish, clams, oysters, mussels, scallops, elk*

### Unallocated species

- Potentially increases our allocations in the future.
- *Crab, prawn, urchin, chiton, kelp, grouse, ducks*

# Health & Social Services

## Community Services Internship Program

The Community Services Internship Program (CSIP) has seen much success in training within departments of the Yuułu?iŋ?ath Government.

The CSIP was started in September 2020 in the Social Services Department, lead by Zaid Sarigat, Community Development Officer. The program includes community youth; Robert Andrew and Waylon McCarthy who are the program, ‘veterans’ having started September 2020. Interns who joined the program within the months of February and March, include Peyton George, Georgia Frencheater, Breanna Heron, and Johnny George. George was previously and is still part of the Junior Guardian Program.

The intern’s duties include administration support and learning for both Cixwatin and huuᑭatu Centre Reception, community clean up- based on community needs, special requests, cleaning in and around houses, assets training and helping and training in the Cixwatin and huuᑭatu Centre helping Michelle Tom and Michelle Touchie, with Front Desk

functions.

You may have also seen the interns assisting with temperature checks and tracing during COVID 19, helping the YG cooks with Elder’s lunches and in person functions such as the Assembly. The group has been assisting at the community garden with Lorna Watson, helping William (evening janitor) with painting renovation work. The interns support and lend a hand where needed.

The aim of the CSIP is to guide employment by providing resources for the youth to work with YG and departments are to learn and develop skills, training, and obtaining qualifications; which include Whimis and first aid certification, computer skill training, educational based STEM program with Adam, advanced carpentry level 1 to name a few. Mental health approach gives inspiration.

The Community Internship Program is a part time, paid program and operational year-round.

## STEM - Science, Technology, Engineering, Mathematics



Another successful Youth offering has been the STEM, program. STEM stands for Science, Technology, Engineering, and Mathematics.

Adam Gleeson, Manager of Education Services, curator of the program noted “ (the program) is going tremendously well. All summer, education based programs, started with limited

number of kids, but have now increased by 50%. “

Jason Sam, lead instructor for STEM, has provided so many interesting projects, from learning to use a 3D printer (a big hit), to constructing a remote control car, operating a drone, and programming a little floor robot. Participants are enjoying learning to make a movie using a go-pro, longboard, movie editing and music making software to create their own film.

“I’ve seen real growth in participant skills and confidence, as well as sustained engagement when learning real world employability skills. We’re currently just over half way

through the summer STEM program, and exploring ways to continue the learning here at the huuᑭatu, into September and beyond.”

The STEM program is system of connected learning. For example, to construct and fly a drone involves science, technology, engineering, and math, same goes for the for the go-pro longboard filming. Gleeson says “I’ve heard that STEM should be STEAM, with A for Arts. I could make a case for that, if we think about making a movie and all that is involved, the music, direction, planning...”

The framework for youth learning programs is to improve the given standards of education, increasing homework classes, providing an educational place to learn, grow future education goals, and employability.

Larry Baird was brought on to the Social Service team to support the youth programs as the Student Engagement Coordinator. Baird’s goal is to guide the youth in responsibility, encouraging respect, and provide value of education, within the community.

Baird has a long history and strongly advocates the importance for hard work ethic. Providing a wealth of experience and guidance, Baird engages the youth with stories. Stories of the traditional Yuułu?iŋ?ath territory and lands.



# Health & Social Services

Taking notice of interests, Baird rolled out his camera collection for use and learning. With strong encouragement to “learn how to use it”. Baird trusts far and few with his camera collection, but his relationship with the youth shows strength in trust, understanding, and encouragement to grow.

From view, the youth engage well with their elder, listening, learning, asking questions. The atmosphere is one of respect and value.



## huuᑭatu Health Receives Panorama!

Panorama is an integrated, electronic public health records system. The system is used in BC public health by health professionals to support the management of communicable diseases, outbreaks, immunizations and vaccine inventory. UFN has worked closely with FNHA to establish this program for the UFN Health Team.

The purpose of panorama is to have easily accessible patient history and information, in digital format. The program can upload charts, diagnostics, and is accessible by all physicians in BC. “Through the Panorama Public Health Surveillance System, the FNHA is working to ensure that there

is timely, accurate and useful public health and CD surveillance, and research and data collection systems for on-reserve First Nations. This and other electronic systems are designed to improve decision-making and, ultimately, lead to better health care and health outcomes for First Nations” – FNHA.

The program is confidential and only accessed by those in authorized health capacities. If you are interested to learn more visit <https://www.fnha.ca/what-we-do/communicable-disease-control/panorama>.

## COVID-19 Cases on the Rise Due to the Delta Variant

The Delta Variant is a highly transmissible mutation of the COVID-19 virus. With shorter incubation periods, transmission of the virus adds can multiply at faster rates.

Although vaccines still provide strong protection against serious disease and death in result of the coronavirus, new research shows vaccinated individuals can still spread the Delta variant. Infection results from a vaccinated individual hosting the virus and passig on to an un-vaccinated person.

What does this mean? If you are not vaccinated and although it is not mandatory to receive the vaccine, it is highly suggested you receive the vaccine to help stop the spread. Vaccination with both doses, is the best way to protect yourself from COVID-19 and severe illness.

The Province of BC has set new local public health measures in the Central Okanagan, due to rising cases.

If you reside in the Central Okanagan, please abide by the new public health measures:

- Avoid non-essential travel to and from the area.

- Masks remain mandatory for all people aged 12 and older in indoor public areas throughout the Central Okanagan.

A full list of updated measures can be found at: [www.interiorhealth.ca](http://www.interiorhealth.ca).

Due to the increase of cases, we ask Yuuᑭatᑭiᑭᑭathᑭ citizens to consider the (**non-mandatory**) recommendations:

- Restrict non-essential travel from hitaᑭu to the mainland and the mainland to hitaᑭu.
- Citizens travelling from outside hitaᑭu (into the community) are suggested to wear PPE.
- Maintain a social distancing and consider wearing PPE if travelling outside of your local region.
- Citizens entering the Cixᑭatin Centre or huuᑭatu Centre must maintain social distancing and the wearing of PPE is highly recommended by your health providers.

YG and the huuᑭatu Health Team will continue to monitor provincial public health orders. Always be careful and stay safe within your community, follow the provincial and local health guidelines.

# q<sup>w</sup>ayačik?iis Childcare Centre



**Michelle Ralston, Manager** of the q<sup>w</sup>ayačik?iis Childcare Centre is honoured to share the promotions of Skylene Patrick to Assistant Manager and Marissa Mack to Administrative Assistant!

Skylene Patrick has been with q<sup>w</sup>ayačik?iis Childcare Centre since November 2019, starting while on an internship through North Island College's Early Childhood Education program. With a background in Business Administration, Skylene's interest to obtain ECE sparked when she participated in a survey that circulated around hitaču, generated to peak program interest. From this new career path decision, Skylene's goal was to work for the q<sup>w</sup>ayačik?iis Childcare Centre and never looked back!

The ECE program offered education on children observance, likes, interests, and challenges. Teachings that help Skylene shape routines around the children, curating activities that assist the stay occupied and engaged. Understanding the complexities of intergenerational trauma, Skylene is able to contribute in helping children build solid foundation with support with cultural learning.

Language is a big part of cultural learning, having been involved with Jeneva's language classes for 7 months, Skylene has been able to bring the teachings into her everyday itinerary, including singing the Nuu-chah-nulth alphabet.

"The biggest point for me is I feel me being here to support and protect our children is the most passionate way that I can, to contribute to our community. I want community members to see how much we care for the children and

want to support their growth and well being as much as I can."

hitaču is home for Skylene, where she plans to continue raising her family and be here for family as much as possible. Continue to learn as much as she can, with interest to follow in the foot steps of her Manager, Michelle Ralston. Skylene is happy to see so much expansion and growth with the Childcare Centre

Michelle Ralston notes "I really think (Skylene) is a leader and has a lot of passion in her job. (She) really connects with children and is a team player with the staff, very well rounded and always trying to make best decision for everybody and make the best."

Marissa Mack has too, been with the q<sup>w</sup>ayačik?iis Childcare Centre since November 2019 and is currently in the Early Childhood Education program through North Island College. Having worn many hats, Marissa started at the Centre as a janitor, persistence turned her direction to cook, turned responsible adult. With the promotion to work along side Ralston as Administrative support, Marissa will also continue to work as one on one support with a child.

"I got my commercial kitchen license to serve hot lunches. I then made decision to not cook when I started working with children. I really relate with kids." states Marissa. This relation to children made Marissa want to go the step further. "I found out I was 20 weeks pregnant, went on maternity for four months, came back from leave and transitioned into the language culture and educator. I helped create a whole culture space, end goal was to teach language and teach teachers to incorporate language into the classes." Before the pandemic Marissa started taking language classes with Jeneva, teachings she too brings into the Centre.

In the future, Marissa would potentially be interested to spread her career as an instructor. Now for the Centre, Marissa would love to see more therapies available for children and the return of Elder involvement once the pandemic has settled a bit more; where elders can come sit and visit and tell stories

For perspective, Marissa has recognized what the Centre has meant for the younger children during the quarantine mandates of the pandemic, "we are the first taste of the world outside of their own homes."



Marissa shares, “We create a safe space. There is a lot of trauma within communities and creating a safe space can positively impact their development and even for adult years. Michelle (Ralston) goes above and beyond for children, helping children get to appointments, offering support, and teaching the young talk. There is a lot of support from staff, Michelle, and the government. There is nothing else like this place, I have never been to a day care like this.”

Marissa is appreciative of her working relationship with Skylene, “it is exciting to see what we can do together with the Centre.”

Michelle Ralston is looking forward to see Skylene and Marissa excel in their new roles. Congratulations Skylene and Marissa!

### Summer, Where the Livin’s Easy (for the kids)

The children of the q<sup>w</sup>ayačiiik?iis Childcare Centre have had a busy summer to date! The children have been utilizing the gym, spending time down at the beach, and learning!



Manager of Culture and Heritage, Carey Cunneynworth welcomed the children into the Cix<sup>w</sup>atin Centre’s Cultural Library. Carey offered a very careful ‘show and tell’ session with the artifacts that returned home last fall. Children were not permitted to handle the artifacts, but viewed in awe and tinkered around with the drum sticks. Thank you Carey for engaging the youth with beloved cultural artifacts!



Hjalmer Wenstob completed a curtain for the Childcare Centre. The curtain will be used for potlatches and dancing as performed by the Centre’s children. Stay tuned for more information on the curtain in August’s YG Newsletter.



# Healthy Meals Program

The healthy meals program is a pilot program which started with 12 people. The pilot program will measure the effect of having traditional made food in accordance with dietary requirements and health related issues.

The purpose of the program is to check nutrition and health variance over a 90-day period, which will include 6 data sets extracted by blood testing. The purpose of the program is to compare the impact traditional foods and a healthy-based lifestyle, affect overall health after 3 months of dietary change.

Patients come with a range of conditions, systemic diabetes, heart issues, digestive conditions, kidney disease, and geriatric patients with varied levels of conditions.

The first set of data was recently issued and indicated lifestyle changes observed in patients that were getting meals catered to them have seen improvement. Changes seen in those with chronic diseases. Meals are created to be nutritionally balanced (for heart health, weight management, diabetes prevention. Where needed, meals adapt for gluten free, dairy-free diets.

Meals are not fully personalized, however can be altered based on lifestyle or health requirements of the patient. For example cardiovascular related issues are issued meals heavier on vitamin rich greens and legumes, less on carbohydrates and fats (trans not saturated). Different combo for every patient.

How it came to be! Community Nurse, Simblejeet Kaur applied for the initial finding through Vancouver Island Health Authority. The pilot program officially started on July 5, 2021, Simble and Community Nurse Judy Gleeson (RN) stress the importance of this collaborative project.

Support and planning has included Zoltan Schafer, Director of Lands Resources; Tori Pollins, Lands and Resources Assistant; Carey Cunneyworth, Manager of Culture and Heritage; and Niamh O'Reilly, Traditional Foods Coordinator. Each of had a hand in planning and sourcing local foods for the program.

Gleeson notes "in the future, we would like to involve the community youth (Warriors and Women's Warriors or Interns) with local food foraging and collecting (berries etc.) with possibly meal delivery."

A healthy meal is provided Monday to Friday for two meals a day; breakfast and lunch. Lunch includes a healthy sand-

wich, wrap and soup. Dinner will typically include a healthy protein, more specifically in local fish and seafood, or chicken. With vegetables, fruits and a healthy starch (rice, pasta, potatoes, grains).

The goal of this program is to evaluate and measure health promotion and disease prevention. A success story to date includes an elder who is receiving the healthy meals may go from being 'pre-diabetic' to no longer diabetic.

How do you go from diabetic to not? A patient with Type 1 or Type 2 diabetes who is receiving the meals provided by the program should have more stable blood glucose readings. Where possible these meals reflect traditional foods from Yuułuʔiłʔatḥ culture and traditions.

The healthy meals program would not be made complete without the production team. Debbie Mundy, Community Engagement Coordinator is responsible for the overall meal planning in conjunction with Community Nurses, Kaur and Gleeson. Debbie Touchie and Karen Severinson are responsible for the meal preparation and delivery

The team work to ensure the meals are delivered in re-usable 'bento boxes' (sustainable and no plastic waste). Judy notes "the participants are enjoying the tasty meals, appreciate the amount of fruit and veggies they are getting and many say that they feel healthier since being in the program. Many enjoy the social component too- chatting to Debbie or Karen when they deliver the meals."

We will be evaluating the program approximately monthly to find out some qualitative data (what people think of the program and their ideas to enhance it) and some quantitative data (blood pressure, weights etc).

The team hopes to receive further funding to continue the program at the end of the 3-month pilot, in hopes to open the program up to more participants. Not all participants require to be part of the research aspect of the program; data research is optional.







# AVAILABLE FOR CEREMONIAL USE

There is a Kingfisher (tamuuk) and Eagle (cixwatin) available for citizens to use to make ceremonial items.



## CEREMONIAL USES

Important teachings from our Elders tell us that there is no one right way to do things. It is up to an individual and their connection to the creator or naas, their own spirituality and how they use it.

It is important to remember making and using these powerful ceremonial objects is first and foremost about your own healing, growth and internal power. Do what feels right to you!

### cixwatin

Bald Eagle



**A BIRD OF POWER WITH A CLOSE CONNECTION TO THE CREATOR.**

- Tail feather or wing feather fans
- Talons for personal regalia (necklaces, talking sticks, drumsticks etc.)
- Bones for whistles

### tamuuk

Belted Kingfisher



**A MASTER FISHERMAN WITH INTENSE SPEED AND ACCURACY.**

- Often used in medicine bundles by fishermen for good luck and successful fishing trips.



A ceremonial item can be or look like whatever you need it to be. For more information on the cultural importance of these animals or for inspiration to make your own ceremonial item visit the cultural library or contact the Culture and Heritage Department.

Our Elders shared that to use an animal respectfully it must be put away for one year and it needs to be known where the animal was from to properly acknowledge the life that has been lost. It is recommended to sit the animal in borax before processing.

The eagle has been sitting for one year and is ready for use. The kingfisher needs to rest for 11 months before it can be used. The both birds died of natural causes in hitacu.

Citizens have 30 days to claim the animals from (DATE).  
Animals will be stored frozen and respectfully discarded after 30 days.

Contact [Jonquil.Crosby@ufn.ca](mailto:Jonquil.Crosby@ufn.ca) for more information.

# HEALTH & COVID-19 ADVISORY



**As COVID-19 cases continue to rise, please consider the following:**

- Restrict non-essential travel to and from hita'cu.
- Citizens travelling from outside hita'cu (into the community) are suggested to wear PPE.
- Maintain social distancing and consider wearing PPE if travelling outside of your local region.
- Consider limiting contact to people outside of your main bubble.
- If you feel sick stay home,
- Citizens entering the Cixwatin or huu'patu Centres must maintain social distancing and it is recommended, by your health providers, to wear PPE.
- If you require a vaccination contact Island Health at **1-833-838-2323**.

*If you or a family member are experiencing symptoms or have questions please contact Yuulu'if'ath Community Health Nurses:*

Judy Gleeson RN (778) 942-0579 . Simblejeet Kaur LPN (778) 942-0578

[ufn.ca/covid](https://ufn.ca/covid)



**ANONYMOUS**

**ALCOHOLICS ANONYMOUS &  
NARCOTICS ANONYMOUS  
WEEKLY MEETINGS**

**WEDNESDAY'S @ 6:00PM  
HUUPATU CENTRE**

*Meetings will be held every Wednesday @ 6:00pm.*

For more information contact Deb Botting **250.726.8790**





# MASSAGE THERAPY CLINIC

WITH BROOKE SMITH  
REGISTERED MASSAGE THERAPIST

FIRST TUESDAY EVERY MONTH  
HUUPATU CENTRE

Visit [harbourtherapy.com](http://harbourtherapy.com) to book your appointment

## SIGNED UP FOR THE ONE CALL SYSTEM YET?

*Or need to update your information?*

### WHAT IS IT?

The **One Call System** allows Yuuutu?it?ath citizens to receive Food Fish Distribution alerts via email, text, or phone!

Distributions can have a quick turnover time due to the receipt of fish, processing, and distribution travel.



### STAY CONNECTED!

Check **emails, texts, and voicemails** periodically this time of year. Or follow us on Facebook **@uclueletfirstnation**.



### SIGN UP!

Email your contact info to: [communications@ufn.ca](mailto:communications@ufn.ca)





## NEED TO TAKE A LOAD TO THE WEST COAST LANDFILL?



hita'cu residents can request a purchase order to the **West Coast Landfill** for garbage drop off!



**CONTACT**  
Assets Department at  
**(250) 726-2587**

**Monday to Friday**  
**8:00am to 4:30pm**  
*Please call in advance.*



**Help keep the roadways clean!**  
*Please pick up your dog's feces.*



## HITA'CU ANIMAL CONTROL



**In accordance with YG Public Order, Peace & Safety Act:**

Please do not allow dogs to **roam free**. Keep un-attended dogs leashed when outside. Leashes are vital to keep your dog **safe** from wildlife and traffic.

Excessive barking is prohibited. Make sure your dog is not in distress when barking is aggressive.

**CARE** can assist with solutions to help or prevent your dog from disturbing others.

*Violations can result in a ticket.*



**FOR MORE INFORMATION CONTACT:**

**Coastal Animal Rescue & Education (CARE)**  
Call: **(250) 266-9663** or  
Email: [info@coastalanimalrescue.ca](mailto:info@coastalanimalrescue.ca)