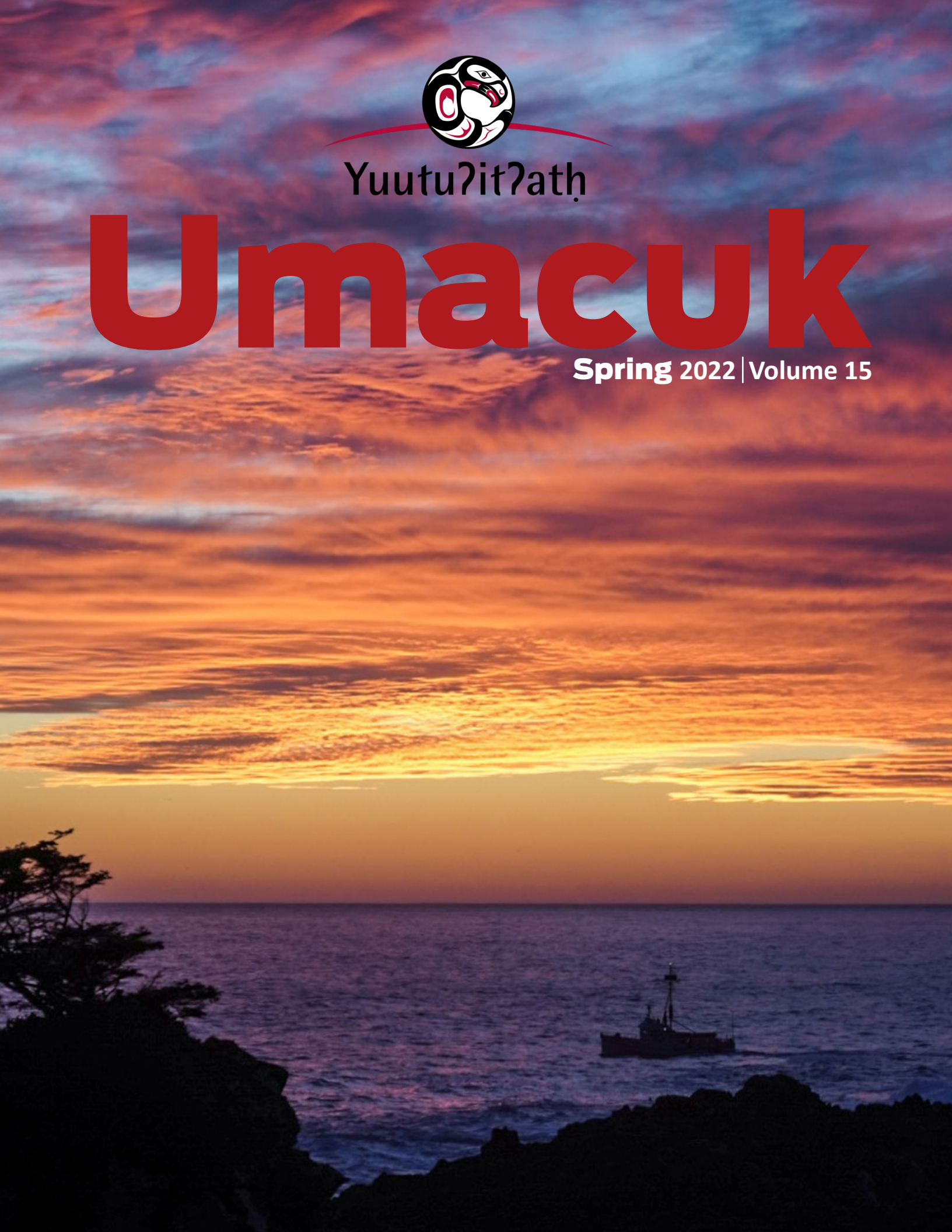




Yuutu?it?ath

# Umacuk

Spring 2022 | Volume 15



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# Yuutu?it?ath

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*This publication was prepared for Yuutu?it?ath by Melissa Boucha. For questions, submissions, or copies, email melissa.boucha@ufn.ca. We thank all submissions to complete this publication.  
Photo front and back cover - Melissa Boucha*

# Byron Patrick

Health & Social Services  
Administrative Assistant



Photo: Melissa Boucha

## ***Yuulu?i?ath citizen and hitacu resident, hired for Health and Social Services Administrative Assistant position for the Yuulu?i?ath Government!***

**You may have seen his contact name** on Health and Social service information flyers, you may have spoken to him directly through the huu?atu Health Centre, sent an email, or may just be friends and family. Byron Patrick has been the most recent voice and contact for the huu?atu Health Centre; having started this past November as an MOA, Medical Office Assistant, on an initial three-month contract. Where is he now? Byron is the most recent hire for the Health and Social Services Department as an Administrative Assistant!

Earlier this year, Health and Social Services posted a position for an Administrative Assistant. With his contract as an MOA coming to a finish, Byron Patrick decided the time was right to apply and engage in a full time position with the Health and Social Service Team. The attraction for this new role? Byron is a people person who saw the door open to help his community and elders. The position offered a to step in to the health care world to see what further knowledge and opportunities there may be. Not to mention, Byron had grown fond of the Health and Social Service team, working alongside Judy Gleeson, RN, Simble Kaur, LPN, Dr. Rohan Ghatak, and Dr. Marshall to name a few in the health office. Although this inspiration was first spawned by Byron's grandmother who was a Registered Nurse.

For those who do not know him, Byron is a Yuulu?i?ath citizen, born in Tofino, raised in hitacu and graduated from the Ucluelet Secondary School. A Ucluelet Secondary School Warrior and a all star medal winner in basketball, Byron has many pastimes including playing Basketball with his team the 'Wolf Clan', surfing, free weightlifting, video games, and of course his family of three children and his wife Skylene.

Byron became interested in surfing when the Wya Surf Shop opened in 2010. 'The energy in the water, people catching their first wave on a boogey board' sparked Byron's interest. In this time, Byron was also an employee of the Wya Surf Shop and spent much of his time surfing out in Florencia Bay. A once local haven, surf hot spot, now popular among the masses.

Judy Gleeson, RN, states on behalf of the staff at the huu?atu Health Centre, "We really appreciate all the work Bryon is and has been doing; his relationships with the community are very positive. There has been lots of positive community feedback of how friendly and approachable he (Byron) is and how great he has been doing in the office. Byron is very organized and very flexible to turn his hands when asked. We are very happy to have him."

It is no wonder with Byron's courteous and helpful, work hard, but laid back demeanor, that his world has been shaped by the positive of sport, his west coast surroundings, and strong family beside him.

What's next? In addition to his new role, Byron will be working on furthering his education in the health care field in taking an 8-week program at North Island College this fall for Health Care Assistant. The certificate program focuses on working with older adults and the venerable community, with opportunities for aide in adult day programs, group homes, community care, and residential care facilities. Congratulations Byron!

### **Three fun facts about Byron:**

- Can almost touch the basketball rim at regulation height (and proud of it).
- Caught a 20ft wave at Wickaninnish Beach.
- Enjoys astronomy.

**Why astronomy?** *Vast spaces creates curiosity.*

# OPPORTUNITY!

## YUULU?I?ATH GROUP OF BUSINESSES

Seeks three (3) citizens interested in becoming a Director of the Operating Board.



### Interested?

Share with us your experience/professional background and tell us what you will bring to board; visions, goals, and interests.

Send your resume and details to:

**Charles McCarthy**

Charles.McCarthy@ufn.ca  
(250) 266.4499

**Jenny Touchie**

Jenny.Touchie@ufn.ca  
(250) 266.1509

### Your role as Director is to:

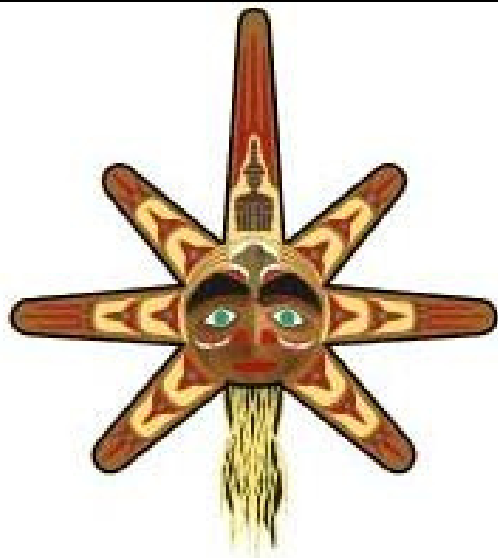
- Provide support and guidance to the Chief Executive Officer (CEO) of the operating companies
- Contribute to making important business decisions that are in the best interest of the company(ies)
- Collaborate and work as a team with the entire board and CEO to achieve sustainable and profitable businesses
- Develop/review company policies and processes
- Contribute to a corporate culture that respects the history and traditions of Yuulu?i?ath people
- Integrate the spirit of the Yuulu?i?ath culture and identity into the operations

### Experience (an asset but not required):

- Business/Entrepreneurship
- Financial capacity/experience (i.e. financial statement comprehension)
- Tourism/Hospitality experience
- Previous experience on a board/committee
- Other professional/industry experience which may be applicable to our businesses

### Who are we looking for?

- Individuals with energy and a positive, proactive approach
- Individuals with knowledge and awareness of Yuulu?i?ath culture/history
- Youth/young professionals (18-30) interested in business and wanting to learn
- Entrepreneurs
- Individuals who can contribute to a team, work well with others and maintain a respectful approach, even during opposing views, difficult discussions or hard business decisions





# Optometry Clinic Open in the Community of hita'cu

Written by Nora O'Malley  
Westerly News

Dr. John Lam tunes in on the telehealth big screen as optometrist Dr. Gary Jassal tests the new equipment with eye care technician Eilidh Morrison during a Sunday training session in Hitacu. (Nora O'Malley photo)

## Telehealth enabled eye clinic opens in Ucluelet First Nations community of hita'cu New eye care centre is the first of its kind in B.C.

Access to eye care on the Coast is closer to home thanks to a partnership with Ucluelet First Nation and the BC Doctors of Optometry (BCDO).

Located at the huu'patu Health Centre at 100 hita'cu Road, this new telehealth enabled eye clinic will serve the roughly 4,500 residents of Ucluelet First Nation, Toquaht, Ucluelet, Tla-o-qui-aht, Tofino, Ahousaht and Hesquiaht.

"It's the first one of its kind in all of B.C.," said past president of BCDO Dr. John Lam during staff training on Sunday.

To bring the eye centre to life, Ucluelet First Nation provided the office space and BCDO invested \$160,000 of capital funding. The rural eye clinic program is part of a larger vision thought-out by the provincial Ministry of Health to create more accessible health care solutions for First Nations communities.

The huu'patu Health Centre eye centre includes state-of-the-art equipment, which can take images of the tissues of the eye, plus a laser scanning instrument to more accurately diagnose and monitor macular degeneration, glaucoma, and diabetic retinopathy. The suite of equipment boasts the top-of-the-line ocular telehealth platform, Topcon RDx.

"It's the best of the best," said Dr. Lam, adding that having high speed Internet was key.

Currently, Nanaimo-based Dr. Gary Jassal travels to hita'cu once a month for in-person eye exams. This new hybrid telehealth model of optometry will allow patients to arrange emergency or routine eye exams when required or when it's convenient.

"A lot of surfers have contact related infections. We can treat that," said Dr. Jassal.

"Telehealth increases access to your doctor, but it's needs to be the same doctor who knows your history," Dr. Lam notes.

Once the eye clinic is up and running, Dr. Lam says they hope to train locals to work as eye technicians.

"That's one of our goals is to fund training for First Nation staff with the Canadian Association of Optometrists," said Dr. Lam.

"From routine or emergency eye exams to check your vision and eye health, to purchasing eyeglasses and contact lenses, a doctor of optometry will now be more accessible," Dr. Lam re-iterates.

To book an eye exam at huu'patu Health Centre, call (250) 726-7343.

### Traditional place name mapping under way in the Mini Bighouse! Project led by the Culture and Heritage Department; expertise led by Yuu'lu?i?ath elders.

*Pictured; Tyson Touchie Jr., Bob Mundy, Carey Cunneyworth. Photo by Samantha Touchie*





2021 Photo: Jonquil Crosby

# Herring (λusmit) and Herring Spawn (k<sup>w</sup>aqmis or siihmuu)

Written by Niamh O'Reilly  
Traditional Foods Coordinator

Pacific herring (λusmit) are considered a keystone species along our coast because they act as the base of a large and complex food web. These small fish support a diversity of marine wildlife and historically sustained many Nuuchahnulth communities. Traditionally herring was an important food source, as they were the first large-scale resource available after the winter solstice; appearing just as food stores were nearly depleted. When the herring returned to the coast in the early new year, first nations would corral the fish into concentrated schools and harvest using herring rakes and dip nets. The herring were eaten raw, broiled on sticks, and boiled in boxes. They were also cleaned, split, and dried for later use. It was an exciting time and herring feasts were a common occurrence.

By late February, the herring and the first nations would move towards areas identified as spawning grounds. Branches or small trees of hemlock, cedar, fir, and balsam were suspended from floating lines held down by stone anchors. Once the herring had spawned, the branches were collected and hung up to dry. Dried spawn was then stripped from the branches and stored in baskets or boxes. Spawn on kelp and eelgrass was also traditionally harvested. Today, herring (λusmit) and herring spawn (k<sup>w</sup>aqmis or siihmuu) are still important and valuable resources to Nuuchahnulth nations. Many communities still participate in fishing and spawn harvesting activities.

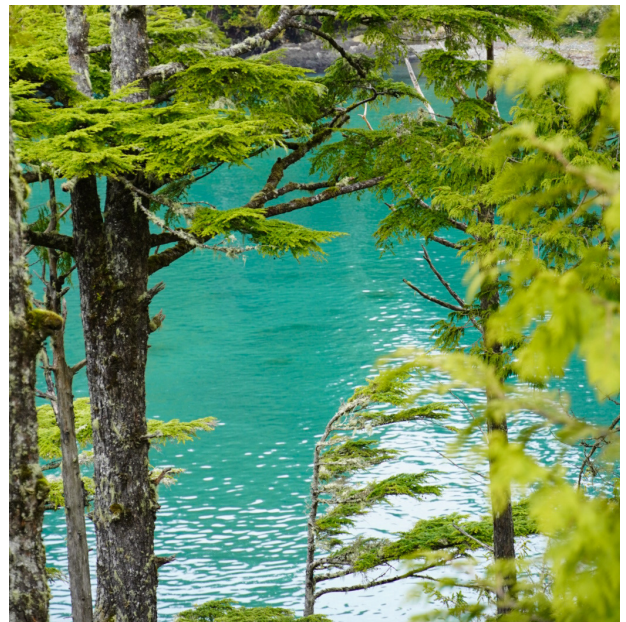
The abundance and location of herring and spawn varies from year to year. In previous years, hitaču and Ucluelet residents were excited to see herring spawn in the harbour and other local sites including Spring Cove and Terrace Beach. This year, there were no spawn events in Yuułuʔiłʔatḥ territory but there were two spawn events in the nearby Barkley Sound. On March 9, there was a 3.5nm spawn at Macoah Passage and on March 27, there was a 3.0nm spawn at Lyall



2021 Photo: Melissa Boucha



Halibut and herring eggs drying on rocks at Ucluelet, 1890's. Royal B.C. Museum photo PN 1176



Terrace Beach viewed above from the Wild Pacific Trail 2021. Photo Melissa Boucha



Herring spawn in Barkley Sound on March 27, 2022. Photo: DFO West Coast Vancouver Island Herring Program.



Herring spawn Yuquot on March 2022. Photo: DFO West Coast Vancouver Island Herring Program.



2021 Photo: Jonquil Crosby

Point and a few smaller spawns close by. There was an estimated 4,000 tons of herring observed in this area this season, a small amount compared to historical counts.

Although Barkley Sound was quiet this year, our northern neighbors enjoyed significant spawn events. At the Mowachaht village site of Yuquot, on Nootka Island, a significant spawn occurred for the first time in years. Community members travelled by boat to the site, collected k<sup>w</sup>aqmis on branches, and brought them back to elders living in Tsaxana. Rich spawns also occurred in Tla-o-qui-aht and Hesquiaht territories this season. These spawn events are a good sign for herring but there is still much concern over current populations of this important keystone species.

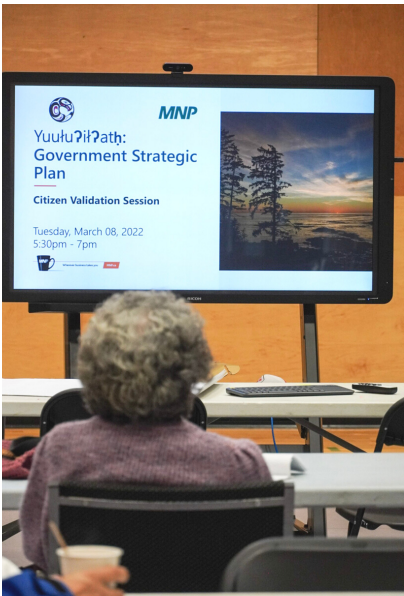
Due to declining abundance, a commercial herring fishery has not occurred on the west coast since 2015. Many Nuuchahnulth nations are encouraging a moratorium on herring fishery to allow populations to recover. Herring populations are struggling due to a history of overfishing, as well as habitat loss due to human influence and natural disasters. This season, the Heiltsuk Nation was deeply disappointed by the DFO's decision to close their commercial herring spawn on kelp fishery, but they recognize that these closures are important to help rebuild populations.

Over the past couple of months, the YG Department of Lands and Resources patrolled Yuułuʔiłʔatḥ territories looking for signs of herring spawn. When the spawn occurred in Toquaht Territory, staff observed an abundance of wildlife in the area including gray and humpback whales. As a part of the FSC Fish Program, Yuułuʔiłʔatḥ citizens in hitaču were offered fresh whole herring that were collected from the DFO test boat. The fish were harvested right before the spawn event and the females still had their eggs. Community members reported that they enjoyed the herring roe raw, and the whole fish pan fried or smoked.

If you have any questions or stories to share, please contact Traditional Foods Coordinator, Niamh O'Reilly, [niamh.oreilly@ufn.ca](mailto:niamh.oreilly@ufn.ca).



2021 Photo: Jonquil Crosby



## Community Engagement Sessions

**MNP is a leading national consulting firm for Indigenous Nations in Canada.** For the past 40 years, MNP has invested significant time and resources developing and delivering practical services to meet the unique needs of First Nations, including Metis and Inuit clientele. MNP was responsible for capturing the most current Strategic Planning Survey and we welcomed the team to hitacu for economic development engagement sessions.

MNP Representatives joined Yuuu?i?ath Government's Economic Development Officer, Corey Rich, for community engagement sessions this past March. The engagement sessions spanned over a three (3) day period and engaged with individual community groups such as entrepreneurs, elders, youth, urban citizens and a session for the general community.

The most comprehensive session was the open house for hitacu. In part of the economic development engagement, MNP reviewed the results of the Strategic Planning Survey. The Strategic Planning Survey was distributed among the community of hitacu, through delivery, social and email lists, and was offered online for ease of access for urban citizens. Overall, there was a 62 count of citizens, on and off Treaty Settlement Lands (TSL), who completed the survey.

The Strategic Planning Survey was implemented to support the Yuuu?i?ath Government's Strategic Plan and gather a retrospect of current citizen needs, on and off TSL. Survey questions covered Yuuu?i?ath Government departmental awareness, accessibility, resources, and communications; housing needs, education needs, understanding of property and income taxation, business development, personal development, and finally, feedback on community futures.

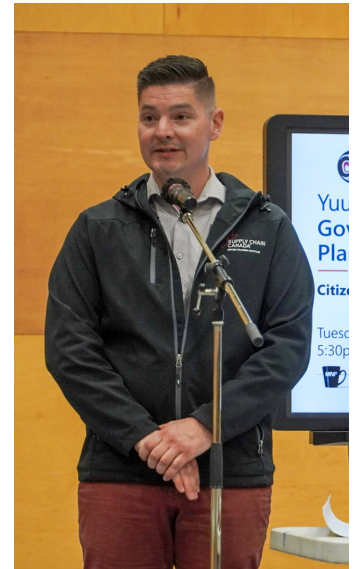
The three main objectives of the Strategic Planning Survey were to:

- Ensure Yuuu?i?ath Citizens have an opportunity to provide input on the strategic planning process.
- Understand Yuuu?i?ath citizen beliefs related to high-level visions, values, and goals for the nation.
- Provide a summary of Yuuu?i?ath citizen service and programming interests, areas that Yuuu?i?ath Government can support citizens with business and personal development and determine overall understanding of Treaty.

The full results of the survey can be found on [ufn.ca](http://ufn.ca) > **government** > **reports** > **community engagement**.

The Survey results, tied in with additional round table discussion with individual groups, allowed an open air scenario for ideas to flow, voices to be heard, and provided a strong start to future discussions. Entrepreneurs, elders, and youth, shared their visions, goals, and future wishes for Yuuu?i?ath.

MNP will return in May to bring engagement session results forward to the Executive leadership, the Yuuu?i?ath Government management team, and will offer a follow up engagement session for urban citizens. With the success of the sessions and the re-opening of in person discussion, we welcome more citizens to engage and offer their voice for helping plan and navigate Yuuu?i?ath's future.

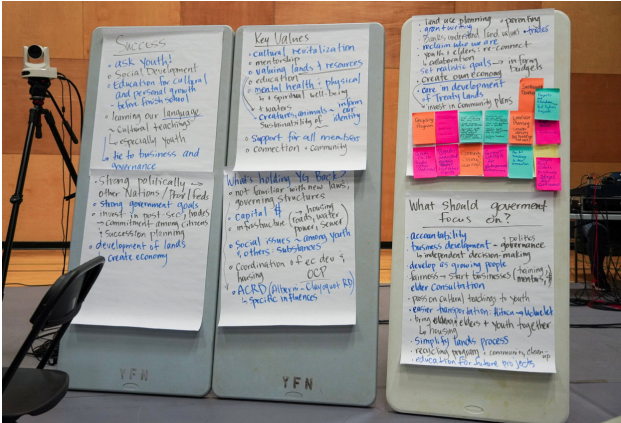


*Jonathon Mitchell with MNP  
Above left to right; President Charles McCarthy gives a welcoming speech. Chris Hilda, Jonathon Mitchell, Silver McLaughlin, MNP.  
Below: Vi Mundy, Gordon Taylor Sr.*

*Photos by Melissa Boucha*









Left to right: Tyson Touchie, Nick Holatko, James Walton, Hayden Seitcher, Carey Cunneynworth Photo: Melissa Boucha

## Warriors Build Community Smokehouse

**Amongst all elements**, the new traditional (community) smokehouse was built. By elements we mean west coast sun, sideways rain, and a slight winter snap that didn't make for the warmest of temperatures. The new build had a timeline and it was going to be completed.

Members of the Warriors; Tyson Touchie Jr., James Walton, and Hayden Seitcher, joined by community friend Nick Holatko, and Director of Culture and Heritage, Carey Cunneynworth, were the front builders of the traditional smokehouse, using skills well learned along the Warrior's journey.

The new smokehouse replaced a pre-existing structure in the back yard of Yuułu?i?at̓h citizen Brenda Jack. The frame was built slightly larger than the last structure and the lip of the roof extends slightly on one side, to allow protection from the elements when processing fish. The wooden distressed door was kept from the original smokehouse, completing the façade with original character.

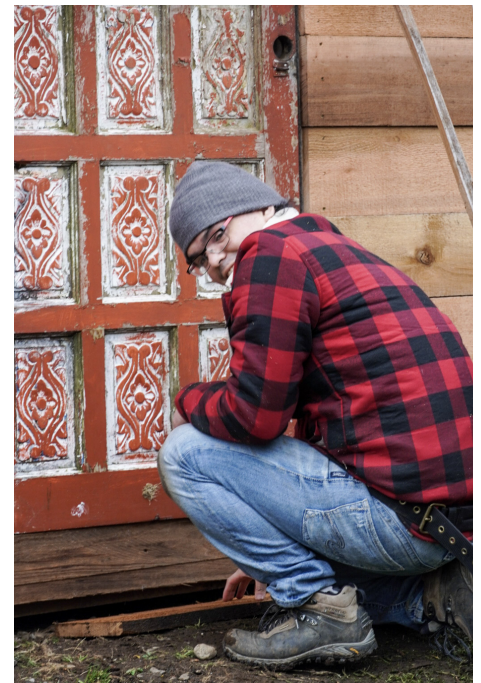
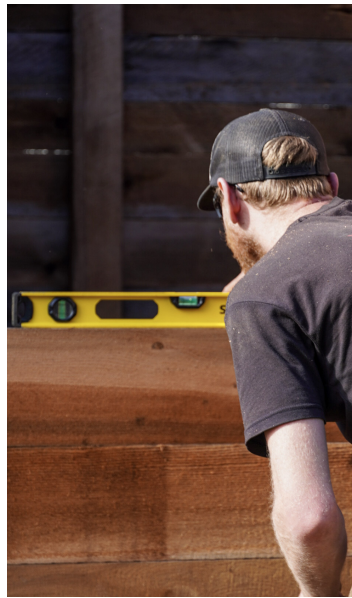
The cedar used in the structure was reclaimed wood, suspected to have been leftover from the build of the Cixwatin Centre. The Warriors approached Alan and Charles McCarthy who milled the wood into perfect building planks.

Traditionally a smokehouse was used to dry and smoke fish, an apparent practice that lives on in Yuułu?i?at̓h culture today. Brenda had once noted, many community members ask her to smoke fish after food fish distribution. There is no doubt the smokehouse will succeed its demand for the community.

**A Traditional Smokehouse:**  
*A small, enclosed outbuilding often with a vent, a single entrance, no windows, and frequently has a pyramid-style roof.*

Photos: Melissa Boucha





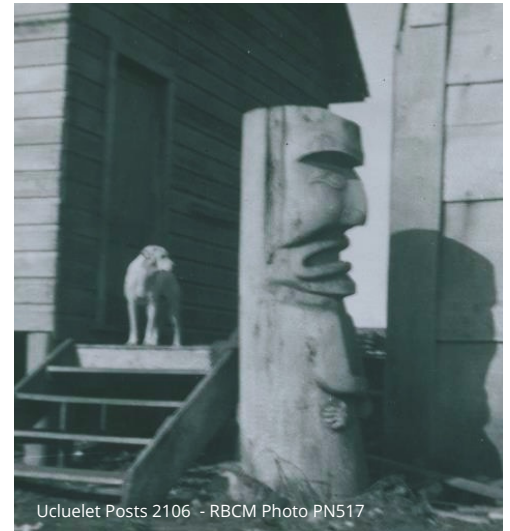




Ucluelet Posts 2108-2109 - RBCM Photo PN515



Ucluelet Posts 2109 - RBCM Photo PN2516



Ucluelet Posts 2106 - RBCM Photo PN517

## House Posts Return to hitaču

The top three images are from the archives of the Royal BC Museum in Victoria. The photos above show the returned house posts in their original location in hitaču village in 1911, prior to being cut down and sold to Charles F. Newcombe under unknown circumstances.

In accordance to the Maa-nulth Final Agreement and the Province of British Columbia, Director of Culture and Heritage, Carey Cunneyworth and RBCM Conservator Michelle Washington from the Royal BC Museum (RBCM) have been working hard to secure the house post return to the community of hitaču. This act of repatriation is a broader step towards reconciliation with the Canadian Government.

RBCM, documentation states; The four carved cedar house posts (RBCM catalogue numbers 2106, 2107,2108,2109), in which 2 of the 4 have been returned to Hitacu, were purchased by Charles F. Newcombe in October, 1912. His agent, Dr. Charles Maclean, sent the following information about the posts in a letter to Newcombe: read below, Ha-oussa and Ach-mo-ko. The return of the house posts are symbolic to the nation and

mark a new chapter in the nations sovereignty. The RBCM catalogue states these house posts belonged to a family whose ancestral village was at "long beach"; a generalized location used by the museum at that time that encompassed both Kwisis Village, and the area that is now called Wickaninnish Beach. These posts were likely purchased from two brothers who are identified as "Joe" and "Atsek/Adzick",and who stated that the house in which the poles were in stood for 30 years prior to being sold in 1912, which means that the poles themselves could be significantly older than that.

A house post ceremony was held in hitaču at the mini bighouse to formally welcome the artifacts home. Brushing was offered by Rennie Touchie and Tim Sutherland and the floor was open to the community to share stories.

Jenny Touchie comments "(house post ceremony) was a great experience to see the house posts come back to the nation. It was truly amazing to see the dedication of the nation within the culture and heritage department, to bring these (posts), other artifacts, and items of significance back home where they belong and reconnecting to that piece of history."



HA-OUSSA



ACH-MO-KO

### Ha-oussa

A man's figure. This totem became a real person (alive) at times of potlatch. He was the chief of those living at Long Beach. He used to let the people play.

RBCM Catalogue notes; Inside house post depicting Nootka Chief.

### Ach-mo-ko

A man's figure. This man used to fight (a warrior) the battles of those other men (Ha-Oussa and Eich-a-tuppee) and against those bands who were their enemies. He apparently was the fighting man whilst the others spent their time in amusing the people, this soldier also became real at potlatch time.

The following pages of images showcase the arrival of the house posts to hitaču and the careful move of the artifacts within the mini bighouse. Strategic moving helpers include, RBCM representatives, James Walton, Tyson Touchie Jr, Jay Millar, Ricardo Manmohan, and Carey Cunneyworth.

Photos: Melissa Boucha

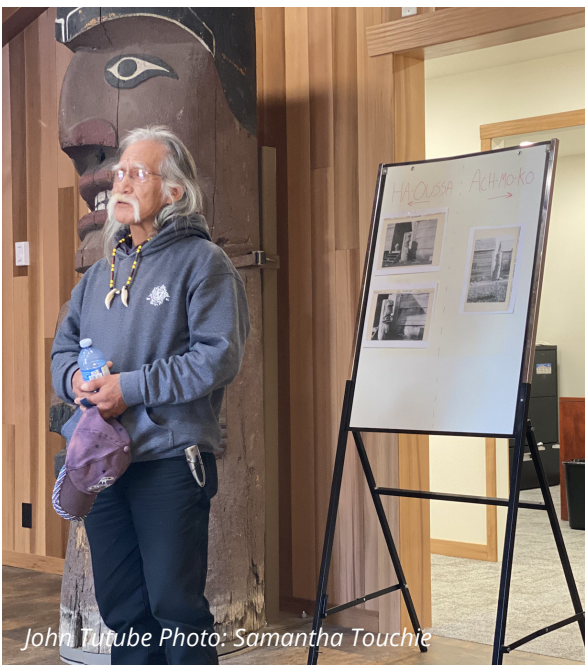




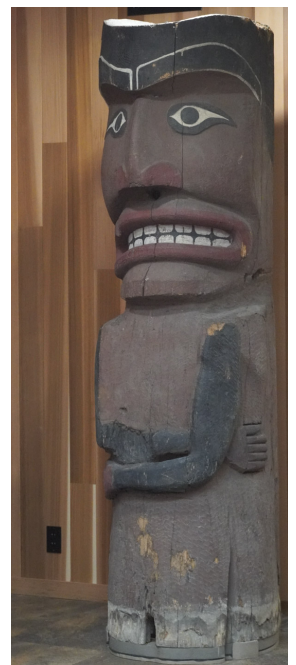
Michelle Washington, Carey Cunneynworth, George Field  
 Photo: Melissa Boucha



Tyson Touchie Jr. Photo: Melissa Boucha



John Tutube Photo: Samantha Touchie





# Marine Stewardship

## Engagement Session

Jonquil Crosby, Manager of Fisheries and Wildlife and Niahm O'Reilly, Traditional Foods Coordinator, host the Lands and Resources, Fisheries round table discussion.

### Environmental Stewardship

*"The responsible use and protection of the natural environment through conservation and sustainable practices to enhance ecosystem resilience and human well-being."*

The Lands and Resources Department, Fisheries and Wildlife, held a round table, community engagement session in late March. The intentions of the session were to:

- Increase dialogue on Yuułuʔiłʔatḥ marine stewardship activities and priorities; review of the Salish Sea Initiative Marine Stewardship Program and other departmental projects.
- Discuss challenges, successes, explore community engagement, and future training opportunities.
- Gauge community interest on future roundtable discussions.

The session opened with introductions and an opening prayer, moving into the discussion topics as outlined below.

The first topic was **Marine Stewardship**. This topic covered:

- FSC (food, social, ceremonial) allocations & reporting, Maa-nulth committees, Barkley Sound roundtable discussions, and the WCVI (West Coast of Vancouver Island) Chinook Recovery Board.
- Success of the Small Vessel Operator Proficiency program & Practical Boat training; **approximately 20 citizens have now been certified!**
- Thornton Creek Hatchery Salmon Enhancement; board, training, and volunteer opportunities.
- Marine patrols on the Nahmint5 & nearshore monitoring; herring, shellfish, and marine mammals.
- Current, on-going projects and collaborations.

The second topic covered was the **Salish Sea Initiative (SSI)**. This topic provided understanding of the SSI and how this initiative brings forth a substantial three (3) year fund, through the Department of Fisheries and Oceans Canada. This fund is for marine-related monitoring, activities within estuaries, intertidal zones, open ocean, and deep sea. The SSI brings positive opportunity for Yuułuʔiłʔatḥ and funding will be committed to:

- Field gear and equipment, including larger purchases; side by side off-road vehicles, drones, cameras, emergency floater suits, traps, underwater R.O.V. (remotely operated vehicle), patrol vessel, truck, and trailer.
- Training in marine safety; Small Vessel Operator Proficiency (SVOP) training, Drone Pilot certification, accredited stewardship courses (through Vancouver Island University, VIU).
- Assistance with marine stewardship planning, research, and data management through consultant services.
- Construction of a marine stewardship storage compound within hitaču and a field base in Nahmint.
- Establishing marine species, monitoring marine mammals, shellfish and salmon species.
- Work toward an interactive map with traditional use areas.





**Other topics of discussion included:**

**Activity reporting within the Maa-Nulth Domestic Fishing Area**

- Transport vessels anchored on Big Bank (pictured).
- The impact of transport vessels and whales in the same 'lanes'.
- A seven (7) times increase in oil tanker traffic. This creates vessel strike, noise, and marine obstacles.

**Marine Mammal Monitoring - Aerial and Vessel Monitoring**

- There is a 25 year moratorium (temporary prohibition) on the grey and sei (third largest whale after blue and fin) whale harvest.
- Tracking of the southern resident killer whale, northern resident killer whale, and transient marine occurrence.
- There has been an Increase in Salish Sea tanker traffic, result of the Trans Mountain Pipeline expansion.
- Seasonal pinniped (marine mammals that have front and rear flippers, seals, sea lions) abundance and distribution of.
- Marine mammal entanglements, including reporting and training.

**Nahmint Estuary Work and Monitoring**

- Sediment sampling and analysis.
- Underwater remote operated vehicle eelgrass surveys.
- Aerial drone mapping.
- Pinniped (marine mammals that have front and rear flippers, seals, sea lions) monitoring.

**Ucluelet inlet - Future Nearshore Monitoring.**

- Eelgrass bed mapping and health assessment,
- Invasive European green crab assessment.
- Sea lion counts.
- Dungeness & Red Rock crab; abundance and size monitoring.

**Other Initiatives Include**

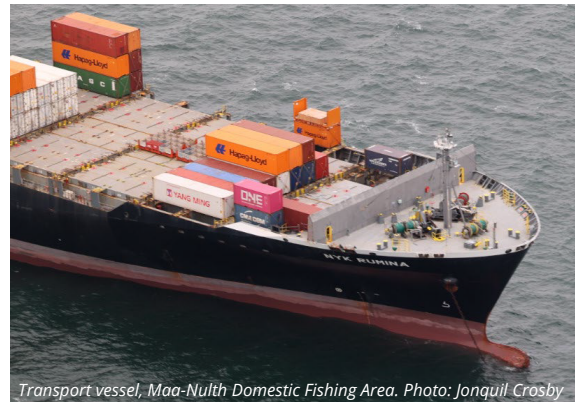
- Salmon DNA work and microtrolling.
- Monitoring shellfish abundance in Effingham Inlet.
- Seasonal shellfish contamination testing within the Ucluelet inlet.
- Working with the Warriors dive team on intertidal collections.
- Collaborations with Parks Canada (PRNPR), Ucluelet Aquarium, Thornton Creek Hatchery, Redd Fish (CWFS), Uu-a-thluk on training and potential capacity.

The community discussion led for the duration of the scheduled three hours, with meaningful feedback provided by Yuułu?if?ath citizens and residents of hitaču. The goal for this engagement session and for future sessions is to communicate ongoing marine stewardship goals, achievements, and opportunities to the Yuułu?if?ath community.

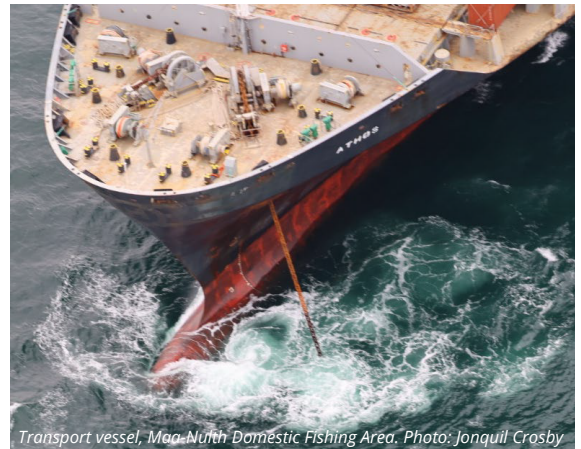
Cultural and traditional knowledge provided by the community will further support the monitoring and stewardship initiatives and activities.

With fisheries and wildlife looking to plan ahead and work together to provide workshops, employment, mentorship for youth, and community engagement.

For more information, contact Fisheries and Wildlife Manager [Jonquil.Crosby@ufn.ca](mailto:Jonquil.Crosby@ufn.ca) or Traditional Foods Coordinator [Niamh.Oreilly@ufn.ca](mailto:Niamh.Oreilly@ufn.ca)



Transport vessel, Maa-Nulth Domestic Fishing Area. Photo: Jonquil Crosby



Transport vessel, Maa-Nulth Domestic Fishing Area. Photo: Jonquil Crosby



Photo: Jonquil Crosby



Nahmint Estuary. Photo: Jonquil Crosby



Photo: Jonquil Crosby



# CEDAR ROPE WITH ROSE ADAY-MCCARTHY



**Cedar rope is formed from a simple concept using straightforward techniques.** The end result produces a valuable form of technology, whether for use or wear. Cedar has the ability to be versatile; both strong and extremely gentle. Cedar rope can be made with the strength to tow a whale to shore and as delicate for accessories such as jewelry or headwear.

Our ancestors were great inventors, artists, healers, and leaders. Our creative spirit was never broken during the harshest times of colonization. First Nations were innovative and brilliant, much of which included the expertise for the use and preparation of cedar. Learning to make cedar rope can open the door to a variety of fun and useful projects; earrings, necklaces, bracelets, and other beautiful regalia.

## The Making of a Cedar Rope Bracelet/Mini Headband Ornament A Step-by-Step Guide

### Step 1: Gather Materials, Prepare the Cedar

For this project you will need warm water, a bowl or bucket big enough to submerge your cedar strips, thread or string, four strips of cedar bark, and optional beads for decoration. The strips of cedar should be fairly thin so it can be folded easily but not so thin that it would be likely to tear.

#### Supplies:

- Warm water, bowl
- 4 thin-ish strands of cedar
- String
- Twine for finishing

#### Optional:

- 2 small beads
- Floss Threaders or needle

*Soak your strips of cedar in warm water until it becomes flexible.*

### Step 2: Getting Started

Pick four strands of cedar that are roughly the same size and at least 30 cm long. Gather the strands together and tie one end of the cedar strands together with your thread or string, approximately 5 cm from the end.

*When you're making the rope, you'll need something to hold on to the starting point of the cedar. Tying the end to something like the back of a chair, putting something heavy on the ends, or have a helper hold the end of the cedar while you work.*

### Step 3: Beginning the Rope

You should now have the four long cedar strands coming out towards you. Separate the strands so you have two strands in your left hand and two in your right hand. Lightly pinch the cedar 6 to 10 cm from where it's tied together. Beginning in your right hand twist the two strands together clockwise. Make two or three twists. Hold on tightly so the cedar doesn't unravel.

### Step 4: Twisting Together

It's very important to hold on to both sections to make sure it doesn't unwind while the rope is being formed. A technique to prevent this is to grab the left strand with your little finger as it is passed from left to right hand. Right strand goes over left.

As you move the right strand to the left, grab the left strand with your right little finger and/or ring finger. Once you have the right strand firmly in your left hand you can move the strand now in your right hand up to your thumb and pointer finger for better control when making the next twist.

**FOLLOW  
ALONG!**



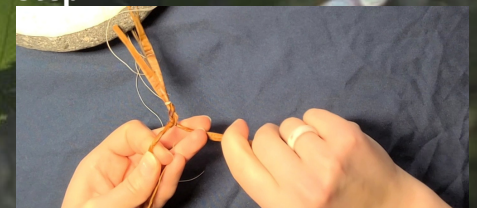
Step 2



Step 3



Step 4



### Step 5: Repeat

Repeat twisting the strand in your right hand and moving right strand over left until you reach 5 cm away from the other end of the cedar strands.

### Step 6: Tying Off

Use your string to wrap the end of the rope tightly so it doesn't unravel. Congratulations you've made your own cedar rope!

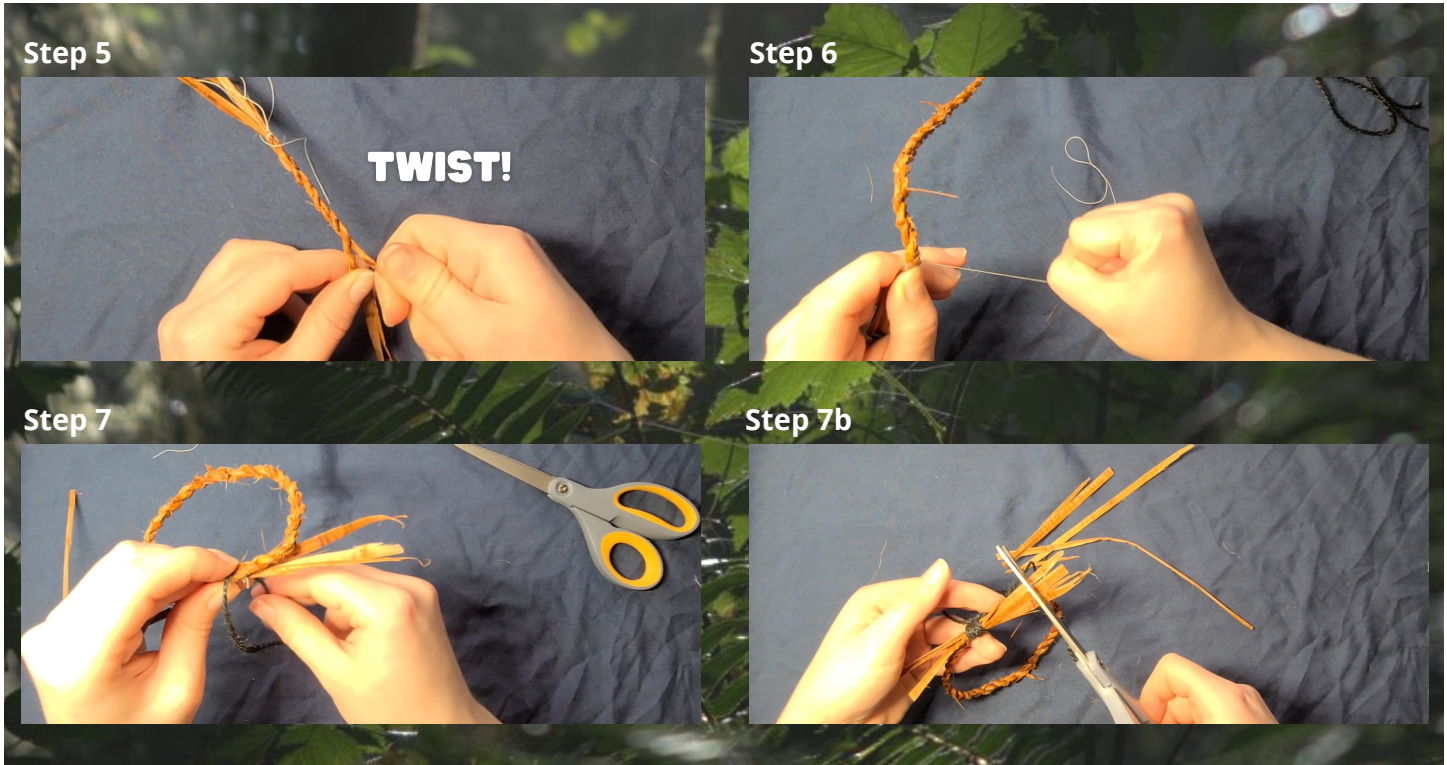
### Step 7: Finishing touches

Cut a piece of twine approximately 10-15 cm long. Bend the cedar rope to form a circle with the two tied off

sections overlapping slightly. Use one hand to hold the rope in place while wrapping the twine around the overlapping section. Tie with a double knot to finish.

At this stage you can trim the fringe to your desired length or leave it long. If you'd like to add some extra decoration thread beads of your choice onto the ends of the twine, make a knot after the beads then trim the excess. If the twine is too big to easily add beads, try using a floss threader.

You may want to soak your completed project in mineral oil. Baby oil will also work, unscented is generally best. The oil will help keep the Cedar supple and flexible, it will also be less prone to breaking or cracking.



# CONGRATULATIONS

**You've made a cedar rope bracelet/mini headband ornament!**

When your rope bracelet is complete you may wear it or gift it to a loved one. If you choose not to wear the bracelet, use as a mini headband ornament, display as a decorative piece in your home .

Find the video on our Youtube!  
<https://youtu.be/rB-lu7nacOI>

For any questions on how to make cedar accessories, contact [Rose.Aday@ufn.ca](mailto:Rose.Aday@ufn.ca)





**Yuutu?it?ath**  
*'People of the Safe Harbour'*

**Umacuk Spring 2022**