



# Feast House and Lodges open for business

Yuulu?il?ath had a lot to celebrate on Aboriginal Day last Friday, June 21, as two major economic development projects were unveiled.

Yuulu?il?ath President Charles McCarthy welcomed guests at the opening of the Feast House at K'wisitis and said it is fitting that the nation will "host people from across the world and show them who we are." He spoke about the cultural significance of K'wisitis and he and elders reminisced about boats tucking in behind the rocks in front of the restaurant, so Yuulu?il?ath citizens could have picnics on the beach.

He encouraged citizens to "step up to the plate and start working" at some of the YFN businesses. "Our goal is to have our people in these positions," he commented. "I hold up my hands to all of you that worked hard to make this happen and to all of you for coming today."

Tyson Touchie, spoke on behalf of the Yuulu?il?ath Tyee hawil Wilson Jack, reminding citizens of how far the nation has come in the last several years, from owning no businesses to having several viable businesses. Tyson introduced Trevor Jones, CEO of YFN Management Services who thanked the YFN Operating Board members, Charles McCarthy, Jenny Touchie, Spencer Touchie and Les Dorion and the Yuulu?il?ath Legislature for political support and a number of individuals for their hard work in getting the restaurant open.

The Lodges at Ucluth Beach were also open to citizens. Within a couple of weeks four of the nine lodges will be finished. Citizens toured four of the lodges and were suitably impressed; one Elder jokingly suggested perhaps the resort should be a new Elder's subdivision.

Yuulu?il?ath Elder Marjorie Touchie offered an opening prayer at the Feast House opening and approximately 40 guests came for lunch. The restaurant is now open to the public and will be open seven days a week for the summer months.



Yuulu?il?ath celebrated Aboriginal Day last Friday with the opening of the Feast House at K'wisitis and an open house for the new lodges at Ucluth Beach. Shown here are the staff at the Feast House. About 40 citizens enjoyed a free meal sample and the reviews were all positive.

# Hilwii?is Resource group dismayed over lack of fishing protocol

The Hilwii?is Resource Planning Group will send a letter to the Council of the hawiih, the Nuuchah-nulth Tribal Council and the T'aaq-wiihak Fisheries (Ahousesht, Ehattesht, Hesquiaht, Mowachaht/Muchalaht and Tla-o-qui-aht) regarding fishing protocol in Area 123.

Some of the chiefs at the June meeting expressed dismay over the alleged practice of T'aaq-wiihak commercial boats fishing in Area 123. Concerns expressed were two-fold, firstly that the cultural protocol of requesting permission to fish in a tribe's traditional territory is not being observed; the other concern is that the resource is being depleted in Barkley Sound.

The T'aaq-wiihak won a rights-based fishery that includes the right to sell fish; however, that fishery is supposed to take place in the following designated fishing areas 124 and 125. The demonstration fishery does not include Area 123, Barkley Sound.

Yuulu?il?ath President Charles McCarthy

relayed an incident that the Yuulu?il?ath Tyee hawil Wilson Jack expressed concern about, that a local fishing guide spotted two Ahousesht commercial fishermen in area 123; "we don't have an issue with them pursuing their livelihood, and not everyone is doing this, it's just a few people, but when our own people can't access the fish to sell, it creates tension when the resource is being harvested in our own backyard."

Tseshaht nation fisheries biologist Andy Olsen said there is evidence that fishing is taking place and noted that Barkley Sound is designated as a fishing area for the Maa-nulth Nations, as outlined in the Treaty.

The lack of fishing protocol has been identified as an issue by all Maa-nulth tribes and also Tseshaht, and includes allegations against the T'aaq-wiihak fishers, and also against each another. Maa-nulth nations have suspended the licenses of their own fishermen for not following the protocol, and

Tseshaht has also suspended the licenses of fishers breaking the rules.

Tom Happynook suggested that additional text needs to be added to the Barkley Accord which outlines the protocol for fishing in each others' territories.

"For us it's a matter of the reporting that's important. So we're not opposed to the other nations fishing in our territory but we need the numbers to put into our data bank," he said.

Charlie Cootes from Uchucklesaht, said requesting permission to fish in a certain area does not guarantee that approval will always be given; he said there is criteria to determine whether to allow the fishing or not.

He pointed out that although Yuulu?il?ath has fisheries patrols on the water, "they have no authority other than to observe and report and pass

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

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## Edge 2 Edge Marathon

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## Controversial hunting license in Traditional Territories

### Opposition to license

The Hiltwii?is Resource Planning Group will meet in early July to devise a plan to deal with a controversial hunting license that is held by a Port Alberni outfitters which gives that company exclusive guiding rights in Maanulth and Tseshaht Traditional Territory for 25 years.

Hugh Braker, Chief elect of the Tseshaht told the Chiefs that “we are very opposed to this,” and added that the documents they have obtained have made them very wary of the permit for this guiding application. The

province of BC is currently seeking approval of the various First Nations and he suggested the Maa-nulth nations ask the government of BC to defer a decision until the end of August. Further, Braker noted that while Tseshaht has been given approximately three months to consider the application, the province acknowledged they forgot to inform the Maa-nulth, and did so the last week of May. The province has requested objections by the end of June, however; Braker said the Nuu-chah-nulth Tribal Council has

requested that the province hold off on a decision until the end of August.

Some disturbing details have emerged about the guide, Braker told the group, including an allegation that more than 30 black bears were hunted by this company in one year. He added that one social media site promoting the company claimed that 13 black bears were hunted over two days.

Braker said the NTC tribal council will be opposing the license application and he suggested that the Maanulth request an extension to consider the matter.

Chief Charlie Cootes from Uchucklesaht said “maybe we need to ban trophy hunting in our territories.” He acknowledged that “some nations are looking at becoming partners with outfitters, but we need to be looking at the resource, especially when there is no regulation on what to do with the carcasses.” Of the 50 bears that were hunted in the year, Chief Cootes questioned how much meat was used, and how much went to waste.

### Float Home strategy

The Hiltwii?is Resource Planning Group will also discuss the

issue of float homes in Julia Passage, when they meet in July. Elected Chief Braker said Tseshaht has modified its stance on the float home issue, saying that they are still determined to have the float homes gone, but they are now willing to look at them being removed over a certain time period.

Braker said the province is trying to figure out how to deal with the float-homes and have estimated the cost of dismantling and land filling the float homes at between \$20,000 and \$50,000 per home. He said although there has been some discussion about moving the float homes to another location, Braker said that would just create a problem in another area of Barkley Sound. “The problem doesn’t go away; we still need to get rid of them.” he said.

He reported that West Coast Aquatics had recently hosted a meeting in Port Alberni to discuss the float homes but no Tseshaht representatives were at that meeting. A tour of the area with the float homes was also being organized by West Coast Aquatics was cancelled due to a lack of confirmed attendance.

Rather than invite provincial representatives to the meeting, Braker suggested that the Hiltwii?is Resource Planning Group meet first to see if they can come up with a joint strategy for dealing with the homes.

### Ground Fisheries concern

The Hiltwii?is Resource Planning Group agreed to invite representatives from the Department of Oceans and Fisheries to the next Hiltwii?is Resource Planning Group meeting to have them explain the ground fish rules in Barkley Sound, particularly, how the DFO arrived at their allocation numbers.

Yuulu?il?ath President McCarthy said the DFO’s rules “address the issues of offshore fisheries but not inshore issues. My concern is the local depletion of the stock through recreational fisheries,” he commented. He questioned whether DFO would be able to share data that is different from commercial fish management, that would demonstrate what it would take for recovery of the ground fish stock.



Members of the Gwitchin Tribal Council met with members of the Yuulu?il?ath Legislature and staff last week to ask questions regarding the treaty process and life post treaty. The Gwitchin tribes of the North West Territories settled land claims agreements more than 20 years ago, and have run a type of self government, however; they are now entering into Treaty negotiations. The group met with the leaders of the Maa-nulth tribes and then visited Yuulu?il?ath for a meeting at the new Lodges at Ucluth Beach and lunch at the yurts at Wya.

### Smile: you’re being filmed

Security cameras are being placed at various locations in Hitacu in an effort to curb vandalism. Cameras will be placed on government buildings, the fire hall and at the government wharf.

### Tax rate set for 2013

The Yuulu?il?ath Legislature met on May 24th and adopted the Annual Rates Regulation, 2013, the 19th

regulation of the government. Enacted under the Real PProperty Tax Act, section 6.1 the 2013 mill rate is based on rates set by the province of BC. This year, three tax notices will be sent out by the government.

### Local Education Agreement

The Yuulu?il?ath Executive resolved to pay School District 70 \$443,279,00, the cost of the 2012-13 Local Education Agreement.

## Honouraria will be issued differently starting in July

On July 1, 2013 the Yuulu?il?ath Government will be issuing honouraria differently. This will affect Elders and others who receive honouraria for participation in meetings, committees, and other government activities.

### What is honouraria?

The definitions vary, but basically an honourarium (hono) is a nominal payment for the recognition of acts or services, generally as a token of gratitude or respect, and not reflective of the value of the work done.

### What’s new, or new to us?

Although this is not new, nor is it related to the Treaty, many organizations, First Nations and others, have not been recognizing honouraria correctly. According to Canada Revenue Agency (CRA) and supported by a recent notice by the Nuu-chah-nulth Tribal Council (NTC) at their 2013 Budget meeting, hono is recognized as income to the recipient and is eligible for Canada Pension Plan (CPP) and Income Tax, and requires a T4 to be issued every calendar year. It is important to note that seniors who are already receiving Canada Pension payments will be able to sign a form requesting that CPP premiums are not to be deducted

from their hono payments. Also, most of our recipients of hono have Status numbers, so are Income Tax exempt. In those cases, there will be no difference to their hono cheques, but a T4 will still be issued annually.

In order to begin to track the hono, we will be sending out notices to current recipients describing the changes and requiring the completion of some forms with standard payroll information (name, address, Social Insurance Number, etc.)

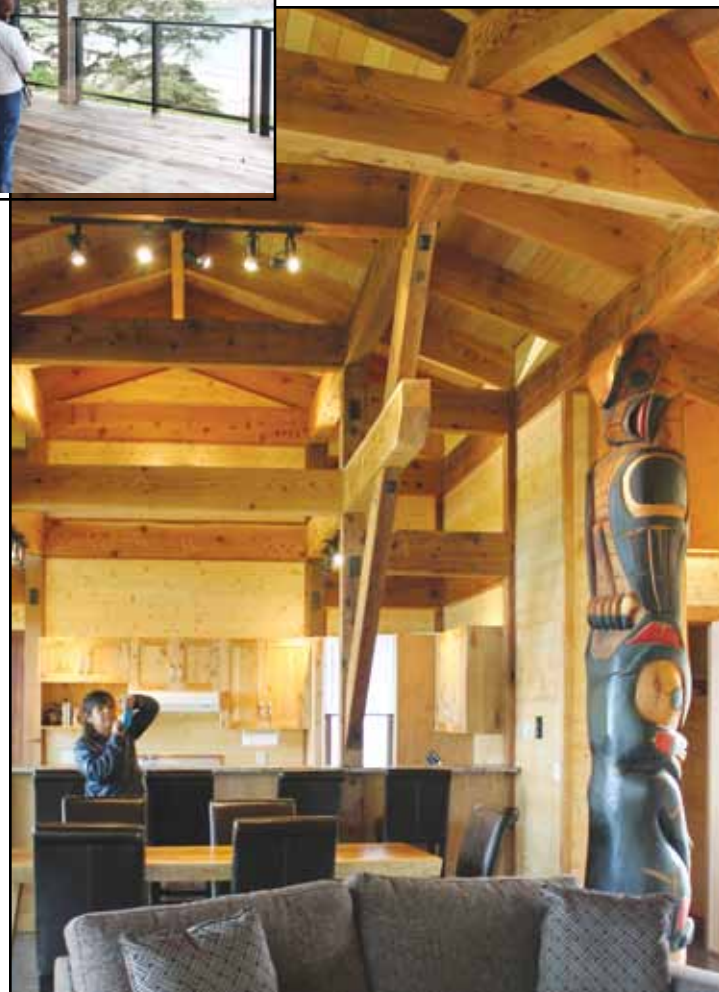
Packages of forms to complete will be mailed out to those who have recently received honouraria from the Yuulu?il?ath Government. Any new recipients will be provided the same documents to complete with their first activity.

For any hono related to activities after July 1, the hono cheques will be issued weekly, the Friday following the event beginning July 5<sup>th</sup>, 2013 for July 1<sup>st</sup> through 6<sup>th</sup>.

If you have questions regarding the changes to the treatment of honouraria please call Yuulu?il?ath Government Chief Financial Officer, Tamara Nelson at (250) 726-7342, ext. 207.

# Community Newsmakers

## Yuułu?il?ath celebrate opening of new businesses



## Fishing in Barkley Sound protected in Treaty

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it along to DFO.” He suggested the nations need to have “a designated enforcement of the Maa-nulth Laws.”

There was also discussion about the DFO’s suggestion to create a Nuu-chah-nulth wide fishery. “DFO was pushing for a domestic fishing area and because we had access to every species we wanted to catch. I take issue with them saying, ‘okay, you have to fish in this area but on the other side of the coin we’re letting everyone else take that resource,’ said Tom Happynook.

Yuułu?il?ath President McCarthy pointed out that if the fishing is allowed to take place, unchallenged, it will set precedent and others agreed that it would a mistake to allow fishers to establish a pattern of fishing in Area 123 because it would be a decision that would be hard to reverse.

Tom Happynook suggested that that Taaq-wiihak commercial fishers need to be put on notice that they are not welcome to fish in Barkley Sound; The Hiłwii?is Resource Planning Group agreed.

Joint fisheries patrols have been considered by the Hiłwii?is Resource Planning Group in the

past, and the idea was raised once again as a means of providing teeth to the fishing laws. Tseshaht is now doing the patrols in the Broken Islands and Andy Olsen, Tseshaht Fisheries Officer, suggested joint patrols would be idea. He pointed out that the Tseshaht guardians do have the authority to fine fishers who are breaking the rules.

It was agreed that the issue of Fishing Protocol would be discussed at the joint technical working group which consists of Fisheries managers, fisheries technicians and members of the Hiłwii?is Resource Planning Group.

# Yuulu?il?ath Government

## Transitioning to SEEDS

93 days and counting until SEEDS becomes the official program for Social Development... will you be ready for some of the changes to come?



Prepare yourself for your wellness journey....

The Department of Community Services will be hosting a number of transition workshops and planning circles in the months leading up to the SEEDS launch in October. The SEEDS program is aimed at assisting citizens to off of social assistance through wellness, education or employment training. Starting in October, citizens who now receive assistance will be participating in SEEDS activities in order receive a monthly cheque.

booked to address the SEEDS participants on July 3 and July 17th.

In August Margaret Bird and Ann Marshall will run a workshop on Trauma, Grief and Loss; the workshop will be done in two parts with the first session on Wednesday, August 7th and the second session on August 21st. On Monday, August 26th there will be a workshop on Lateral Violence from 9 a.m. to 3 p.m. with Denise Findlay. A second workshop on Lateral Violence will be held on September 11th.

On June 27th the first SEEDS planning circle will take place at the Community Hall starting at 10 a.m. There will be SEEDS planning circles held monthly.

A workshop called, The Strength of Independence--How People Are Changing Their Lives, will be held at the Community Hall on September 18th, and the Anita Charleson-Touchie will present the Nuu-chah-nulth Wellness Wheel on September 25th at 10 a.m. at the hall.

Social Development Learners (formerly known as Social Assistance clients), will be requested to attend sessions starting at at 10 a.m. at the Yuulu?il?ath Community Hall. Tentatively guest speakers have been

The official launch date for the SEEDS program is October 1st.

### Annual Education Celebration

You are cordially invited to attend our 2013 Annual Education Celebration!

Date: **Wednesday, June 26th**  
Time: 5:00 P.M.  
Place: Yuulu?il?ath Community Hall

Help celebrate the accomplishments of all our students with a community dinner and awards night.

Please complete and submit **Scholarship Application** package by **Thursday, June 20th, 2013** to be eligible for the \$200.00 scholarship per grade. All scholarship application forms are available at the Government House and Department of Community Services. Forms can also be downloaded from our webpage at [www.ufn.ca](http://www.ufn.ca) Please click on the **Community tab** and then go to media page, and FORMS.

### E-mail and Mailing updates

If you have updated your email or physical address, please let us know; we seem to be getting a lot of returned email and want to be sure our citizens are kept abreast of all the news of the Yuulu?il?ath Government. Please send your updated email to:

**Suzanne.Williams@ufn.ca**

## Yuulu?il?ath GOVERNMENT DIRECTORY

100 Hitatsoo Road, Hitacu, BC. PO Box 699 • Ucluelet, BC V0R 3A0 • [www.ufn.ca](http://www.ufn.ca) • Phone: (250) 726-7342 / Toll free: 1-877-726-7342

### YFN LEGISLATIVE

#### ASSEMBLY

**Charles McCarthy**  
President  
[chuck.mccarthy@ufn.ca](mailto:chuck.mccarthy@ufn.ca)

**Wilson Jack**  
Tyee Háwil  
[wilson.jack@ufn.ca](mailto:wilson.jack@ufn.ca)

**Lawrence D. Baird**  
Member of Legislature  
[larry.baird@ufn.ca](mailto:larry.baird@ufn.ca)

**Art Cootes**  
Member of Legislature  
[art.cootes@ufn.ca](mailto:art.cootes@ufn.ca)

**Alan W. McCarthy**  
Member of Legislature  
[al.mccarthy@ufn.ca](mailto:al.mccarthy@ufn.ca)

**Geraldine Touchie**  
Member of Legislature  
[geraldine@ufn.ca](mailto:geraldine@ufn.ca)

**Rose Marie Touchie**  
Member of Legislature  
[rose.touchie@ufn.ca](mailto:rose.touchie@ufn.ca)

**Tad N. Williams**  
Member of Legislature

[tad.williams@ufn.ca](mailto:tad.williams@ufn.ca)

### YFN ADMINISTRATION

**Frank, Iris**  
Director of Operations Ext.206  
[iris.frank@ufn.ca](mailto:iris.frank@ufn.ca)

**Williams, Suzanne**  
Administrative Coordinator,  
Ext.205  
[suzanne.williams@ufn.ca](mailto:suzanne.williams@ufn.ca)

**Touchie, Jeneva**  
Receptionist, Ext. 201  
[jeneva.touchie@ufn.ca](mailto:jeneva.touchie@ufn.ca)

**McKnight-Yeates, Lisa**  
Communications Coordinator,  
Ext. 202  
[lisa.mcknight-yeates@ufn.ca](mailto:lisa.mcknight-yeates@ufn.ca)

### YFN DEPARTMENT OF FINANCE

**Nelson, Tamara**  
Chief Financial Officer, Ext. 207  
[tamara.nelson@ufn.ca](mailto:tamara.nelson@ufn.ca)

**Ruchel Stevens**  
Intermediate Accountant  
[ruchel.stevens@ufn.ca](mailto:ruchel.stevens@ufn.ca)

### Mundy, Melody

Sr. Accounting Assistant, Ext. 216  
[melody.mundy@ufn.ca](mailto:melody.mundy@ufn.ca)

**Touchie, Sheila**  
Accounting Assistant, Ext. 215  
[sheila.touchie@ufn.ca](mailto:sheila.touchie@ufn.ca)

### DEPARTMENT OF LANDS

**Mead-Miller, Darren**  
Manager of Lands and Resources/  
Asset Management Ext. 210  
[darren.mead-miller@ufn.ca](mailto:darren.mead-miller@ufn.ca)

**Robinson, Amelia**  
Administrative Assistant -Lands  
Registrar, Ext. 203  
[amelia.robinson@ufn.ca](mailto:amelia.robinson@ufn.ca)

**Shirley, Emily**  
Public Works, Ext. 210  
[emily.shirley@ufn.ca](mailto:emily.shirley@ufn.ca)

**Touchie, Marilyn**  
Housing Coordinator, Ext. 219  
[marylin.touchie@ufn.ca](mailto:marylin.touchie@ufn.ca)

**Touchie, Debbie**  
Custodian

### DEPARTMENT OF COMMUNITY SERVICES

Phone: (250) 726-7343  
Toll free: 1-866-900-7343  
501 Hitatsoo Road, Hitacu. BC

**Wickham, Trevor**  
Manager of Community Services,  
Ext. 226  
[trevor.wickham@ufn.ca](mailto:trevor.wickham@ufn.ca)

**Mundy, Lorraine**  
Sr. Administrative Assistant,  
Ext. 227  
[lorraine.mundy@ufn.ca](mailto:lorraine.mundy@ufn.ca)

**Mundy, Debbie**  
Social Development Coordinator,  
Ext. 223  
[debbie.mundy@ufn.ca](mailto:debbie.mundy@ufn.ca)

**Valentine, Gloria**  
Community Wellness Coordinator  
Ext. 224  
[gloria.valentine@ufn.ca](mailto:gloria.valentine@ufn.ca)

**Thicke, Alysson**  
Child and Youth Support Worker  
[alysson.thicke@ufn.ca](mailto:alysson.thicke@ufn.ca)

**Williams, Veronica**

Receptionist Ext. 221  
[veronica.williams@ufn.ca](mailto:veronica.williams@ufn.ca)

**Touchie, Dr. Bernice**  
Language Coordinator (726-7342)  
Ext. 211  
[bernice.touchie@ufn.ca](mailto:bernice.touchie@ufn.ca)

**Touchie, Vickie**  
Preschool/Daycare Supervisor  
(726-2208)  
[vickie.touchie@ufn.ca](mailto:vickie.touchie@ufn.ca)

**Klotz, Christina**  
Citizen&EnrolmentRegistrar  
(726-7342)Ext.203  
[christina.klotz@ufn.ca](mailto:christina.klotz@ufn.ca)

**George, Stella**  
Care Aide

### YFN MANAGEMENT SERVICES

(250) 726-3499  
100 Hitatsoo Road, Hitacu, BC.

**Jones, Trevor**  
Chief Executive Officer  
[udcea@ukeecable.net](mailto:udcea@ukeecable.net)

**Silva, Crystal**  
Executive Assistant  
[udcea@ukeecable.net](mailto:udcea@ukeecable.net)

**Touchie, Tyson**  
Economic Development Manager  
[ecdevman@ukeecable.net](mailto:ecdevman@ukeecable.net)



# Community Members



## Edge 2 Edge Marathon



Photos (clockwise), Lorraine Mundy after completing the Half Marathon, Alyssa Randall-Touchie, Greg Louie and son Alex, Jeneva Touchie along MacKenzie Beach, Spectators at the finish line, Richard Mundy Sr., Deb Mundy, Jasmine Freeze, Lorraine Mundy and Granddaughter Jaime, Barbara and Mitchell Touchie, above, Nolan and Jeneva Touchie and middle: Team Touchie: Celina Cook, Alex Louie, Nolan Touchie, Amadea Louie and Jeneva Touchie.



## Bladerunners program aimed providing skills to get young people back to work

A BladeRunners program is underway in Hitacu. The BladeRunners program is an employment program that targets at-risk youth from 15-30 years, and provides them with basic training designed to facilitate re-entry into the work force.

Rose Touchie has been hired as the local program co-ordinator and Rob Oldale of the Nuu-chah-nulth Employment & Training Program is the Senior BladeRunner Co-ordinator who is delivering the program. Last week the group toured the various YFB businesses including The Feast House, Wya Welcome Centre, Wya Campground and Wya Surf Shop.

"I'm quite pleased; this group has been pretty reliable," Rose commented of the participants. She said nine local participants have been diligent in showing up and learning a variety of job skills and life skills. Through the program the participants will be First Aid and Whimmis certified and they will also acquire Serving it Right, and FoodSafe courses which are mandatory to work in the food service industry.

Rose said the tour at Wya Campground proved popular as many participants had not seen the yurts or

the campground. "This really motivates them and shows them, this is what our nation owns and maybe there is a chance in the future that you could be employed here," she said. Community Cultural Advisors were also used to educate the BladeRunners participants on the various cultural significance and history of various areas where YFN businesses have been established.

Glen Touchie claims to be the oldest BladeRunner's participant; he joined the program in order to gain some certification which might help him land a job.

weeks has taught him something new. In the first week "we were taught to challenge ourselves and Ike Charlie (facilitator) taught us to stand up and speak for ourselves," Glen said. The facilitator also talked about the inter-connectedness of everything on earth, a lesson that Glen learned from his Grandparents.

"Many of our cultural teachings have been lost," Glen said, noting that many of the young people in the program have not been taught cultural lessons, so it has been a welcome part of the learning in the BladeRunners program.

Glen said it was good to see that there are such a variety of business that citizens could be involved in if they chose. Glen got an early start in the work life, working in the bowling alley while in school and later in the fish plant for 22 years which took a toll on his body. Glen has been volunteering in the kitchen at the community hall for a few years now, but said the certification such as FoodSafe and Serving it Right, will give him the certification he needs to get a paying job as kitchen help in a restaurant.

In the final week of BladeRunners, participants will be offered a work placement at various businesses owned by the YFN and in Ucluelet.

He said each of the training

Of the YFN businesses tour,



### BladeRunners

Participants of the Hitacu BladeRunners program visited YFN businesses last week. They are shown here at the porches of the yurts at the Wya Campground.

## New ice cream shop at Wya Surf

Jacques and Sherry Lavoie have recently opened the ice cream shop at the Wya Surf Shop complex, called U-Cool-Eats. Soft and hard ice cream,



gelatos and frozen yogurt and a variety of milk shakes and sundaes will be served.

The couple have lived on the west coast for a few months now, transplants from Thompson Manitoba, where they also ran an ice cream shop. Moving to the west coast will give the couple an opportunity to expand the length of their seasonal business and they believe the Wya location is the perfect fit.

They were in search of a new location in Canada that would be a nice place to raise their children so they hopped in their truck and started driving. Jacques picked up a brochure about storms in Ucluelet and that

intrigued them; and then they heard about surfing on the coast and they were hooked.

Initially the couple scouted out Tofino for a place to start their business, but they found the Wya Surf shop area and the rest is history.

"This is absolute paradise," said Sherry, explaining that once they made the decision to move to the coast, it took them six months to save up and plan for the move from Manitoba which took place in September, 2012. They hoped to bring their refurbished ice-cream truck with them, and loaded it onto a trailer, but they weren't too far down the road when they realized it was far too heavy to be transported

across the Rockies. They made the decision to leave the truck and build a new ice cream shop instead. For the last few months, Jacques has been busy building a structure for the ice-cream business and in mid May that shop was transported to the Wya site.

Jacques and Sherry plan to operate U-Cool-Eats seven days a week until the fall; with similar hours as the Wya Cafe. In the off season they will keep themselves busy with other pursuits; Sherry is an oil painter and the local scenery has provided her with inspiration to keep her busy for a while. She's an artist and a dental hygienist. Jacques is also an artist and has studied film broadcasting and has filmed local surf competitions.

## Edge to Edge runner chooses the path to a healthy life

Jeneva Touchie recently completed her first ten kilometer event as the lead runner for Team Touchie in the Edge 2 Edge Marathon.

“At about the four k mark I was thinking I couldn’t do this they (runners) were so far ahead of me,” she recalled. She persevered. “At kilometer seven I thought, ‘this is really happening’. I got so excited. I was really happy and I ran the whole race.”

The idea for Team Touchie came at last year’s Edge 2 Edge marathon, when the family was volunteering at a water station. Jeneva recalls seeing



a young runner; “we thought it was so cool and I was standing beside my brother who said, ‘wouldn’t it be cool to run next year’. That’s when it started,” she smiles.

“We talked about it for about a week and then we thought, why don’t we just try it.” Her cousins Celena Cook and Chelsea Touchie joined Jeneva for that first step when the three decided to start walking in the evenings. “We tried to go up the hill by Bornsteins and that was really hard. We were so winded by the time we got up there. It was a real eye-opener; it seemed so far,” she laughs at the now distant memory. Now a year later, Jeneva is 45 pounds lighter and much fitter.

That first walk didn’t deter the cousins and they continued walking. Within weeks they were regularly walking to the second bridge. Chelsea ended up moving back to Duncan and the walking stopped once the weather turned sour. Celena and Jeneva joined Latin cardio, going three times a week to dance and then joined in a 15-minute intense workout following the dance practise.

In addition to adding exercise to her regimen, Jeneva also changed her lifestyle in other ways. She started going to bed earlier, slept better and changed her eating habits too.

She was somewhat discouraged last fall when, despite her work outs, she wasn’t losing as much weight as she had hoped. She realized her food choices were often poor. She altered her diet to include lots of water and more fruit and vegetables

instead of pop and junk food and the results were immediate and she began to shed pounds.

She credits an app called *My Fitness Pal*, for helping her keep control her food portions by keeping track of the calories she ingested. She cheats occasionally but before she eats something bad, she always considers how long she will need to run to burn those extra calories and that’s often enough to curb her snacking. She’s also found recipes that allow her to enjoy snacks without guilt; one such recipe is microwave popcorn, but rather than reaching for the Orville Redenbacher, she simply adds some kernels to a paper lunch bag, tapes it up and microwaves it. “It’s fast and easy,” she commented.

She makes sure to pack at least one fruit and one vegetable to work with her each day, so that if she does feel like snacking, she’s snacking on something healthy.

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“It’s not my goal to be thin,  
it’s a goal to be fit”

Jeneva

Jeneva said each day is a new opportunity to be the right track as far as fitness and eating well. Some days she doesn’t feel like running or exercising but she pushes herself to get up early and go for a run and always feels better for it.

She remembers a time not too long ago when she “watched *The Biggest Loser* while I ate chips and I’d think, ‘man, I don’t know how those people do it. Now, instead of watching I do it,” she laughs.

The road to fitness is not an easy one and Jeneva said there are still times when she gets discouraged and she has become used to ignoring the voice in her head that says she can’t do it. “Every day I get discouraged,” she reveals; “Even when I was running (the Edge 2 Edge) I thought, I can’t do this and then I thought just shut up and keep going.”

Jeneva is motivated to continue on with her wellness path and isn’t certain why, at this point in her life, she has been able to stick with a fitness program when she has tried and failed so many times in the past.

“I’m not sure what’s different. I can’t pin point it. In the past I set a lot of goals and then just never followed through,” she commented. Jeneva said the more she told people of her plan to run in the marathon, the more she was motivated to make sure that happened. “People were so encouraging along the way, they kept saying keep doing what you are doing and it’s nice to hear,” she revealed.

Looking back to a photo of herself volunteering at last year’s Edge 2 Edge Marathon, Jeneva said, “I didn’t know what to make of her. She looks familiar but I don’t know who that is. She looks sad, and I don’t remember being sad at that time,” she commented. She said the deaths in her family last year likely attributed to the sadness she saw in the photo and also her eating. “Food has always been a huge comfort always and part of our family getting together is about eating together.”

At 32, Jeneva said the comments from her daughter Alyssa have also encouraged her to continue to get fit. “She said I’m getting smaller,” Jeneva beamed. “I didn’t want to be that mom, that

fat mom. I wanted to be able to play with her..and

have a more active lifestyle.” Jeneva’s also toying with the idea of answering Alyssa’s call for a sibling, saying that as long as she keeps her weight off for a year, she would like to consider having another child. Her family, especially her mom Maureen and her Grandmother Barb, have also been encouraging. She finds it rewarding when people ask her for advice on getting fit and losing weight, and points to people locally who have inspired her. “Terry Touchie started running last year and she was out every day, rain or shine, and that inspired me.”

“I hated running in high school and I would fake every injury you could imagine (to get excused from running). Now I’m able to run and that’s astounding to me.”

She used the 5 K Runner app to train. “It starts you off running for a minute and then walking for a minute and builds you up.” She began running in January, mostly on a treadmill. Once she was running five kilometers, she downloaded the 10 K Runner app and continued adding distance to her runs. “They (the apps) made it so easy and gradual that it was so easy to do it.” Once spring came she moved her running outside and was surprised how much more difficult it was to run on the hard pavement as opposed to the treadmill. Still, she soldiered on. “It’s more challenging and pushes you and it’s harder on the body,” she commented. Despite all the hardship Jeneva said she was amazed at “the distance you can carry yourself.”

Making the time for exercise is tough, Jeneva admitted but she was determined to make it a priority. “I’m surprised at how much more I get accomplished and I don’t have food to weigh me down.” She still feels sore and tired after exercise, but said “it feels good, no pain no gain. I’m working towards something and I’m accomplishing something,” she added.

She stressed that it’s important to cut yourself some slack at times when you don’t feel like exercising or eat something you know isn’t healthy for you. “If you follow the rules every day and fall off the wagon once in a while, that’s ok.” She’s thankful that friends and family have encouraged her to keep up with the fitness and stay away from junk food.

Along with 45 losing pounds, Jeneva’s clothing size has fallen dramatically and that has meant she’s often been seen hiking up her pants.

Recently she was at a movie theatre, on her way to the washroom when her pants fell down, completely on their own.

“I just burst out laughing because it surprised me; they just went whoop!” she laughed, recalling the embarrassing moment and her quick apology to a family that was standing nearby. “I just told them I lost a lot of weight and they congratulated me.”

CONTINUED ON PAGE 8





## Youth release coho salmon at Kootowis Creek

Local youth released 11,049 Coho salmon at Kootowis Creek; 49 of the fry they raised from an eye stage. In February the Youth and Learning Centre were given 50 eggs from Thornton Creek Hatchery. They have cared for the eggs,

recording water temperature daily, and they've watched them grow from the eyed stage to fry. The Department of Fisheries and Oceans and the Pacific Salmon Foundation sponsored the purchase of some of the equipment at the Youth Centre.

Many local youth along with visitors from a Portland church camp made the trip to Kootowis Creek to release the fry. The fry will remain in the creek for an entire year before making their way to the ocean.



Savannah George and Stella George clean fish after the Food Fish delivery last week. 1200 pieces of sockeye were distributed to citizens in Hitacu, Port Alberni and Nanaimo. Fisheries Manager Al McCarthy said there will be more fish deliveries in the near future.



## Jeneva chooses a healthy life

Continued from page 7

Jeneva is still not certain what clicked inside her the day of the last marathon, but it was the starting point of a new path for her life.

"It seems like there are more opportunities for me now; I'm still losing weight," she said.

"I don't like the word diet because it sounds like a miserable way to lose weight. It's a lifestyle change. I'm not focused on what I can't eat and what I shouldn't be doing. It's about making a choice of what I want to eat and exercise. It's changing my mind, not something I'm miserable about," she commented.

She still hopes to shed another 40 pounds and said she's excited about buying clothes off the rack rather than from a 'big ladies' store. Jeneva plans to participate in a team for the Edge 2 Edge race again next year and is already planning to run the Vancouver Sun Run. "This year after the race we were really tired. Our legs were throbbing," she laughs and then adds, "next year we're running for time."

"It's not my goal to be thin, it's a goal to be fit," Jeneva said. "I wanted to be athletic and I'm still working towards this goal. Getting the race done was round one and now round two will be toning and fitness; I haven't quite got an idea of what that will entail," she added.

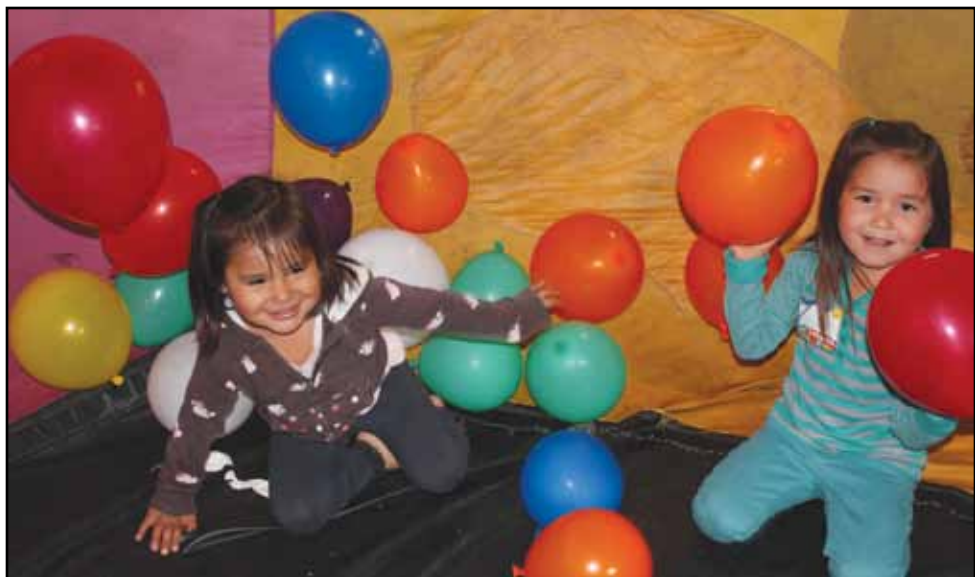




Doreen Frank and Samantha at the Health Fair.



A recent Healthy Children and Families event held in Hitacu attracted many parents and children. Anita Charleson-Touchie and Tiani.



Hannah and Nicole McCarthy enjoyed the bounce castle that was set up as part of the fun at the Healthy Children and Families event held at the Community Hall in late May.

## New deadline for medical claims

Nuu-chah-nulth Tribal Council is setting a deadline for submissions of medical patient travel claims to two months after the date of the medical appointment; this change comes as a result of Health Canada tightening up on Medical Travel reimbursements.

Victoria Watts, NTC Manager of Health Promotion and Social Development said in a press release, "it's too difficult to verify expenses for great lengths of time after the fact and there is no guarantee we would be reimbursed from First Nations Health.

The new deadline means that if you have an appointment on January 31st you would need to submit your claim no later than March 31.

## NOTICE

Citizens are reminded that the Yuuṭuʔitʔath Government's Public Works Staff are not allowed to receive direct work requests directly from citizens.

Citizens that have maintenance requests must fill out a work order form at the Government House. We ask that you refrain from contacting Public Works Staff directly.

Your cooperation in this matter is greatly appreciated.



# Yuuṭuʔitʔath's



# Copper Island

Tuesday, July 30<sup>th</sup> – Friday, August 2<sup>nd</sup>, 2013

**Register by  
July 5th**

Call  
Community  
Services

**726-7343**

# Youth Page



**Beach Day**  
Students from Ucluelet Elementary School spent the day at the beach last Monday. Shown here are Alex Louie, Max McCarthy, and right: Evan Touchie and Timmea Williams.



## JULY 2013

### Hitacu Summer Program

Each Day from 9:30 am to 4:00 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>HOLIDAY</b> Canada Day	2 <b>Surfing Day</b> <i>Wya</i>	3 <b>Basketball Camp</b> <i>UES</i>	4 <b>Stand Up Paddle Board</b> <i>Mackenzie Beach</i>	5 <b>Kayak Day Trip</b> <i>Meares Island</i>	6
7	8 <b>Mask Mania Morning</b> <b>Adventure Afternoon</b> Swimming	9 <b>Mask Mania Morning</b> <b>Adventure Afternoon</b> Bowling	10 <b>Mask Mania Morning</b> <b>Adventure Afternoon</b> South Beach	11 <b>Mask Mania Morning</b> <b>Adventure Afternoon</b> Mini Golf	12 <b>Lake Day!</b>	13
14	15 No Camp	16 <b>Hooksum</b> <i>Outdoor Camp</i>	17 <b>Hooksum</b> <i>Outdoor Camp</i>	18 <b>Hooksum</b> <i>Outdoor Camp</i>	19 <b>Hooksum</b> <i>Outdoor Camp</i>	20
21	22 <b>Esperanza Teen Camp</b> <b>Science Venture Camp</b>	23 <b>Esperanza Teen Camp</b> <b>Science Venture Camp</b>	24 <b>Esperanza Teen Camp</b> <b>Science Venture Camp</b>	25 <b>Esperanza Teen Camp</b> <b>Science Venture Camp</b>	26 <b>Esperanza Teen Camp</b> <b>Science Venture Camp</b>	27 <b>Teen Camp</b>
28	29	30	31	1	2	
<b>Teen Camp Ends</b>	No Camp	<b>Copper Island Family Camp</b> <i>Hišinkin Huuhtakšiih Taatneʔis</i>	<b>Copper Island Family Camp</b> <i>Hišinkin Huuhtakšiih Taatneʔis</i>	<b>Copper Island Family Camp</b> <i>Hišinkin Huuhtakšiih Taatneʔis</i>	<b>Copper Island Family Camp</b> <i>Hišinkin Huuhtakšiih Taatneʔis</i>	

# Community Newsmakers

## Toquart will construct new campsite at Secret Beach

The Hílwii?is Resource Planning Group was given an update on Toquart Bay Marina and Campground at their June meeting.

Sarah Robinson, Director of Operations for the Toquaht First Nation provided an update regarding the Toquart Marina and Campground. The boat launch and campground will not be open this year. Sarah said there was hope the boat launch could be used for the season; however, site studies indicated the contamination might be worse than first thought. Remediation for the site has been estimated in the millions.

Initial concerns of arsenic contamination have been surpassed by concerns of iron poisoning, which is more toxic to humans. Tests are being conducted to determine the absorption rate of the arsenic and iron in humans. A report from the province is due shortly, however, Sarah said a discussion with those doing the study indicated the site will need to be remediated. The province will pay for the remediation; and have verbally agreed to provide some compensation to the Toquaht despite the fact that the province is not obligated to compensate (according to the Maa-nulth Treaty), Sarah told the group.

### Shellfish testing

The province tested commercial shellfish, but there has been no testing for contamination of wild stocks the group was told. Sarah noted that shellfish testing is expected to determine the rate of absorption into the human body, of the toxins found. While some members of the the Hílwii?is Resource Planning Group understood that testing commercial shellfish tenures would be easy and economical for testing, they said it falls short of the testing of wild stocks and agreed that needs to be done.

Hugh Braker, elected chief of Tseshaht said it's doubtful that much could be extrapolated from a few test

samples taken in Toquart Bay and said much wider testing of various species needs to be done to ensure that wild stocks are safe from toxins. Tom Happynook, (Huu-ay-aht) questioned whether the Nations could offer their services for collection of wild stock if the province agreed to do the testing.

### Economic opportunities crushed

The province has agreed to fund a new campground, to help mitigate some of the financial loss the nation will see due to the contamination. The Toquaht nation sees about 8-12,000 people per summer using the campground and using other

facilities such as a community store in Macoah.

Toquaht councillor Carlos Mack said the contamination was a "blessing in disguise" in that the nation had plans to develop a new campsite but did not have the funds available. "We were planning on developing it anyway," Mack said, of the new campground at Secret Beach.

Ms. Robinson reported that the feasibility study has been done and that, the project "is shovel ready, we just didn't have the money. They (the province) will give us money to get up and going and have a permanent kayak launch area."

The smaller campground will be ready by the end of July or August, and noted "we're definitely losing out on this year." She also noted the village will feel the lost revenue.

Hugh Braker said he felt bad that Toquaht's ability to gather food in Toquart Bay has been halted and their economic development plans crippled by the closure of the campground and boat launch. He offered that if the nation needed assistance in applying pressure to the province for remediation funds they should approach the Nuu-chah-nulth Tribal Council.



University of Victoria's Science Venture & Uu-a-thluk

## Science Camp

July 22 -25, 2013

9:30am -4pm



Rose Tocuhie and Lindsay McCarthy III...who fell asleep contently in Grandma's arms at a recent community meeting.



### Hitacu Community Hall

Youth ages 7-14 are invited to participate  
Please pack a lunch

For more information contact:

Yuulu? il? ath : Alysson Thicke - 250-266-2827

Uu-a-thluk: Michelle Colyn - 250-724-5757 or Norine Messer - 250-735-4111

# Language and Culture



The Naašuksap 'awiił (Strengthening Our Men)- Coming of Age Ceremony and Community Dinner was held May 27th at the Yuulu?i?ath Community Hall. This program set out to initiate the revitalization of young Yuulu?i?ath men and reintroduce them to their family histories and community culture and to learn traditional skills. Left, legislature member Larry Baird, right Wishkey (Robert Dennis Jr.) facilitated this program and is shown with participants.

Nuučaañuł  
Language  
Classes  
will resume in  
September.



## Hit-tat-soo Assembly

Notice is hereby given that the Yuulu?i?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 Monday July 8, 2013, 5PM at the Yuulu?i?ath Community Hall.**

*Dinner will be provided; all citizens are 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/Welcoming remarks
3. Motion and discussion to adopt the agenda
4. Announcements/Discussion
5. Department Updates

Adjournment

## NO DUMPING

Citizens are asked to refrain from dumping waste at the end of Wya Road as the Department of Lands, Resources & Asset Management is attempting to clear this garbage, in preparation for the construction of the new multi-use facility.

Large items for the landfill can be left at the end of driveways for pick up by the Public Works crew.

Your assistance with this matter is appreciated.

Darren Mead-Miller

Manager of Lands, Resources & Asset Management  
Yuulu?i?ath Government

