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Yuutu?it?ath

Umacuk YG News

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SHIFT INTO WINTER

Highway 4

October 1 to March 31




**MUST USE
WINTER TIRES**

Check Road Conditions at
www.drivebc.ca



Shift into winter beginning October 1!

Fall has officially arrived and so has the weather. Winter tires (or chains) are required on most routes in British Columbia from October 1 to March 31 (April 30 for some BC Highways). Highway 4 is one of these designated routes due to the altitude.

Highway 4 is marked with the provincial regulatory signs. These signs are enforced by the police, ministry or other enforcement officials. Motorists who are not compliant may be turned away and fined.

Winter tire checks can take place along Highway 4 at any time. Make sure if you or your family are traveling to have compliant tires, for your safety and the safety or other road users.

Always drive prepared and exercise caution when on the highway in miserable weather conditions!

Vote Now



VOTE TO NAME THE BOAT!

1

wiʔak1

Brave1

2

Yuutuʔit ʔakum

Ucluth (calm harbour)
noblewoman

3

mamuʔaqʔah

I work

Deadline: Wednesday, October 11 at 4:00pm

Vote for your favourite name by commenting below or submit your vote to
Catie.Batemen@ufn.ca



Tripartite Implementation Committee Visits hitaču

The **Tripartite Implementation Committee** visited hitaču on the final week of September.

The visit consisted of representatives from Crown-Indigenous Relations and Northern Affairs Canada (CIRNAC), Ministry of Indigenous Relations BC (MIRR), and the Maa-nulth First Nations (including Yuułuʔiłʔatḥ Government staff).

The visit was in part of a nation-to-nation tour of the Maa-

nulth First Nation communities, with the purpose to ensure decisions are made in full collaboration with Indigenous, territorial, and provincial partners; strengthening government-to-government relationships and ensuring self-governing nations needs are recognized and supported.

Representatives toured the community of hitaču, viewing housing needs, visible infrastructure requirements, and much more.

FNHA Medical Transportation Program Increases Rates

The **First Nations Health Authority's** Medical Transportation Program meal rates are set to increase as of Sunday, October 1, 2023.

The patient travel benefit is intended to supplement travel costs for Indigenous patients who need to travel to access medical appointments. These benefits provide assistance with the cost of meals, accommodation, and transportation to the nearest provider for a specific treatment.

For example, citizens traveling from hitaču to standard dental procedures are covered in Port Alberni, but not Nanaimo.



First Nations Health Authority
Health through wellness

For details on the rate increase and other benefits information visit:

www.fnha.ca/benefits/medical-transportation

For Patient Travel requests or information, contact: **Carrie.George@ufn.ca**, or Reception at **(250) 726-7342**.

Truth and Reconciliation

Schools and communities raise Survivor's Flag.



hišukma taatne?is yaamis - Every child matters, is loved.
hi-shook-ma taat-ne-is yaa-mis

On the annual day for Truth and Reconciliation, both the Ucluelet Elementary and Secondary Schools, among schools and communities across the country, raised the Survivor's Flag.

The following is a description of the flag and photos, as received from: nctr.ca/exhibits/survivors-flag/.

The Survivors' Flag is an expression of remembrance, meant to honour residential school Survivors and all the lives and communities impacted by the residential school system in Canada.

The Family (1)

Some saw the adults as our ancestors watching over us; others saw these as parents signifying whole families ripped apart and also reuniting to represent healing.

The Children (2)

More than one child is depicted in the design as often whole sibling groups were taken from their parents, younger siblings, grandparents, and community.

The Seeds Below Ground (3)

Represent the spirits of the children who never returned home. Although they have always been present, they are now seen and searched for.

Tree of Peace (4)

Haudenosaunee symbol of how nations were united and brought to peace, which in turn, provides protection, comfort and renewal.

Cedar Branch (5)

Sacred medicine that represents protection and healing, but also what is used by some Indigenous cultures when one enters the physical world and then again when they pass on to the next (i.e. medicine bath). The seven branches acknowledges the seven sacred teachings taught in many Indigenous cultures.

Cosmic Symbolism (6)

Represents Sun, Moon, Stars and Planets. The Sun represents the divine protection that ensure those who survived came home. The North Star is prominent as it is an important navigation guide for many Indigenous cultures.

The Métis Sash (7)

The Sash is a prominent ceremonial regalia worn with pride. Certain colours of thread represent lives that were lost, while others signal connectedness as humans and resilience through trauma. All the threads woven together spell out part of history, but no single thread defines the whole story.

The Eagle Feather (8)

The Eagle Feather represents that the Creator's spirit is among us. It is depicting pointing upwards which mirrors how it is held when one speaks their Truth.

The Inuksuit (9)

Inuksuit are used as navigational guides for Inuit people and link to tradition.





Mission: Pawsible

The CARE Network shares success from the Mobile Veterinary Clinic in hitaçu!

Mission: Pawsible Mobile Vet Clinic was a huge success!

It was shared by the CARE Network that the surgeries, vaccinations and parasite control treatments will have a massive positive effect on community health and safety going forward.

There will be less risk of virus outbreaks, thanks to vaccines that cover Parvovirus (for example), reduced potential of human/wildlife conflicts (out-of-control and sick populations of dogs and cats are attractants), fewer chances of dog fighting/biting incidents (often related to dogs being in heat), and much more.

The mobile vet clinic statistics include:

- Cat Neuters 19
- Cat Spays 12
- Cat exams 4
- Dog Neuters 3
- Dog Spays 5
- Dog exams 9
- Vaccines 49
- Microchips* 39
- Treatments 49 (mainly parasite controls)

We thank all citizens for participating in this initiative and applaud the CARE Network for making this clinic possible, with the assistance of Catie Bateman of the Lands and Resources Department.

As a pet owner, it is your responsibility to maintain the health and wellness of your animal. Keeping only the animals you can provide appropriate food, water, shelter, health care, and companionship for.

A healthy pet aids in the health of your overall community. We must work together to keep the unnecessary reproduction of animals at a respectable low, especially the feral population.

If you have an animal or know of an animal that needs support, contact our Lands and Resources Department by calling **(250) 726-7342** or contact the CARE Network at **(250) 266-9663**.

**A microchip for a pet is a form of identification that helps locate your pet if lost or ends up in a shelter or veterinary clinic/hospital.*



**MISSION: PAWSIBLE
MOBILE VETERINARY CLINIC**

Opening of Satellite Office

Yuulu?it?ath Government Satellite Office prepares for soft opening.

Written by: Mark MacDonald

Ucluelet First Nation is looking forward to a soft opening of its new Satellite Office in Port Alberni this fall, and when the doors open, Yanny Poilievre will be there to greet citizens.

Yanny started as the new receptionist at the start of September in the office at 3203 3rd Avenue. Also working in the office is Communications Coordinator Rose Aday.

"I'm excited about working with our Nation and meeting everyone and we're encouraging them to stop by once we're open," Yanny says. "I will be supporting our citizens in this urban setting."

Yanny points out that the goal of the Satellite Office is to grow many programs and services as possible to support urban citizens. She is there to answer questions citizens have and let them know what is available in terms of services.

"It's not going to match what the main office (in hitaču) will offer, but we will try to build social services, cultural and education services as we can. We are also wanting to bring more of a sense of community for our citizens."

Yanny grew up on the West Coast and moved back 12 years ago.

"In the years before I came back, I was doing forestry work," she recalls. "I have a second-grade child, and the 10 hour field days for forestry were not conducive to dropping off and picking them up. I haven't been working for almost two years, and it's nice to get back into the workforce."

Yanny is excited about the future the Satellite Office presents.

"I hope to build the services here to the point where I may even be able to move into another role," she says. "I'm happy with reception, and it's fun to be the face of the office and meet everyone who is coming through, but I hope we will add value through our staff and services so that we will have additional roles that will need to be filled."

While renovations are near complete, there remain a few items to secure before the facility is ready to welcome the community.

We look forward to opening the doors in the very near future, providing services and offerings to our urban citizens.

CLOSED
Monday, October 9



*hitaču Cix^watin Centre & huuḡatu Centre
will reopen Tuesday, October 10*

Join Night Sun Bear in hitaču for group healing work, focusing around teachings of the Sweatlodge.



Night Sun Bear

Cultural Counseling & Land Based Healing

Mixed Group - Thursday, October 19 at 5:00pm

Men's Group - Thursday, November 23 at 5:00pm

Women's Group - Friday, November 24 at 5:00pm

For a more details and to sign up, contact:
Samantha.Touchie@ufn.ca



Local Education Agreement

Claire Bates, Co-op Student, shares her experience with the Yuułu?if?ath Government.



is respectful and reflective of their unique culture and history. This jurisdiction is recognized in the package of Education Jurisdiction Framework agreements negotiated by British Columbia, Canada, and the First Nations Education Steering Committee, on behalf of First Nations in BC.

Yuułu?if?ath Government is the authorized agent for the purpose of entering into an agreement for the education of Yuułu?if?ath children.

The Board has the authority, under Section 86 (3.3) of the School Act, to enter into agreements with a treaty First Nation with respect to the education of First Nations Students.

The Local Education Agreement (LEA) was recently resigned between the Yuułu?if?ath Government and School District No.70 Alberni (SD70). The agreement was designed to address the educational needs and priorities of Yuułu?if?ath students and promote their academic success.

What is the LEA?

The LEA is intended to set out agreed parameters between the two parties in relation to the education of Yuułu?if?ath children in School District 70 ("School District").

First Nation children have an unfettered right to education as protected under Section 35 of the Constitution, the UN Declaration of the Rights of Indigenous Peoples, the UN Convention of the Rights of the Child, and our Human Rights.

The rights of First Nations and Treaty governments are recognized by the Board.

Educators, Indigenous communities, and many parents and students across the province are aware that much more work is needed to build momentum for change and improve school success for all Indigenous students.

The First Nation, pursuant to its inherent jurisdiction over education matters, has the authority and responsibility for the education of its citizens and desires to ensure its students all have access to, and receive, quality education that

The LEA is signed every 5 years. This year, a major amendment to the agreement included firm definitions of what attendance and absenteeism mean. The key point is that the "decisions about retaining students must involve agreement from parents, the principal, the school-based team, and the Superintendent. Documentation of efforts to provide extra help or enrichment must be provided for this discussion. The principal has the final say in placing and programming students in accordance with the School Act."

Photo above, left to right:

Superintendent, Tim Davie, Director of Health and Social Services, Simble Kaur, UES Principal, Jamie Hansen, CFO, Tamara Nelson, Treasurer, Pam Craig, President Charles McCarthy, Manager of Education Services, Karen Severinson



Community Health Nurse

Cynthia Fitton returns as the Community Health Nurse!

Written by: Mark MacDonald



Cynthia Fitton has returned to hitaču with a dual role: Community Health Nurse and Home Care Nurse.

It's a homecoming for Cynthia, who has been working at Tofino Hospital as the Indigenous Liaison Nurse since 2019, and for the four years before that, served as the Nuuchahnulth Tribal Council's Home Care Nurse for Ucluelet First Nation.

"I missed working in the community and I knew it felt like it was the right time to come back," she says. "It kind of felt like I was coming home, and it has been nice being around a lot of familiar faces here, and feeling welcome."

Cynthia started in her new post at the beginning of September, and her office is in the hitaču huuḗpatu Medical Centre.

"The primary service I provide is the immunization program, and with that, it includes maternal and child health," she states. "It's support for young families that are just starting out, helping them to stay healthy and providing them with education, support and resources so they can make healthy decisions. I am currently working on getting certified to

provide immunization services and will advertise once I am able to provide this service"

Cynthia stresses that the services she provides are not only for young families, but for all ages of citizens, including elders.

"We will have a full immunization schedule for children, but it's also available for adults who haven't been immunized," she notes, adding that flu and Covid booster vaccines are expected to be available this fall. "If they've been missed when they were younger, I can get them up to date."

Born in Ontario, Cynthia grew up in Nanaimo and visited the West Coast often. She has three children and owns a home in Ucluelet and shares another three children and a home in Tyhistanis with a partner who is a Tla-o-qui-aht First Nations member.

"My parents moved us out here when I was 10, and I was really thankful for that because this is a special place. I was really taken by the ocean and the natural beauty of the island," she states.

She earned her nursing degree from the University of Northern British Columbia in Terrace, focusing on First Nations health and research.

With an aging population, the Home Care program has become increasingly important, as it works with citizens to determine their needs and what can be done to make sure they can stay at home as long as possible.

"With the Home Care program, we work with a lot of clients who have chronic diseases or are elderly, and we try to make them safe at home and keep them at home," she explains. "We try to do everything we can do to make sure they are healthy and safe at home, because nobody wants to go to long care facilities. People can feel very disconnected when they're in those facilities."

The closest assisted living facility is in Port Alberni, and there is an independent living unit in Ucluelet, which does not offer 24/7 care.

"They have care aids that come in, and it's a little bit safer, and it's for people that don't have family," she says. "But if someone needs 24/7 care, it's not appropriate."

"I also give guidance too. If for some reason it's not safe to be at home, I can give citizens guidance to make decisions about what they can do, and help navigate that," she continues. "It's a really hard decision when you know you can't stay at home anymore, and it's really hard on the family to make that decision. And I can help guide them with that."

In her dual position in hitaču, Cynthia is available to assist citizens by assessing if what they're suffering from is something they need to go to hospital for, to receive more treatment. Cynthia also provides harm reduction services for those who are struggling with addictions. This includes having available clean safe supplies like sterile needles, sterile water, aluminum foil, pipes, and stericups. And plans to offer sexual health services in the new year once completing training.

Cynthia will be providing nursing services at the Port Alberni Satellite office when it opens.

"We are here to try and support any health issues including with any of the Yuutu?it?ath departments like day care or common areas, including community events, and I'm available to address any concerns regarding health issues," she adds.

Cynthia is feeling very welcome in her new position.

"I'm just happy to be back," she says. "Since I left I've wanted to come back, and I seized the opportunity to come back when I could. One of the things I like about working in the community is the connection with people. These relationships are really important to me."

Cynthia can be reached directly at **(778) 942-0579** or by emailing **Cynthia.fitton@ufn.ca**. Cynthia is available Monday to Friday 9:00am to 4:00pm.

Cynthia will also be available on select dates at the Satellite Office, when the facility is open for services. We look forward to sharing more information.

Welcome Cynthia!

COMMUNITY HEALTH NOTICE



ufn.ca

Mask mandate returns to huu?atu Health Centre.

A mask mandate was issued for the huu?atu Health Centre on Tuesday, October 3, as per instructions from the provincial Ministry of Health.

Starting immediately, everyone entering the huu?atu Health

Centre will be required to wear a mask.

Masks and hand sanitizer will be provided at the front door. Thank you for helping keep the community safe from Covid-19.

K^wisitis Village Sign Unveiling

K^wisitis Village sign unveiling held as part of the Yuuḷuʔiʔaṭṭ Day Celebration.

Written by: Mark MacDonald



Close to 50 people attended the landmark unveiling of a new longhouse style sign at K^wisitis Village next to the Wick-aninnish Visitor Centre on Yuuḷuʔiʔaṭṭ Day September 18, which the nation hopes will be another forward step towards further land restoration for the Yuuḷuʔiʔaṭṭ.

President Charles McCarthy was one of the speakers, and said “This is paramount to who we are. These were our fishing grounds, our way of life. We need to get back to our culture, and we want to be. There is a necessity for us to be grounded to the land, and it is good to see the turnout today to see that re-connection with the land.

“Hopefully next year we can bring other Nuu-chah-nulth members here to camp, sit down, share dinners and tell stories,” he adds. “This is very important for all of us. Congratulations to the Culture, Language and Heritage Department for directing this, and to Hudson who put up the pole.

We look forward to reclaiming our traditional territory, including our village by the ocean. This brings us back to who we are.”

The sign unveiling was hosted by the Culture, Language and Heritage Department, and constructed in support by Hjalmer Wenstob and Jay Millar.

The sign was read in traditional Nuu-chah-nulth language by

Jeneva Touchie, who also sang an opening song. Samantha Touchie shared the opening prayer.

Elder Vi Mundy attended, and she was at the raising of the Hudson pole in 2010, when her mother, Barbara had the opening prayer.

“It is heartwarming to us to hear Samantha and Jeneva speak the language so clearly,” Vi says, adding that her mother taught the language to staff at the language school. “We’re really happy about that. There are not that many people that speak it, so it’s wonderful for us to witness that today.

“This is very, very important today. It reminded us of things that had been lost over the years.”

The sign recognizes the totem that is a few hundred feet closer to the entrance of the trail, which was carved by James Ivan Cootes (1947-2010), also known as Hudson.

Carey Cunneyworth, Director of Culture, Language and Heritage, said the sign posed a lot of challenges, working with Parks directors, but they managed to get it done.

“We sat down with our elders years ago to find out what the sign should say,” Carey said, noting that “the original location for the sign was supposed to be behind Hudson’s pole.”

James Walton stated: “I think it’s wonderful to have our President and all the people come out for this and learn about it. I love learning about where you are, and we can learn a lot through the sign.”

The contents of the sign as read aloud by Jeneva (in traditional language) translated to: “You are standing at K^wisitis village, one of the many traditional villages of the Yuułuʔiłʔatᕐ people.

“The village was originally home to the Kinaxum-as-aht people who lived in K^wisitis from time immemorial. After contact, it was amalgamated with other villages to form the modern Yuułuʔiłʔatᕐ. In 1889 it was designated as IR9. At the time the village had several standing houses and house platforms, was used seasonally for halibut fishing, and had a ramp for hauling whales up the beach.

“Although the Park has prevented the Yuułuʔiłʔatᕐ from living in K^wisitis village, the Yuułuʔiłʔatᕐ have continued to use the area for harvesting and ceremony. K^wisitis village has long been a sacred place to the Yuułuʔiłʔatᕐ people, and by welcoming you here, we ask that you treat this place with respect.”

Yuułuʔiłʔatᕐ Day is celebrated as a day to recognize the self-governance of a modern treaty nation. A day of activities followed the sign ceremony, including an open house with Yuułuʔiłʔatᕐ Government staff and WildSafeBC Pacific Rim, a bouncy castle, archery with Warriors Coordinator, Jason Sam, and finalizing the day with an Annual General Assembly (more photos on page 17!).

łeekoo to all who participated in the day’s events!



Yuuʔuʔiʔath Bikes

Yuuʔuʔiʔath Artist Designs Bike Featured In Fundraiser for UFN Bikes and Equipment.

Written by: Mark MacDonald



A fundraising raffle earlier this year spurred by online video star Miranda Miller of “Here, There, Everywhere” web series to support purchasing bikes and equipment for Ucluelet First Nation featured as its main prize a custom Kona ProcessX bike designed by Yuuʔuʔiʔath artist Jay ‘Tuuchii’ Millar.

Jay, Haʔwiih representative of the Yuuʔuʔiʔath Legislature, is an artist, surfer and mountain biker who works on the Yuuʔuʔiʔath trail crew and is the elected representative of the aawih (chiefs) council for the government.

Jay’s artistry, as described by Miranda, the Canadian downhill world champion from Squamish, combines “traditional Nuuchahnulth designs with a street style that represents his younger life spent in both remote communities and in the cities.

“The community and the crew are working hard to build a future that involves mountain biking in their community, but the most obvious hurdle, as always, is access to equipment,” Miranda continues.

“The idea was born to collaborate with local artist and trail builder, Jay ‘Tuuchii’ Millar, to create this custom Kona ProcessX to raffle off to raise funds to purchase bikes for the community. Fresh Paints of Whistler brought the idea to life

and the Ucluelet Mountain Bike Association (UMBA) were quick to come on board to help launch the raffle.”

Ucluelet First Nation’s mountain bikers are expanding the trail network on the land of Čumaata, an 800 metre mountain on its traditional lands, to create a culturally aware trail network.

Miranda’s Here, There, Everywhere web series highlighted the network in Episode 4 of her series, titled Muuxtuu: First of Many Together.

She filmed the area in the summer of 2022, calling it “one of the most memorable weeks of my life in Ucluelet with the Yuuʔuʔiʔath Nation. I had the opportunity to meet with the trail crew to learn about the Nation’s efforts to balance preservation and development on the sacred land of Čumaata. The Nation is using trail building and mountain biking as a new way for their community to connect with nature and share their culture with visitors.”

Miranda wrote extensively about her adventure on Pinkbike.com.

“I heard about the Yuuʔuʔiʔath trail network from my close friend, Carey Cunneyworth who had been hired by the Ucluelet First Nation as Director of Culture and Heritage.

Carey spoke to me of the Nation's desire to develop their trail network," she states. "A trail network that would strike a balance between preservation and development and how they felt the sport of mountain biking could be an important link to reconnect the community to their land.

"He talked to me of how the UFN wanted to become one of the first culturally aware mountain bike networks. This struck home. I was excited, therefore, to receive an acceptance to my request to visit the Yuuʻuʻʻiʻʻʻaʻʻ to learn more about their project."

Čumaata (Mount Ozzard), which is sacred to the Yuuʻuʻʻiʻʻʻaʻʻ people and is rich with historical and cultural connections, has taken up the development, maintenance and control of the trail network in partnership with the UMBA.

Miranda noted that the trails of Čumaata, or Mount Ozzard, are rugged and shoot, almost straight down, through a thick, tangled mess of second growth forest, making it an incredibly challenging hill to build on.

"We were made so welcome in hitaču meeting President Charles McCarthy, Elder Bernice and the Nations storyteller, Tyson Touchie Sr," she stated. "The full time crew mem-

bers in charge of maintenance and building on Čumaata are James Walton, Tyson Touchie and Jay (all who also helped build the local mountain bike trails) and together they have built the networks first intermediate trail - the appropriately named Muuxtuu. Muuxtuu translates from Nuu-chah-nulth to First of Many Together.

James and Tyson have become mountain bikers.

"Both new to the sport, it was so cool to see them conquer new trail features or climb higher than before," Miranda recalls. "Seeing others experiencing those euphoric feelings of adrenaline and progression for the first time was a great reminder of how powerful a tool a mountain bike can be."

The goal for the trail building is that every new trail moving forward will be named, written and spoken in Nuu-chah-nulth, to help preserve and utilize their language, and work is underway to integrate land and cultural knowledge into the trail system through appropriate signage.

Miranda raised \$16,000 to go towards Yuuʻuʻʻiʻʻʻaʻʻ citizens' purchase of Mountain Bikes from Kona, with a discount. A handful of Yuuʻuʻʻiʻʻʻaʻʻ citizens responded to the opportunity and purchased a Kona bike.



Image(s) credit: Graeme Meiklejohn

Image left page:
From left: James Walton, Tyson Touchie and Carey Cunneynworth (From Miranda Miller website)

Image left this page:
The Kona ProcessX bike designed by Yuuʻuʻʻiʻʻʻaʻʻ artist Jay 'Tuuchii' Millar

Image this page below:
Jay 'Tuuchii' Millar





Join us to remember family members who have been lost to overdose and how it has impacted the community.

The walk will begin at the huu'patu Health Centre and end at the Cix^watin Centre with a dinner and education on harm reduction to follow.

OVERDOSE AWARENESS WALK

TUESDAY
OCT
10

**HUU'PATU HEALTH
CENTRE**
5:00PM



Questions can be sent to Cynthia.Fitton@ufn.ca or call (778) 942-0579.



Sexual Assault Response Program Volunteers

The Sexual Assault Response Program is a team of staff and volunteers dedicated to providing support and advocacy to survivors of sexual assault (ages 13+)

What Volunteers Do:

- Undergo a mandatory 20 hour training program, followed by continuous team communication and training as needed.
- Provide emotional support, advocacy, hospital accompaniment, and information to all genders and peoples who have been sexually assaulted (ages 13+).
- Work on an on-call basis, reporting to the Tofino General Hospital, RCMP detachments, and WCRS offices, as requested.
- Collaborate with Forensic Nurse Examiners and other community resource providers to ensure survivors receive trauma-informed and barrier-free support.

Training:

- 4 week training program, Tuesdays 10am-3pm, November 7th-28th
- Volunteers are trained from a trauma-informed and Indigenous-informed perspective on the impacts of sexual assault and abuse.
- The training program educates volunteers on:
 - How to hold space for, and empower survivors.
 - The impacts of trauma and the different journeys to healing.
 - What other community supports are available.
 - Understanding the medical and legal options following an assault.
 - How to recognize your own indicators of burnout and vicarious trauma.



If you are interested in becoming a volunteer responder, please contact Jenna Pearce, SARP coordinator at:

Cell: 250-726-5480
Office: 250-726-2343
sarp@wccrs.ca

Westcoast Community Resources Society
500 Matterson Drive
Ucluelet BC, VOR 3A0
250-726-2343
www.wccrs.ca

Yuutu?i?ath Day continued. A few photos of the day's open house!



Outreach Coordinator, Kimberly Touchie



Social Services, Georgia Frencheater and Kathleen McCarthy



WildSafeBC Pacific Rim, Bob Hansen



Lands and Resources: Niamh O'Reilly and Catie Bateman



Warriors Coordinator, Jason Sam



A luncheon will be held on the 2nd Tuesday each month for Elders (age 60+) to discuss health updates and health education.

ELDERS HEALTH LUNCHEON

**2ND
TUESDAY
EVERY
MONTH**

**CIX^WATIN CENTRE
GYMNASIUM
11:30AM**



Questions? Email Simblejeet.Kaur@ufn.ca