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Yuutu?it?atḥ

Umacuk YG News

Volume 13, Issue 12 | November 2023

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HOLIDAY EVENTS!

December 7Urban Holiday Dinner

December 14 hitaću Holiday Dinner

Read on for more!

GOVERNMENTNOTICE



Yuułu?ił?atḥ Government issues one-time payment with end of the annual Christmas Gift payment.

The Referendum, voting date May 10, 2023, posed the following statement and question:

[The] Yuuluʔilʔatḥ Government is considering changes to the way Christmas gift payments are made to citizens. Going forward, should Yuuluʔilʔatḥ Government give citizens:

- a) an annual Christmas gift of \$250? OR
- b) a one-time gift of \$2,500?

The results of this vote concluded:

- a) \$250/year 54 votes in favour.
- b) \$2500 one-time payment 73 votes in favour.

The Yuułu?ił?atḥ Government will proceed based on the outcome of the Referendum and provide a one-time payment of \$2500 to all Yuułu?ił?atḥ citizens who are/will be 16 years of age or older by December 31, 2023. This is a one per lifetime payment.

Starting January 1, 2024 citizens who turn 16, may continue to apply for the payment. With providing this one-time payment, no

annual Christmas Gift payments will be issued for the 2023 season, nor moving forward.

A formal letter and application will be mailed out to all citizens.

The full release can be read online at: ufn.ca > News & Media > News Releases 2023

Applications can be found online at: ufn.ca > Forms > Payment Applications

Citizens are asked to submit applications at your convenience, there is no immediate deadline for payment.

For questions, contact:

Michelle.Touchie@ufn.ca or Communications@ufn.ca

For assistance in printing an application, in hitacu contact:

Ramona.Cook@ufn.ca or (250) 726-7342 Dial '1' or '0

For Port Alberni contact: Communications@ufn.ca or (778) 942-0572



EMERGENCY PREPAREDNESS

Community Open House and Lunch

Join Holistic Emergency Preparedness and Response to learn about emergency preparedness for you, your family, and your community.

Have an opportunity to ask questions, learn, and win prizes!

FRIDAY, DECEMBER 8

10:00AM OPEN HOUSE & 2:00PM Gym Lobby

12:00PM LUNCH & -1:30PM PRESENTATION Cixwatin Centre **Gymnasium**

Lunch Catered by Heartwood!

Emergency Preparedness

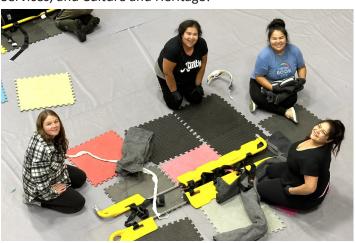
Through the past year, staff of the Yuułu?ił?atḥ Government have been training with Holistic Emergency Preparedness and Response in providing internal tools for emergency response in the community.

Training included learning how an emergency operations centre is controlled, the various key groups in emergency management, and discussing needs and priorities for the government and community.

Holistic Emergency Preparedness and Response will be back in the hitacu to further engage with department staff, and host a community lunch to provide preparedness tools for the community, in time of an emergency.

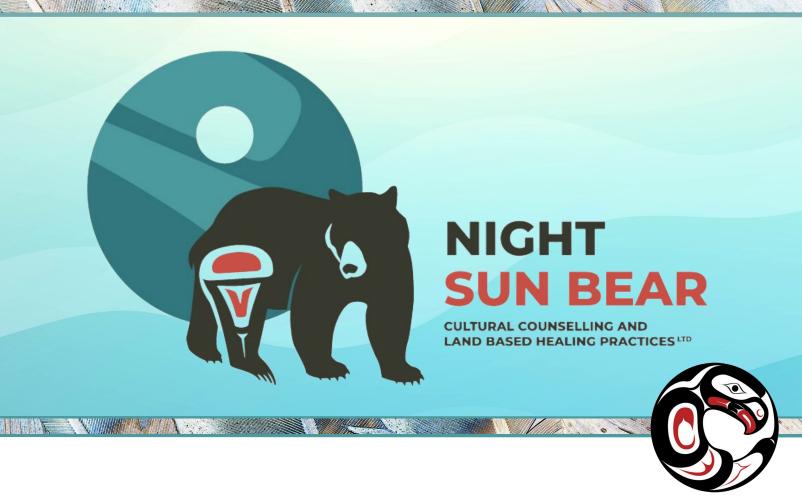
Join us on **Friday, December 8** for a community lunch, presentation, or drop by throughout the day, to connect with the program educator, who works directly in the field of emergency response. Full details can be found on the information poster prior to this page.

YG staff have also been training in Occupational First Aid courses including CPR and Alert. The most recent course offered Transportation Endorsement with completion of the Occupational First Aid course. This included learning how to strap an injured person into a gurney, for air lift. Photo shown below are staff from departments of Lands, Social Services, and Culture and Heritage!



STORM/POWER OUTAGE PREPAREDNESS CHECKLIST **IN A POWER OUTAGE: HOUSEHOLD STOCK UP:** Turn off plugged in electronics and Extra blankets. Warm clothing. turn thermostat down. Non-perishable foods that don't Turn off all lights, except for one require electricity to consume. inside and outside. Conserve heat by closing doors and Extra food for fur friends. windows, seek out a warming Toilet paper. centre if necessary. Extra batteries for flashlights. Use LED candles if possible to Wax or LED candles. reduce fire risk. Extend cell phone battery life by FOR MORE INFORMATION VISIT: using "sleep mode". • Check on friends, family and www.bchydro.com/safety-outages/powerneighbours, especially elders. outages/during-an-outage.html

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



Night Sun Bear Cultural Counseling & Land Based Healing

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





Highway 4 and Port Albion Road Work

There will be utility work between Hydro Hill West Creek and Toquart Bay Rd for 1.4 km, until Wednesday, November 15 at 3:00pm. Expect single lane alternating traffic and minor delays.

BC Hydro will also be working on slope stabilization at Kennedy Lake Lookout until Wednesday, November 15 at 3:00pm. There is a construction speed zone of 50 km/h.

Road work including tree removal and road widening has finally commenced around the 'S' curve on Port Albion Rd.

The work crews are onsite weekdays, from 8:00am to 4:30pm and minor delays are expected. We do not have an approximate date for completion at this time; temporary work will be finishing, with BC Hydro to continue pole work, prior to paving and completion.

For all other updates before you travel, visit: www.drivebc.ca



Frozen Filleted Salmon & Halibut Frozen Whole Sockeye

Wednesday Nov 15, 2023

Vancouver – 4:00pm to 6:00pm (Hastings Community Centre)

*Citizens will be contacted through an automated phone system.

*As possible, please space out your pick-up if there are long lines forming.

Questions can be addressed to Lands & Resources Dept. Staff @ (250) 726-7342

This fish is to support food security and food sovereignty among Yuuluʔilʔatḥ citizens and is not to be sold.



Indigenous Support Teacher

Indigenous Support Teacher available to Yuułu?ił?atḥ students at Ucluelet Secondary School



My name is Jess Bennett, and I am excited to introduce myself to community as the Indigenous Support Teacher at Ucluelet Secondary School (USS) for Yuułu?ił?ath students.

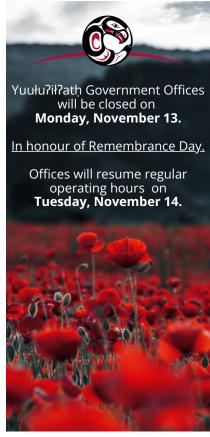
A bit about me: I am a new parent, I am grateful to call Ucluelet home, I love walking and hiking in the forest with my dog and family, I enjoy surfing and skateboarding (though rusty at both sports), and I am very passionate about education.

I have been teaching for the past 8 years in a multitude of roles, across a range of subjects, in and around BC.

Part of my role, this year, is to continue to build the "Homework Hall" program for High School students, which runs Tuesdays and Thursdays from 3:30-5:00pm in the Boardroom at the Cixwatin Centre.

Feel free to pop in, say hi!







qwayaciik?iis Dance Practice

3:00pm to 4:30pm Cixwatin Centre Gymnasium

Tuesday, November 14 Tuesday, November 21 Tuesday, November 28



Zen Seekers Feature

RIDING TOWARDS RECONCILIATION ON ČUMAAŤA MOUNTAIN BIKE TRAILS

Written by: Nora O'Malley for Zen Seekers Media



As you pedal up to the mountain bike trails on Čumaata (Mount Ozzard), just outside of Ucluelet, BC, a formidable new trail sign now welcomes you. On it, each of the nine trails is listed in Nuu-chah-nulth language, accompanied by its English translation.

This is evidence of a rare partnership: a mountain bike trail network built through a collaboration between the Yuułu?ił?atḥ (UFN) and the local Ucluelet Mountain Bike Association. Three years in the making, the revolutionary project is about both bombing trails, and appreciating the land you're on as you blaze by.

Take a moment to pause and appreciate the heritage of this land that you're on... then, drop in.

Otherwise known as Mount Ozzard, Čumaata (pronounced choo-maa-tah) means "water coming from a high place." It is said that a chief of the same name was swept up the mountain in a whaling canoe by a great wave that washed

over the land. It was on Čumaata that he found refuge for him and his family during the flood that followed.

Today, the network of trails on Čumaata includes four intermediate blue rated trails, four advanced black diamond trails and one double black diamond route. Jay Millar is an Indigenous artist, trail builder and Elected Ha'wiih for the Yuułu?ił?atḥ Government. He worked on some of the original trails in the early 2000s.

Millar broke-in his new, forest green Kona bike on one of the black diamond runs before the Sept. 10, 2023 opening ceremony where the new signage and trail expansion was introduced.

"First and foremost, I am from the land. I look at this as being on the land, working on the land, and playing on the land. It's full circle," he said. "If you research (Ucluelet) on trailforks or YouTube, it's a little bit more technical than some of the videos," Millar said.

"For what's out here and what's readily available, we try to make the best we can with what we have. It would be easier if we had actual sand and gravel, but we have either moss or clay. We work with what we have."

UMBA President Markus Ranala reflected on the unique Land Use Agreement signed in 2020 with UFN. "Three years ago this started as a vision to try and build meaningful relationships between our communities and to foster an understanding of our youth with the land and a connection to it.

I feel like we've taken some really big steps together and some really meaningful directions, and I would like to thank every single person that's had a hand in this," Ranala said.

As a gesture of gratitude from the UMBA during the opening ceremony on Sept 10, Ranala presented Yuułu?ił?atḥ President Charles McCarthy a framed map of all the mountain bike trails the partners created together on Čumaata, adding, "We are all really looking forward to continuing this and building a positive future."

"It's always been and always will be a sacred place and we are willing to share it with other Canadians and visitors," said McCarthy.

"We look forward to sharing these lands with our neighbours and our people and our guests, McCarthy added, "but at the same time, we want to be as protective of our land and have the respect given to us as the owners of this land."

With new relationships, trail signage and Nuu-chah-nulth language to orient riders within Yuułu?ił?atḥ homelands, that framework is now established.

The article can be found online at: www.zenseekers.com/story/riding-towards-reconciliation-cumaata-mountain-bike-trails



Images: Melissa Boucha
Top: Ribbon cutting, Top right: Jay Millar in front of his artwork (Čumaata sign), Middle right: Jeneva performing, Jay Millar and Tyson
Touchie Jr., Bottom right: Ucluelet Mountain Bike Association Board.











Are you having trouble with your Telus service; cannot get a representative when you call in to the toll free number? We have a code for you!

When you require home service for your mobility, Optik TV, Internet or home security, call Telus at 1-888-903-0080 and

provide access code **3025**.

This code will direct to the Telus representative that is availble in Ucluelet, who services hitaću. This code does not apply to Telus service outside of hitaću or Ucluelet.





Nuu-chah-nulth Education Worker

The Nuu-chah-nulth Tribal Council is seeking a permanent Nuu-chah-nulth Education Worker (NEW) to work with Indigenous students at Ucluelet Secondary School. The NEW will culturally and socially support students from Grade 8 to 12 with an achievement focus, in accordance with the NTC Education Department's mandate. This permanent position requires working Monday to Friday for total of 35 hours per week. The NEW is under the general supervision of the NTC Cultural Development Supervisor and under general day-to-day direction of the school Principal. This position is from September to June with winter and spring break off.

Responsibilities Include

- Foster and support the implementation of Nuu-chah-nulth language and traditional way of life to the school community.
- Collaborate with school administrator and other school staff to develop cultural plans for your school.
- Maintain a consistent, visible, and effective presence throughout the school and in classrooms while creating positive relationships with students and staff.
- Communicate regularly with students to mentor and promote positive behaviours that improve achievement, attendance, self-confidence.
- Closely monitor student achievement performance and assisting students in classroom.
- Communication with parents, students and nations while establishing a strong supportive presence in communities
- Provide early intervention for students at risk of withdrawing or failing school and assist with developing appropriate mentorship and supports.
- Provide support to school administrators and other school staff in alignment with district agreements –
 i.e., Educational Enhancement Agreements.

Preferred Qualifications

- Grade 12 or GED with experience in tutoring or mentoring children or youth.
- Two to three years of direct involvement with Nuu-chah-nulth people, culture, and traditions.
- ♦ Demonstrated fluency in/or willingness to learn Nuu-chah-nulth language.
- ◆ Familiarity and appreciation for Nuu-chah-nulth culture and traditions.
- Excellent interpersonal skills and strong belief that with support all students can learn and achieve a path to success.
- Valid BC driver's licence, reliable vehicle, and willingness to travel.

Competitive benefit package and salary based on qualifications and experience. Annual salary range: \$44,000 – 52,000



Apply by **1pm November 21, 2023** by sending your cover letter, resume, and three references (available to contact) to:

Nuu-chah-nulth Tribal Council
P.O. Box 1383
Port Alberni, BC V9Y 7M2
Email: apply@nuuchahnulth.org

We thank all applicants for their interest, however only those selected for an interview will be contacted.

Pursuant to Section 16(1) of the Canadian Human Rights Act, preference will be given to aboriginal candidates who have a working knowledge of Nuu-chah-nulth culture and values).

Nuu-chah-nulth Tribal Council





ufn.ca

Mask Mandate

A reminder that a mask mandate was issued for the huupatu Health Centre on Tuesday, October 3, as per instructions from the provincial Ministry of Health.

We thank patients and guests entering the huupatu Health Centre with their continued support of this mandate and masking up upon entry. Masks are worn and requested to be worn by patients, on home care visits.

Masks and hand sanitizer continue to be provided at the Reception of the huupatu Health Centre.

COVID-19 and Flu Shots

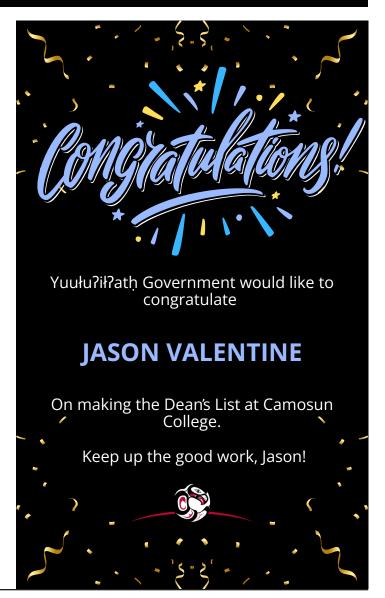
The recent vaccine clinics at the huupatu Health Centre were a success! For now, anyone interested in getting a COVID-19 or flu shot, are asked to please visit the Co-op and Harbourview Pharmacies.

Community Health Nurse, Cynthia, is currently working towards receiving her certification to administer vaccines, with completion in the new year.

If you have any questions or concerns about COVID-19 or the flu, please contact Cynthia (778) 942-0579.

If you are looking to contact the huupatu Health Centre Reception for booking an appointment, email: moa@ufn.ca.

COVID-19 tests are available at the huupatu Health Centre.



C**₩**VID-19

What to do if you have COVID-19 symptoms





Scan the QR code for more information on COVID-19.

How to get your PCR test results

In Person: Contact a primary care provider, walk-in clinic, or primary care centre. If you do not have a personal health number (PHN), get your results in person.

Text: results.bccdc.ca

Online: gov.bc.ca/healthgateway
Check for results in COVID-19 Tests Results
and Lab Results

Phone: 1-833-707-2792

Treatment for COVID-19

There are treatments available for people who tested positive for COVID-19 and who are at higher risk of serious illness and needing hospitalization.

If you test positive, check if you may benefit from treatment. Visit **gov.bc.ca/covidtreatments** or call 1-888-268-4319

Urgent care

Go to an urgent care clinic or emergency department if you:

- have difficulty breathing
 feel very sick
- have chest pain
- feel confused
- can't drink anything

Stay home if sick

Stay home and away from others until:

- your fever is gone (without the use of medicines that reduce fever like Tylenol), AND
- you feel well enough to return to daily activities.

Avoid close contact with people at higher risk of severe illness or complications from COVID-19.

If you cannot stay away from others while you have symptoms, take these prevention measures:

- wear a mask indoors
- cover your coughs or sneezes with your elbow
- clean your hands often

If you don't have symptoms, you do not need to stay home or avoid others, regardless of test results.

Managing symptoms at home

Most people can safely manage their symptoms at home.

- Take rest
- Drink lots of water and fluids
- Use a humidifier or hot shower to ease cough or sore throat
- For fever, take medicine like acetaminophen (Tylenol) or ibuprofen (Advil)

If symptoms worsen or don't improve, call **8-1-1** or visit a health care provider or urgent care clinic.

C泰VID-19

What to do if you have COVID-19 symptoms



Stay home

- Rest and allow yourself to recover.
- Whenever possible, have family, friends, or a delivery service bring food, medication and other supplies to you.
- Avoid close contact with household members who may be at higher risk of severe illness, such as very young children, elderly, and immunocompromised, if possible.
- · You can still do essential chores such as checking your mail or walking your dog.

If you need to go out

- It is best to walk, ride a bike, or drive yourself.
- If you travel in a car with anyone (in a taxi or a ride share, or even with someone from your household):
 - Everyone should wear a mask
 - Roll down all the windows
 - Everyone should clean their hands before and after the ride

- If you must take public transit:
 - Wear a mask
 - Clean your hands before and after the ride



If you live with others

- Let everyone at home know you are sick/not feeling well.
- If possible, stay in your own room and use a different bathroom than others.
- If you must be in a room with others:
 - Wear a mask or respirator that covers the nose, mouth and chin to reduce spread.
 - Open windows to increase airflow.
- If eating around others, ensure good respiratory etiquette (cough/sneeze in your sleeve) and avoid close face-to-face contact.

- Everyone should wash hands often with soap and water, or use hand sanitizer.
- If you share a bathroom:
 - Put down the toilet lid before you flush.
 - Turn on the fan or open the window.
 - Clean handles and faucets after each use.
 - Avoid sharing personal items like toothbrushes and towels.
- Clean and disinfect high-touch surfaces such as door handles, light switches, faucets, phones, computers and remote controls.







COVID-19 mRNA Vaccines

Immunization has saved more lives in Canada in the last 50 years than any other health measure.

What are COVID-19 mRNA vaccines?

The COVID-19 mRNA vaccines (Moderna and Pfizer-BioNTech) protect against infection from the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) that causes COVID-19. The vaccines cause your body to produce antibodies that will help protect you from getting sick if exposed to the virus. The vaccines are approved by Health Canada.

Who should get the vaccines?

The vaccines are recommended for those 6 months of age and older. The vaccines are especially important for those at increased risk of infection or severe disease, including:

- People 65 years of age and older
- Residents of long-term care facilities
- People with underlying medical conditions
- Pregnant people
- Healthcare workers
- First responders (police, firefighters, ambulance attendants)

Indigenous peoples may be at increased risk of serious illness from COVID-19 due to health inequities resulting from colonialism.

More information, including how to register for the vaccine, can be found on the Government of British Columbia's website:

www2.gov.bc.ca/gov/content/covid-19/vaccine/register.

If you had, or may have had, COVID-19 you should still get the vaccine. This is because you may not be immune to the virus and/or variants of the virus that causes COVID-19 and could get infected and sick again.

How are the vaccines given?

The vaccines are given by injection. People 5 years of age and older should get 1 dose. Children 6 months to 4 years of age and people with weakened immune systems may need more than 1 dose depending on their immunization history.

Getting all of the recommended doses of vaccine is your best protection against COVID-19.

It is important to keep a record of all immunizations received.

What are the benefits of the vaccines?

Immunization is the best way to protect you against COVID-19, which is a serious and sometimes fatal disease. The vaccines provide strong protection against severe COVID-19 illness, including hospitalization and death. The COVID-19

mRNA vaccines provide better protection than other COVID-19 vaccines. When you get immunized, you help protect others as well, including those who are unable to get the vaccine.

What are the possible reactions after the vaccines?

Vaccines are very safe. It is much safer to get the vaccine than to get COVID-19. The vaccines are not live virus vaccines and cannot give you COVID-19. Common reactions to the vaccines may include soreness, redness, swelling and itchiness where the vaccine was given. For some people, these reactions may show up 8 or more days after getting the vaccine. Other reactions may include tiredness, headache, fever, chills, muscle or joint soreness, swollen lymph nodes under the armpit, nausea and vomiting. Babies and young children may be irritable, sleepy and have a decreased appetite. These reactions are mild and generally last 1 to 2 days. If you have concerns about any symptoms you develop after receiving the vaccine, speak with your health care provider or call 8-1-1 for advice.

Rare cases of inflammation of the heart (myocarditis and pericarditis) have been reported after getting the COVID-19 mRNA vaccines. These were most often seen:

- After a second dose of the vaccine when the time between doses was less than 8 weeks
- In males 12-29 years of age
- With a higher dose of the Moderna vaccine

Acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®) can be taken for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

*Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider.

For information on Reye Syndrome, see <u>HealthLinkBC File #84 Reye Syndrome</u>.

It is important to stay in the clinic for 15 minutes after getting any vaccine. There is an extremely rare possibility of a lifethreatening allergic reaction called anaphylaxis. This happens in less than 1 in a million people who get the vaccine. Symptoms may include hives, difficulty breathing, or swelling of the throat, tongue or lips. If this reaction occurs, your health care provider is prepared to treat it. Emergency treatment includes administration of epinephrine (adrenaline) and transfer by ambulance to the nearest emergency department. If symptoms develop after you leave the clinic, call 9-1-1 or your local emergency number.

Always report serious or unexpected reactions to your health care provider.

After getting the COVID-19 mRNA vaccine, you might be contacted to participate in a study monitoring the safety of the vaccine. To learn more about the study please visit https://canvas-network.ca.

Who should not get the vaccine?

You should not get the vaccine if you have a serious allergy (anaphylaxis) to polyethylene glycol (PEG) which is in both of the COVID-19 mRNA vaccines. PEG can be found in some cosmetics, skin care products, laxatives, cough syrups, and bowel preparation products for colonoscopy. PEG can be an additive in some processed foods and drinks, but no cases of anaphylaxis to PEG in foods and drinks have been reported.

Speak with your health care provider if you had anaphylaxis after a previous dose of a COVID-19 vaccine or if you have had anaphylaxis with an unknown cause.

Are there additional considerations to getting the vaccine?

Speak with your health care provider if you:

- Were diagnosed with inflammation of the heart (myocarditis or pericarditis) by a physician after a previous dose of COVID-19 vaccine without another cause being identified
- Have a history of multisystem inflammatory syndrome following COVID-19
- Have symptoms of COVID-19

If you have a new illness preventing you from your regular activities, you should





wait until you have recovered. This will help to distinguish side effects of the vaccine from worsening of your illness.

What is COVID-19?

COVID-19 is an infection of the airways and lungs caused by the SARS-CoV-2 coronavirus. Symptoms of COVID-19 can include cough, shortness of breath, fever, chills, tiredness and loss of smell or taste. While some people with COVID-19 may have no symptoms or only mild symptoms, others can require hospitalization and may die. Serious illness is more common in those who are older and those with certain chronic health conditions such as diabetes, heart disease or lung disease. For some people, symptoms of COVID-19 can last for weeks or longer. The long-term effects of COVID-19 on a person's health are unknown.

How is COVID-19 spread?

The virus that causes COVID-19 is spread from person to person by coughing, sneezing, talking and singing. It can also be spread by touching an object or surface with the virus on it and then touching your eyes, nose or mouth.

For more information on COVID-19 vaccines, visit BCCDC's COVID-19 vaccine page www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine.





For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/more/resources/healthlink-bc-files or your local public health unit. For non-emergency health information and advice in B.C. visit www.HealthLinkBC.ca or call **8-1-1** (toll-free). For the deaf and hard of hearing, call **7-1-1**. Translation services are available in more than 130 languages on request.



HOMEWORK HALLS

UES LEARNING FACILITATOR

Kira DeLeeuw

MONDAY TO THURSDAY, 3:30PM-5:00PM SIX-PLEX

There will be support for students to work on learning goals and assignment completion.

The school bus can drop students off close to the Six-Plex Monday through Thursday after school.

Please arrange to pick-up your child at/or before 4:45pm.

FOR MORE INFORMATION CONTACT

Kira at kira.deleeuw@ufn.ca or Karen at karen.severinson@ufn.ca

USS INDIGENOUS SUPPORT TEACHER

Jess Bennett

TUESDAY AND THURSDAY, 3:30PM-5:00PM CIXWATIN CENTRE BOARDROOM

Visit Jess Bennett, USS Indigenous Support Teacher, for homework support in the boardroom at the Cixwatin Centre.

If students are working on Choices they are more than welcome to come to the Cixwatin boardroom for help.

Snacks will be provided!

FOR MORE INFORMATION CONTACT

Jess at jbennett@sd70.bc.ca or Karen at karen.severinson@ufn.ca

