

Multi-use facility plans to be shared at Hit-tat-soo Assembly

Revised drawings for a new multi-use facility for the community of Hitacu will be on display at the next people's assembly at the end of this month. Initially the sketches included a gymnasium, community meeting area and government offices. The facility will be built in stages with the gym and community meeting area being built first.

The idea is not just to built a gymnasium but to include a gym as part of a multi-use facility that community members could use on a regular basis, said Darren Mead-Miller, manager of the department of Lands and Resources and Community Assets.

Darren said the facility will not be designed for one particular user group, but rather, it will be built as a community gathering spot. Two different sites are being considered for the building, at the end of Reservoir Road on a lot near the water tower or at the

end of Wya Road, near the empty site which was used for the treaty ratification celebration. Both locations are in safe tsunami zones which means that the facility would also become the central gathering place in times of emergencies.

The government is hoping that community members will provide input for some of the finishing details of the building and also come up with a name for the facility. Darren said one of the ideas being discussed is having concrete walls that could be utilized for artworks, such as a stamped concrete etchings. The process for community input has not been determined yet, but the government will seek input in order to understand the wants and needs of various user groups.

Iris Frank, Yuulu?it?ath Director of Operations said, *The costs associated with building this gym are always in the back of our minds; due diligence and forward thinking are part of what goes into ensuring that this government is responsible with when it comes to spending.*

The updated architectural drawings and costs for the first phase of the new community multi-use facility will be unveiled at the Hit-tat-soo Assembly on January 31st.



Babae Williams and friends, Jada Touchie (hidden behind Babae's arm) and Shawna Williams, (right), enjoyed sledding in the snow last week.

Financial deadlines revisions needed

The Yuulu?it?ath government's chief financial officer (CFO) is recommending that changes be made to Financial Administration Act (FAA) to reflect more realistic reporting deadlines for the annual budget and the presentation of audited financial statements.

Tamara Nelson, CFO, said prior to the Treaty being ratified, there were plans to change the reporting deadlines but to date, that has not been done. *Approximately two years ago the dates for the budget and audited statement require-*

ments were brought to the attention of the treaty implementation team and finance committee and it was agreed that these timelines were constrictive, Tamara said.

The constitution supercedes the the FAA and in order to change the FAA the finance committee would need to review the CFO's recommendations and then recommend those changes to the Legislature who would then take the recommendations to the citizens for referendum.

Elders Gathering in March

A Yuulu?it?ath Elders gathering will be held Thursday, March 1, 2011 to discuss Elder Priorities. Information about transportation and accommodation will be in the February edition of the Umacuk.

Residential School Truth and Reconciliation Commission heads to Port Alberni

The Truth and Reconciliation Commission of Canada will host a regional meeting in Port Alberni in March to give Residential School Survivors an opportunity to be heard.

The Port Alberni will be held prior to a larger, Truth and Reconciliation regional meeting in Victoria on April 13th and 14th. The regional event is an opportunity for Aboriginal and non-aboriginal to learn more about, and bear witness to the legacy of the Residential School System, said Justice Murray Sinclair, chair of the Truth and Reconciliation

Commission of Canada.

The Truth and Reconciliation Commission was established as a result of the 2007 Indian Residential Schools Settlement Agreement. Its mandate is to inform all Canadians about what happened in the 150 year history of the Residential Schools, and guide and inspire a process of reconciliation and renewed relationship based on mutual understanding and respect. You can participate by either offering a private or public statement or being a witness. Those wishing to share their experience should register

for a speaking spot on the morning of the event. Private statements will be taken in confidence with a health support worker and statement gatherer and take no more than one and a half hours. Public statements are made in the main forum where survivors, intergenerational survivors, their families, residential school staff and others are welcome to make presentations. The amount of time to present will be limited depending on the number of people wishing to give statements. The typical length of allocated time is less than 15 minutes. State-

ments will be audio and video recorded. Health supports will be present including professional therapists, resolution health support workers and cultural supports. The public is invited to observe the proceedings as a witness.

The Port Alberni event is scheduled for March 12-13, but the time and location have not been confirmed. Once that information is announced it will be announced via email and on our Facebook site; we ask that you help spread the word about this event to citizens that may not have internet access.

HIT-TAT-SOO ASSEMBLY
JAN. 31, 2012
COMMUNITY HALL
5 P.M. START

If undeliverable, please return to:

Yuulu?it?ath Government House
PO Box 699
Ucluelet, BC V0R 3A0

Toll free: 1-877-726-7342

PM 42129516

Yuulu?il?ath GOVERNMENT

Ucluth Development Corp restructured for more accountability

The Ucluth Development Corp and other YFN businesses are being restructured following a legal review completed in July 2011 by Ratcliff and Company Lawyers who recommended changing the structure of the UDC. The review stated that the four main goals of re-structuring were to: reduce liability exposure, maximize profits, minimize the impact of own source revenue on Canadas funding contributions and separate political and business decisions. The Yuulu?il?ath *Executive took the concerns into consideration and adopted the recommendations which will now go to the legislature*

for consideration.

The review outlined concerns that the YFN was the limited partner in four limited partnerships owned by YFN; which meant that any movement of cash resource from one business to another required the distribution of capital to YFN which triggered the Own Source Revenue (OSR) claw-backs.

Under the terms of its Fiscal Financing Agreement and Own Source Revenue Agreement, any Treaty First Nations funding contribution from Canada are subject to reduction in an amount equal to a percentage of its OSR. This reduction is phased in over a

20-year period after the Treaty effective date.

Ratcliff & Company Lawyers suggested a new structure that would create standardized roles and responsibilities and make financial reporting easier.

There was a concern that Ucluth Development Corporation did not have a limited party agreement and therefore any profit realized by the UDC was taxable.

One might argue that the UDC was not intended to make a profit yet, from what I have seen, UDC is operating what should be profitable

enterprises, such as the Wya Campground and the new surf shop. Profits from these operations should be earned through our recommended structure so they are not taxable, wrote Brent Lehmann, author of the report.

Lehmann expressed concerns that the UDC may be involved in various business operations and that the mixing of these business operations within one entity posed a risk in that if one business failed or incurred liability, it had the potential to drag the other operations down and cause their failure as well. It was suggested that each business be pursued through a separate limited partnership.

Governance & Fiscal Agreement

Formerly management and financial reporting were done on a case-by-case basis without a clear strategic vision or lines of authority or accountability. The report suggested that a formal agreement be drawn up by the YFN which would set out the responsibilities of each party in regards to financial reporting, governance, fiscal matters and the appointments and

removals of the board of directors to promote transparency and lessen misunderstandings.

The New Economic Development Act preamble states, *While recognizing that government often is better equipped to initiate economic development on a larger scale, we believe that economic development is best achieved independent of political influence and considerations.*

This independence, however, is not absolute. Those who carry out economic development on behalf of the Yuulu?il?ath First Nation or on Yuulu?il?ath lands must ensure that economic development is conducted in a way that is socially, economically and environmentally sustainable as well as being transparent, accountable and carried out in accordance with applicable law.

Economic Development Committee

The Executive of the Legislature is vested with the primary oversight responsibility of economic development. An economic development committee has been formed, as a standing committee of the Legislature.

The committee is composed of the President of the Legislature, (Chuck McCarthy), the Executive member who holds the Economic Development portfolio, (Larry Baird), the Economic Development Officer, (Trevor Jones), the manager of Lands, Resources and Assets, (Darren Mead-Miller), and not less than two (or more than three) individuals appointed by the Legislature, upon the recommendation of the President. Those members must not be members of the Legislature and must bring particular expertise or other considerations to the economic development Committee. Currently Jenny Touchie and Rick Shafer are serving on the Economic Development Committee.

The Legislature will be given a five-year economic development plan which will outline the economic strategic plan as well as a communications plan to inform Yuulu?il?ath citizens about the status of each business (including yearly financials) and the overall strategic plan.

In accordance with Yuulu?il?ath Law

Notice is hereby given that the Yuulu?il?ath Legislature has initiated a Hit-tat-soo Assembly in accordance with the Constitution and Government Act YFNS 2/2011.

The Hit-tat-soo Assembly is scheduled for Tuesday January 31, 2012; 5:00 P.M. at the Yuulu?il?ath Community Hall.

Dinner will be provided; everyone is invited to attend.

The agenda is in draft form until approved by the Citizens at the Hit-tat-soo Assembly. Additional items may be added at the time we adopt the agenda.

Agenda Items:

1. Meeting called to order
2. Opening Ceremonies
3. Welcoming remarks
4. Motion and discussion to adopt the agenda
5. Announcements/Discussion
 - a) Constitution Amendments re: Finance Deadlines
 - b) Opening Ceremonies Discussion
 - c) Hitacu Gym Discussion
 - d) Hitacu Youth Discussion
6. Other business
 - a) Settlement Trust PP Presentation
 - b) Legislature Roles and Responsibilities PP Presentation
7. Department Updates
 - a) President
 - b) Executive
 - c) Director of Operation
 - d) Chief Financial Officer
 - e) Lands and Resources
 - f) Community Services
8. Adjournment

For more information please contact Christina Klutz, Law Clerk.

Ph: 250.726.7342

Email: christina.klutz@ufn.ca

YFN Legislative Assembly

Charles McCarthy President chuck.mccarthy@ufn.ca
Lawrence D. Baird
Art Cootes
Alan W. McCarthy
Geraldine Touchie
Rose Marie Touchie
Tad N. Williams

YFN Office of Director of Operations

Frank, Iris Director of Operations
Williams, Suzanne Administrative Coordinator
Touchie, Jeneva Receptionist
McKnight-Yeates, Lisa Communications Coordinator

YFN Department of Finance

Nelson, Tamara Chief Financial Officer
McCubbin Arlo Contractor
Mundy, Melody Sr. Accounting Assistant
Touchie, Shiela Accounting Assistant

Department of Lands

Mead-Miller, Darren Manager of Lands and Resources/
Asset Management
Robinson, Amelia Administrative Assistant -Lands Registrar
Shirley, Emily Property & Building Services Coordinator
Touchie, Debbie Custodian
Touchie, Marylin Housing Coordinator

Ucluth Development Corporation

Jones, Trevor Chief Executive Officer
Silva, Crystal Executive Assistant
Williams, Tad Fisheries Technician, UFP

Yuulu?il?ath Government House

(250) 726-7342
PO Box 699

Ucluelet, BC V0R 3A0

www.ufn.ca

Yuulu?il?ath Umacuk

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Yuulu?il?ath NEWSMAKERS 2011



2011: A year to remember
 Yuulu?il?ath marked the past year with some significant events including the Treaty ratification celebration. There were other newsworthy events throughout the year, here are some highlights.



Department of Community Services

Wickham, Trevor	Manager of Community Services
Mundy, Debbie	Social Development Coordinator
George, Stella	Care Aide
Touchie, Dr. Bernice	Education Coordinator & Instructor
Touchie, Vickie	Preschool/Daycare Supervisor
Mundy, Connie	Preschool/Daycare Assistant
Valentine, Gloria	Community Wellness Coordinator
TBA	Child and Youth Support Worker
Mundy, Lorraine	Sr. Administrative Assistant
Williams, Veronica	Administrative Assistant/ Receptionist
Klotz, Christina	Citizen and Enrolment Registrar

501 Hit-tat-soo Road
 (250) 726-7343

Aboriginal Fishery Guardian Training

Yuulu?il?ath candidates are invited to apply to participate in the Aboriginal Fishery Guardian Training that will take place February 20-March 9 in Victoria, BC. Completion of this training program is a pre-requisite for Fishery Guardians to become designated under the Fisheries Act. All candidates must meet security requirements. The Department of Fisheries and Oceans (DFO) will cover all expenses for training including accommodations, meals, and travel.

Interested applicants are asked to contact Suzanne Williams @ (250) 726-7342 or by email to: Suzanne.Williams@ufn.ca

Touchie family grateful for community support

This has been a very difficult time for my family. We are saddened by the passing of David (T-Pot).

There were many family and friends whose generosity and support during this difficult time and it was greatly appreciated.

To Chuck, your visit helped to lighten the burden.

Thank you to Dennis Touchie, Chuck Mack, Chris Woodward, Henry Marshall, Big Bad John and Lindsey McCarthy for serving as a pallbearer. You are a reliable and dear friends. Your contributions to the service was a tremendous comfort. I will be eternally grateful. Thank you.

To The Honorary Pall-bearers; Rob Thoms for your lovely song, William

Crow for being T-Pot's friend and to Jim Roche, thank you all.

Thank you to the YFN Administration Office for your thoughtfulness in sending the lovely flowers / generous donation in David's honor. Your kind thoughts are greatly appreciated.

Thank you, to Jan, Lisa and helpers in preparing the Funeral Program. It was thoughtful and kind of you to take the time to do this, and on short notice. The photos and words were not only a comfort, but a source of strength for my family and me in this difficult time.

Thank you to Tyson Touchie, for the Eulogy, It was beautiful and kind of you to take the time to share your memories of T-Pot with us. Your words were not only a comfort, but a source of strength

for my family and I in this difficult time.

Thank you to Deb Mundy and team for your kindness in preparing the luncheon and serving guests at the Memorial. I am so grateful for your helping hand in our time of need.

And lastly; Thank you to everyone for attending the grave-side service and for the lovely flowers. I appreciate your taking the time to come and share in the remembrance of David.

Although this is a sad time for all of us, I find comfort in knowing how fortunate, he and our family are to belong to the YFN Community.

Barb Touchie and Family

What about my free haircut?

By **RICHARD MUNDY JR.**

If you think back to the year 2007, when the campaign for treaty was in high-gear & parading through every urban community we could find a member in, you will likely recall lavish buffets, impassioned treaty sermons, door prizes and the promise of a better future for all. At one point, the Band was even giving manicures, haircuts & professional portraits to every band member who attended our treaty-themed Annual General Assembly in 2008. The only thing missing was a juggling clown for entertainment, although we did have the comedy styling of Don Burnstick for that.

Those of us responsible for getting band members to vote on the Maa-nulth Final Agreement had to be relentless; we experienced everything from joyful family reunions, to being verbally accosted and threatened with physical harm. We spent weeks, months on the road, living out of suitcases and eating fast food. Our

families & friends suffered, our health suffered, and some of us even began to question our role in "the treaty process". It was an unforgiving & thankless uphill battle, but we prevailed and met the threshold for voter turnout... just.

At this point, the ratification process evolved into the implementation process. It came with the same demand for hard work & the same high price tag as the ratification process, but this time the money was spent on capacity-building for our Nation & extensive law-making processes in preparation for Effective Date. We also started making payments on our massive treaty debt. There was no big budget for communications, no travelling road shows to keep urban citizens informed & involved anymore. We had a website & an electronic newsletter, updated every week by Administrative Staff who took on these duties in addition to their regular, full-time responsibilities. Reality had begun to settle in.

The financial relationship between YFN and INAC will shift considerably in the near future. Capital transfers & block funding from the treaty are being carefully disbursed to ensure that we have adequate resources to cover operating and governing costs. This means as we gradually assume responsibility and control of certain funding systems, we take on a greater risk & will be vulnerable to economic factors beyond our control.

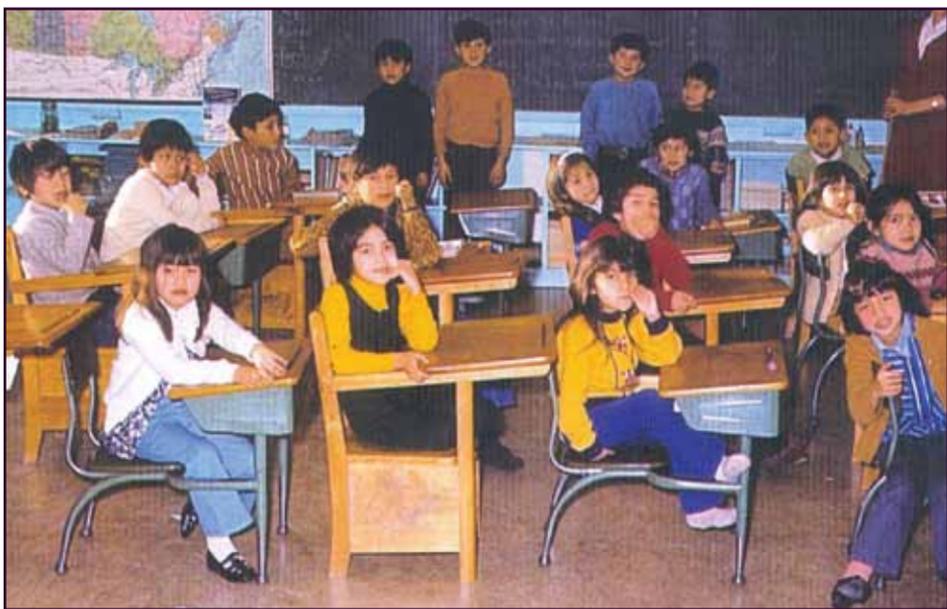
Rumours of cash payouts to each citizen are just that: rumours. It would be irresponsible to use the limited funds we have for such a short-term initiative as a cash payout. We'll have to look after ourselves and work for everything; we'll have to sacrifice more than ever to ensure upcoming generations have prosperity, opportunity and pride. They will be the ones who truly benefit from the hard work and sacrifices being made today, not us.

We voted in favour of the treaty because we believe future generations can achieve independence faster with tools the Treaty offers.

We voted in favour of the treaty because we have no faith in INAC's ability or willingness to truly help our people. So we voted to help ourselves.

This victory was celebrated with great gusto in Hitacu, demonstrated by a fierce pyrotechnic pageant, thrilled keynote speakers and citizens shouting their approval. Now that we're done celebrating, perhaps we should focus on educating our children and keeping them off drugs and alcohol. Now that we have a government who must answer to the citizens & not to INAC, perhaps we should start to pay more attention to what's going on around us. And, you'll have to get your own haircut from now on.

Richard Mundy Jr. is a YFN citizen & former Maa-nulth Communications Officer for UFN



Hitacu elementary class, if you recognize anyone, please contact Vi Mundy. This is one of a few photos Vi is attempting to put names and faces to.

CORRECTION

In the December edition of the Umacuk, a story on the Harvesting Act (p5) contained errors. The story stated that to apply for a harvesting license you need to be a citizen, when in fact, you need to be an enrollee. The story also indicated the act applied to commercial fishing, which it does not. Sorry for any confusion these errors may have caused.

Birthday Photos

Send us your photos and greetings for birthdays and anniversaries. We are happy to help you publicize these important occasions, free of charge.

Got an idea?

The Umacuk is your newspaper and as such we encourage you to submit story ideas and photos to be published. If you have an idea for a story for the Umacuk, please call or email (250) 726-7342 or toll free: 1-877-726-7342. Email: lisa.mcknight-yeates@ufn.ca

Umacuk

Yuulu?il?ath Umacuk will now be printed monthly, to foster community awareness.

The fundamental goal of the Yuulu?il?ath paper is to contribute to restoring the mental, spiritual, physical and emotional wholeness of the community.

Send any letters to the editor, comments, questions or requests in writing via e-mail or regular mail to the Yuulu?il?ath Communications Department. Contact information is found below.

Umacuk accepts submissions, but please note that the Yuulu?il?ath Communications Department reserves the right to select submissions based on theme and content and may edit materials for grammar and space. We are committed to accuracy in our reporting. If an error is made, please let us know and we will correct it in our next issue.

Items not selected for publication may appear on the Yuulu?il?ath website and, as above, may be edited for space and grammar.

YFN Administration Office (Government House)

100 Hit-tat-soo Road, Hitacu

T: 250.726.7342

Toll free: 1.877.726.7342

COMMUNITY NEWS

Two Hitacu students part of New Zealand Cultural Exchange

Kathleen McCarthy and Tyson Touchie Jr. are half-way around the world, representing Hitacu on a student exchange program in New Zealand.

The trip was organized by Walen McLeod, youth worker for the the West Coast Resource Society, Ucluelet. He chose the two Hitacu youth as part of a provincial delegation because they regularly demonstrate leadership qualities by abstaining from alcohol and being involved in community and school activities. Roxanne Touchie was also originally chosen to go on the trip but had to drop out. Prior to leaving on the trip we sat down with the teens to get their thoughts on this exciting opportunity.

Both teens were excited about meeting the indigenous people of New Zealand. *It is going to be a cool experience; I'm excited to see the similarities between the Maori and the Nuu-cha-nulth people,* commented Tyson. The Maori are the indigenous



people of New Zealand, who are known for their rich Polynesian culture; Maori students will come to Canada in July and will spend a few days in Hitacu. Kathleen was looking forward to planned adventure travel such as kayaking and caving, and was especially

thrilled about a visit to a farm where she will be given the opportunity to milk a cow.

The teens will meet with locals during a home stay and will be active exploring the wilds of New Zealand by river rafting, hiking, surfing and caving.

Tyson and Kathleen both expressed excitement about getting to know other aboriginal youth from BC; other participants hail from the Penticton area and Haida Gwaii.

The youths left on January

12th and will be in New Zealand for 10 days. Before leaving the pair were busy raising funds for the trip. They both expressed thanks to the Yuułuʔiłʔatḥ legislature for providing a travel grant and also to the Nuu-chah-nulth Tribal Council for funding. The teens also did fundraising on their own. In early January they hosted a basketball tournament in Ucluelet to

raise funds, and both did smaller jobs to raise spending money for the trip. Kathleen offered a door-to-door dinner service whereby she (with the help of her Dad), cooked and delivered hot meals in Hitacu; while Tyson delivered the Yuułuʔiłʔatḥ newsletter to

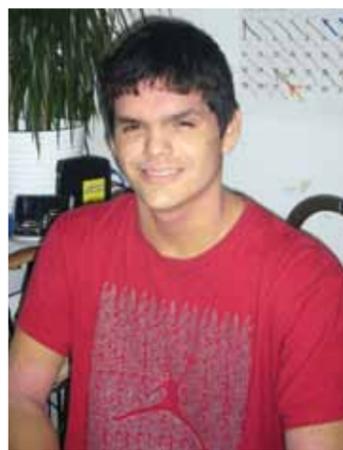
raise funds. They have also collected donations from family members, everything from cash donations to a camera.

Prior to leaving the teens also had the opportunity to meet with Elders in Hitacu and the Tye Ha'wilt Wilson Jack, who talked to the teens about their culture and protocol to be followed when meeting the Maori.

They told us things like, not to refuse a gift and to remember to be polite, Tyson said.

The pair took woven bracelets to share with their hosts Kathleen also helped her Grandmother Rose Wilson, make some cedar roses to take as gifts.

When the pair return they will be sharing their journal and a slide show with the community. They will also be doing more fundraising to help offset the cost of the Maori visit to BC.



Naašuksap ḥawiiḥḷ – “Strengthening Our Young Men” Proposal receives Funding from VIHA

The Yuułuʔiłʔatḥ Community Services Department will soon embark on a year-long program aimed at improving the health of young men in Hitacu.

“Young boys and men are in trouble in our community. Elementary and high-school dropout rates are high, basic literacy and numeracy skills are low, anti-social and risky behaviours are high, as are alcohol and drug abuse,” noted Trevor Wickham, manager of Yuułuʔiłʔatḥ Community Services, in his funding application to the Vancouver Island Health Authority’s (VIHA) Aboriginal Health Initiative.

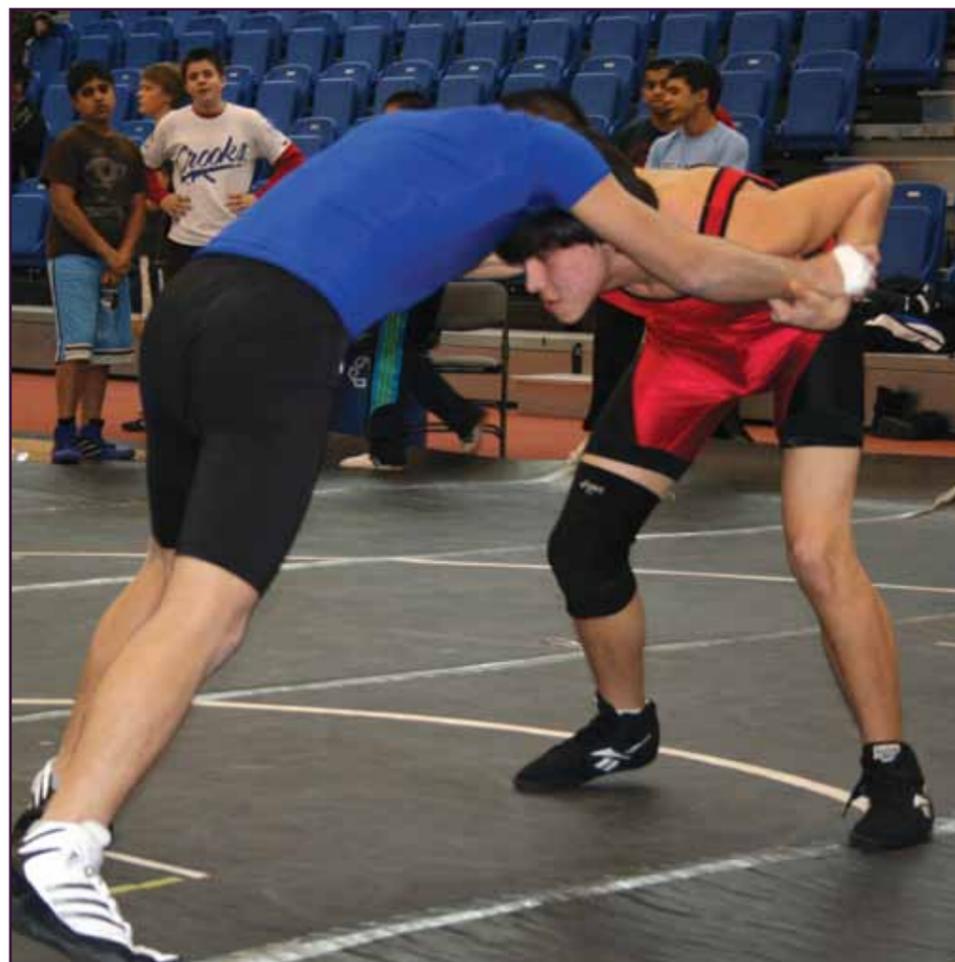
VIHA recently approved the project to the tune of \$30,000.

“We see health in a holistic manner – encompassing the emotional, mental, physical and spiritual wellbeing of individuals. In this program we’ll aim to revitalize young men--and re-introduce them to their family history and community, bring back the traditional skills, belief systems and practices to reinforce their pride in Nuu-chah-nulth culture. We have a vision to once again have strong, capable men involved and participating in healthy relationships, families and community life,” Wickham wrote.

The project will focus on young men aged 15-22.

Keep an eye on this paper and the community bulletin for future updates.

If this interests you or you want to find out more - please drop by the Community Services Building or contact Trevor at 726-7343 extension 226.



Wrestling

Gordy Taylor III has wrestled on and off for a couple of years now but has “really gotten into it this year and been practicing consistently which has paid off in his results” said his coach, Mike Rhodes. Gordy has won three medals so far this year including bronze at the Vancouver Island Novice, bronze at the Cougar Invitational in Duncan and silver at the Vancouver Island 15 & under. Gordy also placed 5th at the SFU War on the Floor in a tournament that had over 30 entries in his weight class. He also won 3 matches and lost 2 at the recent Western Canada Age Class tournament which was another very large tournament.

“He is a very strong and naturally athletic young man. As Gordy gains some more experience and works on his technical skills I don’t doubt that he will continue to have more success as a wrestler,” Rhodes added.

COMMUNITY NEWS

Christmas Celebrations in Hitacu & Port Alberni





Obituary

David Touchie, 51, passed away on December 21, 2011. He lived in Ucluelet and worked at the fish plant for many years. David is shown here near the Wild Pacific Trail, which he loved, and walked often.

Teapot(David) Touchie

David Touchie, 51, passed away on December 21, 2011, at home, after a brief illness. David was born on October 7, 1960, in Tofino, BC. He was the tenth of fifteen children.

David was a hard worker at the fish-plant for most of his life. He worked on the Wild Pacific Trail and loved to walk the trail.

He was a funny, comical guy, in his quiet way. He was hired to play a part in the movie, *Yellow Dog*, several years ago. His part was to make "waves" on a rock bluff at the beach. His job was to run and get a bucket-full of water and throw it on the rock bluff and was told to go faster, and faster. He burst out laughing and couldn't stop laughing and they had to re-shoot the scene; he laughed so hard...

David is survived by his mother, Barbara, and six sisters, Vi, Babs, Maureen, Debbie, Marcia and Gert,

and five brothers, Ray, Watson, Lady, Nick and Stacey. He is further survived by his nephew Leo who was raised by his grandmother Barbara, from birth.

He was a favorite uncle to many nieces and nephews. David has numerous cousins, uncles and aunts and a wide circle of friends.

He was predeceased by his father Samuel, brother Randy and two sisters, Beverly and Rita.

There was a grave-side service at the Ittatsoo Cemetery followed by a Memorial Service at the Ucluelet Community Centre.

Tyson Touchie gave the eulogy and pall bearers included: Dennis Touchie, Lindsay McCarthy, Big John, Henry Marshall, Chuck Mack and Chris Woodward. Honourary Pall Bearers were, William Crowe, Rob Thoms and Jim Roche.

Gordon Taylor talks about living with diabetes

For the last 20 years Gordon Taylor Sr. has followed a pretty healthy lifestyle, but it was his unhealthy eating habits and inactivity that led to a diagnosis of diabetes and eventually a dramatic turnaround in his lifestyle. Diabetes happens when your body cannot make or use insulin in the right way. Insulin is important for your body to turn sugar from food, into energy.

Looking at Gordon today one could not imagine him weighing 340 pounds. He admits that his poor eating habits and lack of exercise led him to pack on the pounds in a very short time span. During that time it was normal for him to eat an entire loaf of home-made bread each day and he regularly consumed about six large bottles of Coke between dinner and bedtime. His over-eating, in part, was a result of depression.

I ate any leftovers there were, sometimes two or three platefuls at a time; I could not stand to see food sitting around. I was obviously quite depressed, he said. The trigger for the depression and subsequent eating binges was the murder of his daughter. *I had to quit work, and I ate,* he said, noting that he had not had an issue with weight prior to that tragic event.

Although he experienced weight gain from over-eating and his decreased activity, Gordon did not understand the harm he was causing to his body. He constantly felt sleepy and thirsty and urinated frequently which all warning signs of diabetes. When he was diagnosed with Type 2 Diabetes he spent four days in the hospital where he was counselled to make

some major changes in his lifestyle. After the diagnosis, he was also given a stack of literature that outlined some of the health complications associated with diabetes. He immediately made life-altering changes to his diet.

Gordon had always enjoyed eating fruit and vegetables, along with a host of unhealthy foods, but he explained, he ate too much. He immediately cut out fast foods and pop from his diet and cut his portion size in half. He started losing weight and has never looked back.

He credits a support program offered by the Nuu-Chah-Nulth Tribal Council for keeping him on the right track. He said the support program was educational and supportive and through a number of weekend retreats he learned what it meant to live a healthy lifestyle. He said the only thing the program organizers asked in return for the retreats, was that participants spread the word about healthy living. And so Gordon has made a point of taking numerous opportunities to share his story and some of the secrets of his success to healthy living.

He said while there are obvious bad food choices such as fast food and pop, other choices seem healthy but they are not. Juice, for instance is loaded with sugar, and Gordon suggests that half a glass is plenty to drink. Bread was another of his personal downfalls; he had no idea how laden with sugar it was.

You learn to read the labels, Gordon said noting that he stays away from process foods which are usually high in trans fat and sodium. Eating fruits and vegetables, *Especially the colourful ones,* is recommended by Gordon and Health Canada. Health Canada also suggests limiting pop, sports drinks, ice-

cream, chips, cookies and muffins.

Aboriginal Canadians are much more likely to get Type 2 diabetes than other Canadians. Gordon said aboriginals are encouraged to go back to traditional foods and he said many traditional foods are fine, but he warned that one needs to be careful about eating too much bannock, even if it is baked rather than fried.

When he looks around Hitacu, Gordon sees a community that is fairly healthy compared to others. *We do not have a lot of obese children; many of them are active playing basketball,* he commented. Yet the level of computer use and lack of activity for certain youngsters worries him; he described how his nephew was diagnosed with diabetes in his early 20s and although the nephew now eats healthier, he still doesn't get exercise, Gordon said.

Part of managing blood sugar levels is having daily activity and the recommended amount of activity is 150 minutes a week--about 20 minutes per day. Gordon suggests starting with small steps, going for a walk, cutting out pop or including more healthy food choices in your daily diet.

The key is moderation, he said. Gordon said his healthy eating has encouraged his children and grandchildren to make healthy food choices and because he has been following his own advice for healthy living, Gordon has not had to take medication for a couple of years to control his blood sugar levels.

I used to have to check my blood sugar a couple of times a week and keep track but now I'm fine as long as I watch my diet. Gordon said people can't just change their habits temporarily, it has to be a permanent lifestyle change.

LANGUAGE & CULTURE

Medical transportation guidelines

Lorraine Mundy, Senior Administrative Assistant with the Department of Community Services wants to remind citizens that there are some guidelines that go along with receiving medical transportation assistance.

Lorraine said that each client who accesses medical transportation through Non-Insured Health Benefits is responsible for providing a signed confirmation of attendance of appointment from the health professional and for handing in all receipts (to Lorraine following the medical appointment). Failure to comply with the rules means that clients may be required to pay for their own travel or have funds deducted from their next travel cheque if proper documentation is not filed.

Lorraine said that one week's notice is required before patient travel cheques can be processed.

If you are living in Hitacu or on Treaty Settlement Lands in the local vicinity you need to make sure your referral documentation is given to me or faxed to me, one week prior to your appointment.

Anyone living away from home, in Port Alberni, Nanaimo or beyond, the referral information must be faxed to Lorraine a minimum of three weeks in advance so that a cheque and a self-addressed stamped envelope

can be mailed out prior to any medical appointment. All receipts must be mailed and the stamped or signed letter of confirmation of attendance of the appointment must be mailed to Lorraine after the appointment. If the necessary documents are not received in the required time frame, payment will not be issued until after the appointment.

Questions regarding medical transportation should be directed to Lorraine at the YFN Department of Community Services at 250-726-7343 or toll free at 1-866-900-7343. Fax number 250-726-7396.

I would like to emphasize the point that clients must return their signed letter/receipts upon return to the community, for it can be forgotten and get lost, Lorraine pointed out.

All citizens, please note: you may not receive travel until after the appointment if the necessary documents and receipts are not handed in (for people living in Hitacu), or mailed in (for those who live away from home). No payments will be processed without the proper documentation and receipts being received by Lorraine.

Patient travel cheques are processed twice a week and are available at the Community Services office Wednesday and Fridays only.



The cultural night dinner, drumming and dancing are every Tuesday and Thursday nights starting at 5 p.m. Everyone is welcome to join in at the Yuułu?il?ath Community Centre.

Yuułu?il?ath Words (about eating)

Traditonal Spelling:

hawiiqλhak haaʔa

Sounds Like:

ha wee qtl hak?

Means:

Are You Hungry?

Traditonal Spelling:

hawiiqλah

Sounds Like:

ha ah, ha wee qtl, ahhh

Means:

Yes, I'm hungry

Yuułu?il?ath generational teaching will bring elders and preschoolers together for language and culture

Yuułu?il?ath preschoolers will have the opportunity to connect with elders thanks to a Language and Culture Grant obtained by Dr. Bernice Touchie, Education Coordinator.

"This will be an exciting project that will see our elders and youth learn together to promote a healthy community," Bernice said.

Some of the goals of this program are to reinforce cultural themes at the pre-school level, create a language kit for pre-school children and provide the opportunity for relationships between the younger generation and community elders. Bernice said the importance of generational teachings was reinforced in last year's Yuułu?il?ath Strategic Plan.

"Ha ho pa: generational teachings is the symbolic thread that will lift us out of dysfunctions and bring us to a functional, happy, healthy and strong community." (YFN Strategic Plan 2011)

Starting this month, local elders will visit the pre-school on several occasions to interact with children through language, stories and play. Language immersion will be used as a way to introduce children to the Yuułu?il?ath

language which means, elders will speak only the traditional language during their visits. The idea is not for the children to understand every word that is being said, but rather, for them to get used to hearing the language. "In immersion there are not specific lessons being taught as much as the kids going about their regular activities while the elders interact, speaking the language," Bernice pointed out. A similar program is currently underway in Bamfield called the Paawat's Nest; Bernice hopes to use that program as a guide for the local program.

The Paawat's Nest educational program in Bamfield has incorporated sing songs, story-telling, drumming and dancing and simple language classes for the children.

Language kit to contain cultural items

Bernice is also planning a language kit as part of this program. The kit will contain cultural items that can be shown to the children such as model canoes and paddles

or baskets, shawls and drums. Bernice said, the items could be used by the elders during a story or passed around so that children can inspect the items at close range. Bernice is hoping to collect a variety of items for the language kit that can be shared with the children.

"Unfortunately, some items may need to be purchased, because items like drums or dance regalia is expensive and people don't want to part with it," Bernice pointed out.

A library with cultural themes is another piece of this project. According to Bernice there are many DVDs and various photographs depicting Yuułu?il?ath history and she is hoping a volunteer will be able to sort through some of this material and create a library that could be accessed by young people.

If you are an elder who is interested in taking part in this project or have an item to donate to the cultural language kit, please contact Bernice @ (250) 726-7342, ext. 211.



Dr. Bernice Touchie