



Yuutu?it?ath

# Newsletter

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

## **BC INDIGENOUS BUSINESS AWARDS**

# Business Partnership Of The Year!



Nuu-chah-nulth Seafood Limited Partnership was well represented in Vancouver Oct. 15. See Page 3

# <sup>2</sup> President's Report

## Treaty Negotiations: We are getting close

"It sucks."

That's what I told **Sen. Lillian Dyck** recently in Ottawa, when she asked what it was like trying to implement a Treaty.

It was a very warm conversation, but I was blunt in describing some of the trials and tribulations of moving from an Indian Act community to a full treaty Nation.

"Thank you for telling it like it is so we can see the realities of implementing a Treaty," **Sen. Dyck** said.

Our meeting was one of many I have been involved in over the past several months, as we push forward towards obtaining more funding from the federal government so we can meet the financial challenge of implementing the Treaty.

I've made several trips to Ottawa and Vancouver to meet with officials and our discussions have been cordial, but straight to the point. The funding we have been allotted so far is nowhere near where it needs to be, in order to ensure a healthy and successful transition to full Treaty status, in practical terms.

Those who have joined me in the fight feel the same as I do, that the federal government has listened seriously to our concerns and needs, and that we do expect good news shortly, hopefully before the next federal budget in the spring.

We've also been meeting with **Jane Philpott**, the Minister of Indigenous Services.

Over the next four days we will be meeting with numerous members of Par-

liament, MP's, Senators and Ministers.

As Self Governing Indigenous Governments we are working collaboratively with Canada. This is the first time federal officials have done so, to address longstanding issues and to develop solutions to create successful results.

We've been working hard on this since 2016, and we are getting close.

Our Maa-nulth Treaty represents a third order of government with the province and

similar responsibilities and authorities. These are very exciting times for all Maa-nulth peoples.

Our Culture Language and Heritage Department Manager **Asya Touchie** will be presenting with me over the next few days, as we are going into our third year of negotiations to help improve the lives of all of our citizens.

Thank you to all that have helped throughout this process – to our team back home, and the amazing group here this week with us as well.

I'm proud to be Nuu-chah-nulth, proud to be Maa-nulth, and honoured to represent my tribe.

\* \* \*

November 6 our neighbor the District of Ucluelet celebrates the inauguration of new Mayor **Mayco Noel**. We look forward to working side by side with him and his new team.

I would like to say "thank you" to outgoing Mayor **Diane St. Jacques** for all her work and commitment over the years.



**Les Doiron**  
**PRESIDENT**



**Above: President Les Doiron with Sen. Lillian Dyck. Below, with Judy Wilson-Raybould, Canada's Minister of Justice**



## Ucluelet celebrates with partners

**N**uu-chah-nulth Seafood Limited Partnership was named Business Partnership of the Year at the 10th Annual BC Indigenous Business Awards October 15 at the Fairmont Hotel Vancouver.

Ucluelet First Nation is one of six nations involved in the partnership, based in Port Alberni, which is partners in the St. Jean's Cannery & Smokehouse in Nanaimo.

St. Jean's Cannery & Smokehouse has been in business for over 50 years on Vancouver Island, and started as a backyard canning operation in 1961. It is now the largest tuna and salmon cannery in Canada and the only full-service processor catering to the sport fishing enthusiast in B.C.

A large contingent of people attended the event, including Partnership President **Larry Johnson**, who thanked partner nations Huu-ay-aht First Nations, Ditidaht First Nation, Ka:'yu:k't'h'/Che:k'tles7et'h' First Nations, Uchucklesaht Tribe, Yuuʔuʔiʔath Government and Mowachaht/Muchalaht First Nation.

"This is your award," Johnson said. "The NSLP business model is based on your vision of separating politics from business, and honoring the Nuuchah-nulth three sacred principles: Hish-uk ts'a-walk – everything is one, lisaak – A greater respect with caring, and Uu-a-thluk – taking care with a modern approach.

"Staying true to our vision and our guiding principles does not mean we are going backwards to the past – it means we are carrying our past with us into the future – finding success in building a Principles Based Economy and telling our story," he adds.

Johnson also acknowledged Nuuchah-nulth Seafoods board of directors, staff and legal and financial team as well as the partnerships with fishermen and women, other aboriginal commercial fishing enterprises, Fisheries and Oceans Canada and Pacific Integrated Commercial Fishing Initiative, financial institutions, processing companies and educational institutions.

YG President **Les Doiron** attended the event and said "It is a great



**Larry Johnson receives award.**  
Photo by Melody Charlie

honour to have our partnership recognized at such a prestigious event. Being part of this long-standing business is good for our citizens, and will provide income streams and employment opportunities for our people as we move forward together."

Vancouver Island was well represented at the Awards, attended by over 650 people from across the province.

"The BC Indigenous Business Awards' program has elevated over 170 outstanding businesses from throughout the province for the past 10 years," said **Scott McIntyre**, Foundation Chair. "As we mark this important decade of excellence and look to the future, the 2018 cohort of awardees lead the way as examples of entrepreneurship, commitment and extraordinary vision, all of which play a key role in the strength of our provincial economy."

**Mathew Morfitt** of **Van-Isle Auto Brokers** was named Young Entrepreneur of the Year. **Chief Gordon Planes** of the T'Souke First Nation received the evening's final presentation, the Individual Achievement Award.

Business of the Year (1-2 person enterprise) went to **Ay Lelum** – The

**Good House of Design** clothing designers from Nanaimo.

At age 17, Morfitt bought a Mercedes-Benz vehicle with an \$8,000 loan and sold it a month later for \$2,000 more – and an entrepreneur was born.

It was 13 years later, in 2015, that he opened Van-Isle Auto Brokers at 510 Gorge Road East. The operation now has 60 cars in its inventory, employs four staff, and generates up to \$5 million in annual sales.

Chief Planes has been the Chief of the T'Sou-ke First Nation (Sooke) since 2007.

He boldly embarked on a 100 year process to build a new community vision, one that fosters a healthy Indigenous population with a focus on four pillars: Autonomy, food security, cultural renaissance and economic development.

Under Chief Planes' leadership the T'sou-ke Nation is emerging as a leader in renewable and green energy. In the last few years they have launched a solar micro-grid demonstration project that includes 440 rooftop photovoltaic solar panels, along with solar hot water panels on many of its homes.

On wasteland near the nation's Ladybug garden and nursery, three 35-by-150-foot greenhouses are being built to grow wasabi, a plant best known as a spicy condiment for sushi.

The Nation has also signed a \$750 million wind power partnership, and they operate oyster farms.

Chief Planes recently told a group of politicians at a gathering in their community hall that "We are setting the table for future generations.

"There is an appetite for change and I really believe that the next generation is the one that is going to make positive changes. The Creator provided the resources for us to take care of ourselves. We are doing that a lot. . . I see huge opportunity for all of us and I encourage others to get in the canoe with us to build a stronger, sustainable economy. All of us can prosper together."

# 4 Director of Operations Report

Congratulations to the **Nuu-chah-nulth Seafood Limited Partnership**, upon being named Business Partnership of the Year at the 10th Annual BC Indigenous Business Awards at the Fairmont Hotel Vancouver on October.

Our Ucluelet First Nation is one of six nations involved in the partnership, based in Port Alberni, which is a partner in the **St. Jean's Cannery & Smokehouse** in Nanaimo. It was wonderful to have our Nation represented at the Awards. Being involved in successful business ventures like this is good for our future, as it will provide revenue for the Nation and job opportunities for our people.

\* \* \*

A special thank you to **Janice Webster**, who is our Senior Administrative Assistant who looks after our

Port Alberni satellite office on Argyle Street.

Janice has been doing a good job with community engagement, including organizing a back-to-school engagement with our young citizens who were going back to school in the fall.

\* \* \*

October was "Sober October", as our Nation focuses on educating our citizens about the harmful effects of drug and alcohol. We are currently working on developing a job description for a new counselor and cultural support worker to help in this area.

\* \* \*

We are paying attention to making sure our staff feels appreciated



**Suzanne Williams**  
*DIRECTOR of OPERATIONS*

and knows that they are well looked after and cared for. We recently held our first All-Staff Meeting, and we're planning a Staff Appreciation Day as well.

Communication is so important in any healthy working environment, and we've held staff meetings to discuss different ways to communicate. From my perspective, it seems to be working, as our staff seems to be more engaging and our YG office continues to become a welcome place to come and visit.

Watch for the next issue of the Umacuk, as we will include short stories and photos about our staff.

## Ashley McCarthy has come 'full circle'

For **Ashley McCarthy**, her new position as Administrative Coordinator at YG means she has come "full circle".

Ashley returned to Hitacu in June by taking the position on an interim basis, and was officially hired in September. She works directly for Director of Operations **Suzanne Williams**, and supervises the front desk of the government office.

"It's good to be back," she says. "During my journey, my goal was to get my education, some work experience, some life experience, and come back here."

Ashley spent eight years in Victoria on an internship with the provincial Ministry of Finance in their Debt Management Branch, and earned a diploma from **Camosun College** in

Indigenous Business Leadership.

"The experience really taught me a lot, especially working for the government," she says.

Returning to Ucluelet early in the year, she worked at the front desk at the **Black Rock Oceanfront Resort**, when President **Les Doiron** connected with her and suggested she look into re-joining YG.

"They put me in this position, as I had worked for Alex (Touchie) when he was promoted to his new position, so I do a little bit of everything," she adds.

Prior to leaving for Victoria, Ashley had worked for the Nation's government, so she really has come full circle.

**Ashley McCarthy**



Yuulu?il?ath Government – Ucluelet First Nation

## Questions? Contact Us

Mailing: P.O. Box 699, Ucluelet, BC, V0R 3A0

Physical: Cixatin Centre, 700 Way Road,  
Hitacu, BC, V0R 3A0

Tel: 250-726-7342

Toll-free: 1-877-726-7342

Fax: 250-726-7552

Email us your questions/concerns to [info@ufn.ca](mailto:info@ufn.ca)



We are excited to announce that we will be distributing Fraser River Sockeye salmon to our citizens this year!

This is exciting because the Maah-nulth Nations food fish we've worked hard to get, are finally going to be made available to our citizens.

This is a great success for us, as it gives us access to all Maah-nulth First Nations to Fraser River Sockeye, and restores our historic underages.

Underages are important because this refers to the number of fish that were allocated by the federal government Department of Fisheries and Oceans, that was not actually caught, so it is "under quota". If these underages are not recorded by DFO, then we will risk losing our allowable catch in the future.

We will expect to make announcements about when and where the Sockeye will be made available to citizens in the near future.

Our Food Fish Program has continued to provide traditional foods to citizens across Vancouver Island at regular intervals. As citizens may be aware, the Food Fish Program utilizes fish that are harvested in accordance with various allocations set out in the Maa-nulth Final Agreement and which are harvested primarily from within our Maa-nulth Domestic Fishing Area.

Domestic Fish, which cannot legally be sold, are utilized through the Food Fish Program to provide fish to the community kitchen in Hitacu through the Department of Social Services, and provides fish directly to citizens by way of distributions across the island, through the Department of Lands and Resources. The quantity of fish utilized by the Food Fish Program is substantial, and as our Department continues to expand and develop its infrastructure to handle the volume of fish safely and efficiently, while also allowing us to provide better accessibility to the program for citizens

on and off of Treaty Settlement Lands,.

We appreciate the constructive feedback that we have received from participants in the program. Traditional food provision is a valuable aspect of our Department's work and one that citizens feel strongly about. The Department of Lands and Resources places a high priority on this program and is currently working on the implementation of a strategic plan that will lead to a more accessible and efficient program.

Thank you to everyone who has continued to participate in and support this program!

\* \* \*

A presentation on Resource Harvesting was made October 17th at Cixwatin Centre.

The gathering covered important aspects of hunting and fishing and the regulations that currently exist, and we discussed why it's important for anyone that does harvesting to comply with the law.

As our people get back to harvesting, we need to be careful to protect resources, while at the same time, hopefully, expand our ability to harvest.

Meanwhile, the Department has cleared the backlog of harvesting documentation applications and has refined our processing procedures to ensure that future applications are dealt with in a timely and efficient manner.

For citizens who are interested in finding out more about harvesting documentation, please contact the Department of Lands and Resources with any inquiries.

\* \* \*

You may have noticed that our Lands & Resources officers have new uniforms, which helps improve their



**Alex Touchie**  
**LANDS & RESOURCES**

visibility throughout our territory.

**Daryl Keeble** is our Lands & Resources Officer and **Jay Millar** is our Junior Lands & Resources Officer. They've been doing more patrolling, and are continuing regular patrols.

They also work in important harvest areas of our territory as well, which includes Effingham Inlet, which is also the site of the Effingham River Restoration Project.

\* \* \*

Animal Control continues to be a high priority for the Department. We have brought in the CARE Network to carry out the implementation of the animal control aspects of our Public Order, Peace and Safety Act and our Animal Control Regulation and they have seen success in carrying out this work.

There is a need to continue to keep our legislation fully updated in the area of animal control, which will enable the CARE Network to deal with a variety of animal control situations which they may not be best positioned to deal with right now. Work is well underway to bring about these updates and citizens can expect to see continued enhancement of the Department's animal control work.

As part of this work, the Department, as well as the CARE Network, will be carrying out a series of educational meetings in Hitacu on pet ownership and compliance with applicable animal control legislation. The Department will ensure that these meetings are well publicized and we encourage all pet owners to attend to better prepare our community for the continued implementation of our laws. We look forward to seeing you there, and we will have pet food as a special door prize for attendees!

## Connect with us



@UclueletNation



/UclueletFirstNation



linkedin.com/company-beta/16256302/



# 6 Assets Department

## Thanks for outstanding contributions

This past month has seen a few changes within our department, and I would like to acknowledge two people whose contributions to the community through our Assets Department have had a great impact.

We'd like to thank **Shannon Bernard** for her work done in the Assets Department, keeping all our paper work on track, and being a pleasant co-worker as the department's administrative assistant. We all wish you well in your new position with the Credit Union.

We'd also like to thank **Levi Touchie** for his hard work with the

community playground, and helping us with the public works, as well as his great work on the painting project. It has all helped make our community look a lot better.

We would like to also acknowledge all those who participated in the First Aid Level 1 and transport endorsement course.

This past month we have been organizing housing inspections which will help us in planning and budgeting in the upcoming year. We are



**Spencer Touchie**  
**ASSETS DEPARTMENT**

also doing a leak detection program, so if you have a leaking faucet or toilet, we are searching for information to help us get organized and get ready to fix any problems. A leaky toilet alone could waste up to 800 litres of water per day.

That is water the Nation pays for, and we are always looking to lower our monthly bill to save all of us costs and reduce waste.

## Cannabis legalization and government housing

As of October 17, 2018, cannabis has been legalized under the Federal Cannabis Act and section 14 of the Provincial Cannabis Control and Licensing Act. Some of you may have already received a letter outlining this information in the mail.

The Yuułu?it?ath Housing Committee has the following information to forward to our tenants:

Under the BC Residential Tenancy Act, smoking cannabis is seen as smoking tobacco, as it causes much of the same damage to rental units with regular cigarette smoke, as it deposits tar and ash in the unit's air circulation systems and stains walls

and ceilings. Therefore, smoking cannabis and smoking tobacco are still prohibited in all of our rental units, as it constitutes wilful damage to the Nation's assets.

We have to further prohibit smoking on our rental grounds as well, since it can inhibit the quiet enjoyment of other tenants in their units. Violations to these rules will put tenants in breach of their rental tenancy agreements.

The growth and cultivation of cannabis plants in rental units and on rental unit grounds has also been affected with the BC Residential Tenancy Act. With the current laws,

there is a retroactive prohibition on growing / cultivating in all rental units across BC for all tenancy agreements signed before the Cannabis Control Date.

The reasons cited are the risks associated with growing, that include the increased likelihood of water/moisture damage to units, as well as possible electrical fire hazards. Violations to this rule would also put tenants in breach of their rental tenancy agreements.

Thank you to everyone for your continued cooperation.

### Patient Travel

Please be advised that Patient Travel Cheques will be available for pick-up on Wednesdays and Fridays.

Did you know that it is your responsibility to get your Doctor to fax Pearl Touchie an appointment notice 7 working days prior to your appointment? This is to ensure that your cheque or purchase order will be ready for you when you need it. It is also to ensure that – for out of town appointments that require travel a day before your appointment – your accommodation can be reserved by YG.

You are also responsible to submit your Attendance of Appointment Confirmation after your completed appointment. Please be advised that three missed Attendance of Appointment Confirmations will disqualify you for further Patient Travel assistance.

Please contact Pearl Touchie, Patient Travel Clerk at:  
Tel: 250-726-7342 ext 211 | Fax: 250-726-7552  
Email: pearl.touchie@ufn.ca



## New Composting at Cix<sup>w</sup>atin Centre

*By Spencer Touchie*  
*Assets Department Manager*

You may have noticed the new composting units near the far side of Cixwatin center. These are our new Joracan Composting units, and we hope to divert a good amount of waste from our government buildings as well as the community, enhancing Hitacu's sustainability.

I personally feel it's important for our nation to get back to sustainability to move closer to the balance our Nation's ancestors had with nature. I also believe that modern living is something we shouldn't have to give up to live in a better balance with nature, and by lowering the amounts going to the landfill and making

something useful for the community, we can all participate in this.

The composters are a tumbler-type design, allowing our composters to produce usable soil at a faster rate than traditional piles, through more easily aerating the pile by turning the barrel. The composters we chose are also very highly bear resistant, and were tested in the Kamloops Wildlife park with grizzly bears. That being said, as long as we maintain a good balance in the composters, they should produce little in terms of bad odours.

What can I compost and what can't I?

**Items that are Good for Compost:**

- Raw & cooked fruits/vegetables
- Eggs / Egg Shells

- Coffee filters / grounds
- Teabags & tea leaves
- Soft plant waste
- Meats
- Breads
- Cheese
- Fish and Bones
- Shells and Shellfish
- Shredded paper

**Items that are Bad for Compost:**

- Soups
- Sauces
- Milk & other Liquids
- Plastics
- Gum
- Disposable Diapers
- Tinfoil & other non-organics
- Hard and woody plant stems

## Phase 2 of the Hitacu Green Space

*By Spencer Touchie*  
*Assets Department Manager*

With the first phase of our community green space being the installation of the **Evan Touchie Basketball Court**, we have been searching for new facilities for our community so we can grow our green space.

**Sandra Louie** and **Michelle Ralston** from our daycare did some research and found a good opportunity, so we have purchased an entire playground set from Cherry Creek in Port Alberni. We immediately saw this as

a great opportunity for Hitacu, and work soon began towards moving the structure to Hitacu.

We'd like to send out a special thank you to all the community members which had a hand in building out this second, much-needed play space for our community's children.

Thank you to:

Sandra and Michelle for finding this opportunity for our community.

**Levi Touchie, Jordan Touchie, Jeremy Valentine, Wilson Jack and Nathan Lafortune** for their tireless

efforts in disassembling, moving, and reconstructing the playground in our community.

**Suzanne Williams** and **Asya Touchie** for helping with the planning and purchase of the playground.

And finally thank you **Triple T Excavating** for their work clearing the land for the playground.

While we still have a lot of work on our community green space, I am glad to see our community come together on a project like this and build something we can all be proud of.

## Status Cards

YG is receiving forty status cards from AANDC at one time. Once we have issued all forty cards we will receive another forty. At this time, YG would like to begin a list of all of our citizens who require a status card. YG will set up appointments with our citizens – in Hitacu and our Port Alberni Satellite Office – who have recorded their name(s) on this list. If you have any questions or if you reside outside of Hitacu and Port Alberni and need a status card, please contact Debbie Mundy at 1-877-726-7342 ext 214 or at [debbie.mundy@ufn.ca](mailto:debbie.mundy@ufn.ca).



# 8 Social Services

• The Government hosted an Open House to engage with the citizens to discuss what each department does. We also had guests attend; BMO, First Nations Health Authority teams – Plan W and Jordans Principal, First Nations Education Foundation, Nuuchahnulth Tribal Council Teams tiič?aqł Mental Health, and hupiiimin wiikšahiiyap Nursing.

• **Diabetes and My Nation** – Had a successful turn out at our Feast for Wellness Event that was hosted on September 21, 2018. We had many activities for citizens to participate in and they had a chance to get tested for diabetes. Citizens had the opportunity to engage in a panel discussion with **Hesham Nahbid** – **Diabetes and My Nation**, **Jessie Newman** - VIHA Aboriginal Health Dietician, **Gordon Taylor Jr.**, **Dede Monette** – **Tofino Yoga**, and **Andrew Ransom**, **Boehringer Ingelheim Canada Ltd.** The Youth were able to spend the day prior to the event learning how to harvest seafood and fish. We were very grateful for the support that we received from Hesham Nahbid, NTC, VIHA and FNHA and Toquaht Nation Government.

• **Debbie Mundy**, Community Engagement Coordinator, **Logun Moe**, Youth Worker, and **Adam Gleeson**, Educational Support Worker, hosted a Parent Engagement Session in the month of September to introduce themselves to the community and to receive feedback on what parents would like to see from the Youth Programming and their children's education.

• Our afterschool program is up and running. Logun has been working with the youth Monday – Friday in the afternoons doing various youth activities. Monday –Thursday from 3:30 to 6:30 pm and Fridays from 2:30-6:30 for the Afterschool Program and 6:30 to 8:30 for Teen Night.

Highlights from this month have been more youth have been participating and engaging with the youth afterschool program. Regarding programming, the youth have enjoyed activities such as swimming at the pool in Port Alberni on the Pro-D Day, the surf program after school. The youth are going to be engaged



**Asya Touchie**  
**SOCIAL SERVICES**

carving and learning how to write lyrics and incorporate the nuučaanuł language into hip hop songs in the near future.

• The Recreation Program is continuing to run on Friday and Saturday evenings from 7:00 pm – 11:30 pm. These evenings are for adults and youth 16+. It's been a positive program in allowing adults and youth to use the gym for activities in the evenings. On Thursday nights there is Yoga with Dede Monette from Tofino Yoga beginning at 7 pm at the 6 Plex.

• A Youth Career Workshop was hosted at Cix<sup>w</sup>atin Centre for 5 days. This program focused on developing career goals, resumes and cover letters, job searching and interview skills. We had one citizen complete the program, Sheldon Touchie. Congratulation Sheldon!

• The Women's Group that is hosted by NTC is getting up and running again with **Melinda Watts**, NTC Counsellor and **Ann Marshall**, NTC Quu?asa Cultural Support Worker. They run the Women's Group every Tuesday from 5-7 and dinner is provided!

• The Men's Group has started up again and will be running on Monday evenings from 5 pm – 7 pm with **Tom Paul**, NTC Quu?asa Cultural Support Worker. Come out, enjoy a meal and share your thoughts.

• The Social Services Department has been working with NTC Pre-Employment Support Service Program and SD 70 to provide Adult Basic Education in Hitacu. Once the program is started it will run two nights a week at the 6-plex common area, stay tuned for more information.

• The Social Service Department will be working on a 5-year Health Plan with to capture the voice of our citizens including citizens in the urban areas. The 5-year Health Plan will allow the Department to ensure citizens are receiving the services that they want and need.



**Sheldon Touchie and Gary Johnston (Facilitator of Youth Career Workshop – Indigenous Community for Leadership and Development).**



• The Culture and Heritage Department was a successful recipient for the BC Language Initiative Grant from First Peoples Cultural Council. **Dr. Bernice Touchie** is using this funding to provide Fluent Speakers and Language Learners the opportunity to engage in the Mentor Apprentice approach to learning language. She will be working with Toquaht Nation to complete this program.



**Asya Touchie**  
**CULTURE & HERITAGE**

• The canoe is nearly complete that **Joe Martin, John Tutube, Jack Touchie** and **Ray Haipée** have been busy working on. Joe believes that we will be able to steam the canoe in the next few weeks.

The Culture and Heritage Department will announce to the community once the canoe is ready for steaming. The canoe will then need to dry out until the early spring when we will be able to paint it and launch it.

• The Living Dictionary Project has been working on a few of our past projects to digitize them to use them on the platform.

**Scott Jeary** has been working with **Adam Werle**, Linguist and **Henry Kammler** to collect information that they have already recorded to allow us to benefit from these documents and recordings.

There are many students that are excited for this project to be released as it will allow them to use a digital format to continue looking for words and using them to support their studies.

• The Yuułu?ił?ath Government was the successful recipient of the Aboriginal Languages Initiative Grant through First Peoples Cultural Council.

We are excited to be offering more programming that builds off the current programs.

The grant has allowed us to spend more time working with our Language Nest and supporting the youth to learn the language.



You may have noticed the new signage in the community! Thank you to **Dr. Bernice Touchie** and **Elders** for helping us to complete this projected funded by the **Clayoquot Biosphere Trust**. You can now see the **nuučaanuᑭ** alphabet used on this large map located at the entrance of **Hitacu**.



**Canoe Carving Project:** The Canoe has moved to the Quonset area to be completed under cover.

## Harvesting Cards

Are you looking to harvest natural resources off our traditional territory? Whether your card has expired or you have never had one before, you can come fill out an application at the Yuułu?ił?ath Government office and submit it to **Kali Touchie** in the Lands and Resources Department for completion. From there **Debbie Mundy** will create your Harvesters Card and we will contact you when it is complete. The cost is \$25 dollars.

### IMPORTANT:

Please remember Harvesters Cards expire every 5 years.

### FOR MORE INFO AND APPLICATION REQUESTS:

Please contact **Kali Touchie** at 250-726-7342 or [kali.touchie@ufn.ca](mailto:kali.touchie@ufn.ca)

## CARE Network helping with animal control

For the past six months, the Department of Lands & Resources staff members has been working with the CARE Network to ensure that animal control legislation is being implemented.

Lands & Resources Manager **Alex Touchie** says animal control officers can issue notices and tickets in accordance with Yuułu?i?ath law, to expand a public order peace and safety net for citizens and pets.

“Naturally, we always prefer education as opposed to enforcement, as our goal is to ensure safety for all people and animals,” says Alex.

“We provide education regarding any number of different animal control and information scenarios,” he adds. “We also respond to specific cases as well.”

The department’s aim is to make sure that citizens have access to the education work being undertaken by the CARE Network, which stands for Coastal Animal Rescue and Education.

“Through this program, we provide advice and tips for pet owners to

comply with existing legislation and information about how to register pets,” says Alex, adding that the department even offers free pet food for participants.

“If anyone has any questions, please contact us at the Department of Lands and Resources. We’d be happy to help.”



## Criteria for Housing Selection

Have you ever wondered how candidates are selected for available housing? The Housing Ad Hoc Committee evaluates a set of criteria when choosing from the list of applicants for available units.

YG strives to meet the needs for housing and to make fair selections. The housing department, when considering applications, will consider the following criteria (in no particular order):

1. Valid application (Dec 1–Nov 30 yearly)
2. Proof of income information
3. Three references from previous landlords, employers and utilities (BC Hydro)
4. No outstanding debts or rental arrears owed to YG
5. Unit availability meets the needs of the applicant
6. Current living conditions of applicant
7. YG citizens only

### Reminder on upcoming housing

Importantly, applications need renewing once a year. If you are unsure about your application and data please be sure to double check with Marilyn Touchie at 250-726-2587 or [marylin.touchie@ufn.ca](mailto:marylin.touchie@ufn.ca).

Is your family growing and you are now in need of a bigger space? Are you looking to downsize? Or are you looking to move back to the community? You are encouraged to apply.

Please refer to the Criteria for Housing Selection above on how candidates are selected for available housing.

Units that are soon to be available are: Four 3 bedroom units (Duplex), Two 1 bedroom (Triplex) units, and One 4 bedroom (Triplex).

# DIABETES CANADA

## Signs & Symptoms

There are many signs and symptoms that can indicate diabetes.

Signs and symptoms can include the following:

- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

If you have any of these symptoms, it is important to contact your health-care provider right away. Even if you don't have symptoms, if you are 40 or older, you should still get checked.

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

## November Is Diabetes Awareness Month

## Risk factors for type 2 diabetes

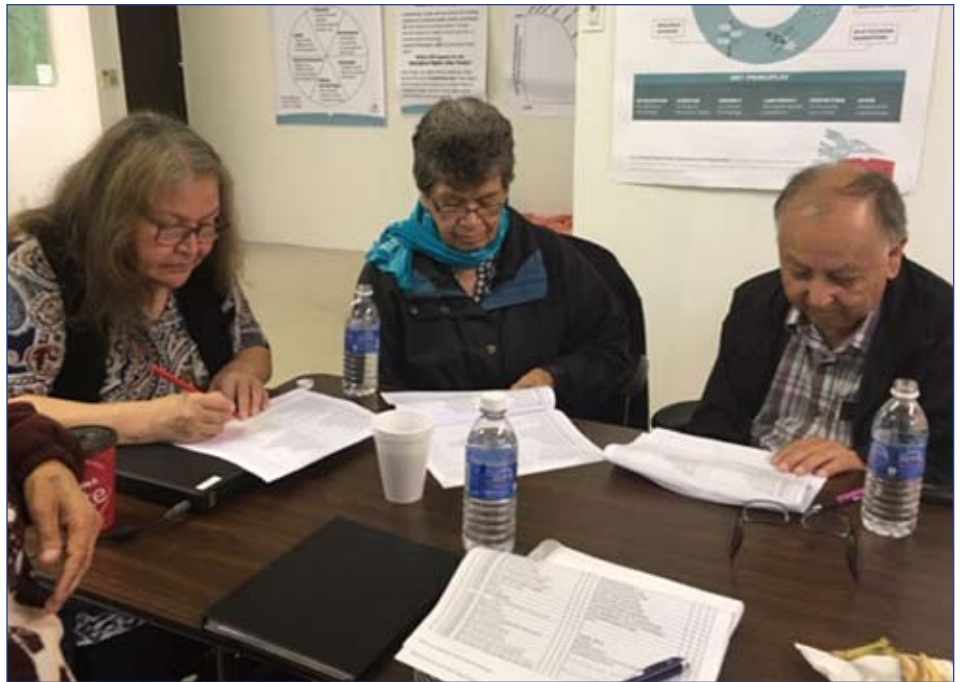
- Age  $\geq 40$  years
  - First-degree relative with type 2 diabetes
  - Member of high-risk population (e.g. African, Arab, Asian, Hispanic, Indigenous or South Asian descent, low Socio economic status)
  - History of prediabetes (IGT, IFG or A1C 6.0%–6.4%)\*
  - History of GDM
  - History of delivery of a macrosomic infant
  - Presence of end organ damage associated with diabetes:
    - Microvascular (retinopathy, neuropathy, nephropathy)
    - CV (coronary, cerebrovascular, peripheral)
  - Presence of vascular risk factors:
    - HDL-C  $< 1.0$  mmol/L in males,  $< 1.3$  mmol/L in females\*
    - TG  $\geq 1.7$  mmol/L\*
    - Hypertension\*
    - Overweight\*
    - Abdominal obesity\*
    - Smoking
  - Presence of associated diseases:
    - History of pancreatitis
    - Polycystic ovary syndrome\*
    - Acanthosis nigricans\*
    - Hyperuricemia/gout
    - Non-alcoholic steatohepatitis
    - Psychiatric disorders (bipolar disorder, depression, schizophrenia)
    - HIV infection
    - Obstructive sleep apnea
    - Cystic fibrosis
  - Use of drugs associated with diabetes:
    - Glucocorticoids
    - Atypical antipsychotics
    - Statins
    - Highly active antiretroviral therapy
    - Anti-rejection drugs
- If you are uncertain of an item on list, speak to your local nurse

**ANNOUNCEMENT**



**SUZANNE WILLIAMS**

*It is with great pride that President Les Doiron and the YG government congratulates Director of Operations Suzanne Williams upon passing her EMBA IBL program at Simon Fraser University. The official Graduation Ceremony is June, 2019. Please join us in congratulating Suzanne on her accomplishment.*



**Dr. Bernice Touchie, Marge Touchie and Bob Mundy participate in Regional Professional Language Learning Communities.**

## **Regional Professional Language Learning Communities Program**

*By Dr. Bernice Touchie*

The department would like to thank fluent speakers **Marge Touchie** and **Bob Mundy**, for joining me to participate in the Regional Professional Language Learning Communities program.

I want to thank them for their part in language curriculum, language nest and mentor apprenticeship. We are grateful when younger persons

who are willing to shadow (even just listen in at classes) to learn Our culture!

The opportunity to listen to live conversations in our language from fluent speakers is rare, and we need these precious tape-recordings.

Please help us get a Library of this going at every opportunity.

You can contact me via email: [Bernice.Touchie@ufn.ca](mailto:Bernice.Touchie@ufn.ca)

### **Tell Us Your News!**

The next issue of the Umacuk newspaper will be distributed at the end of this month, and will include photos and bios for YG staff and other articles. If you have something you'd like to tell our readers, please contact [suzanne.williams@ufn.ca](mailto:suzanne.williams@ufn.ca) by Nov. 15.