



By-election for Legislature seat this weekend

Yuutu?it?ath citizens will go to the polls on March 1st to elect a new Legislature member and vote in a referendum for proposed constitutional amendments.

On Thursday, February 13th there was a public forum for the candidates in the by-election; there were 21 people in attendance.

Maureen Louie's "key issue is communications" she said. She said there is not enough communications with citizens.

"Once a month you are waiting on a monthly newspaper. There are better ways to communicate. We should add social media into our communications," she said.

She also mentioned a strategic planning meeting that was

recently held with government staff and members of the Legislature. She said citizens have a vested interest and should have been invited to the session. (Related story about the preliminary 25 year plan on page 7.)

Maureen worked for the Yuutu?it?ath Lands Department and assisted with a Nuu-chah-nulth place names mapping project. She is learning the Nuu-chah-nulth language and assists her Mother Barbara with language lessons at the Ucluelet elementary school.

Spencer Touchie's background is in information technology and business. He works at Iisaak Forest Resources (for six years) and is forming a robotics company to develop unmanned

aerial systems.

He also sees "some weaknesses inside our communications internally." He said communications between committees and boards would improve efficiency in the government operations.

He too worked with the nation's Nuu-chah-nulth language program and is currently a member of the Settlement Trust board, and the Operating Board for Yuutu?it?ath businesses.

He suggested that "this is a key time in our development as a nation. It's a time we should be laying down systems and foundations to build a stronger, more efficient government."

Candidates fielded a

number of questions from the floor about employment opportunities for citizens and ways to engage citizens that live away from home. At one point both candidates were cautioned by Lawrence Lewis, Chief Electoral Officer, after it was said that laws were being broken by the current government.

"Laws are open to interpretation," he said.

Voting day for the Yuutu?it?ath election will be held on Saturday, March 1, 2014. Voters can either visit a polling station on election day, or vote by mail-in ballot. Locally, voting will take place at the Government House, Hitacu and at the Barclay Motel, 4277 Stamp Ave. Port Alberni, from 8 a.m. to 8 p.m. on March 1st.

New Act gives Executive ability to grant or transfer land to citizens

The Yuutu?it?ath Legislature passed three pieces of legislation at the February 17th meeting including the Land Act (Fee Simple Title) Amendment Act which gives the Executive branch the power to transfer title of residential lots to citizens.

The rationale cited for making the change in the law is the expense of holding referendums. "This is a big step forward for the nation and individual ownership," President Charles McCarthy commented. Lands Manager Darren Mead Miller said a subdivision plan is now being reviewed and will be registered at the provincial Land Titles Office.

Any transfer of Yuutu?it?ath titled lands to a Yuutu?it?ath corporation would need to be approved

at a ratification meeting after holding a public information meeting. All other transfers of titled lands would continue to require two public information meetings and be approved by referendum of Yuutu?it?ath citizens.

The Legislature repealed the YFN Economic Development Act and replaced it with a new one.

The YFN Construction and Infrastructure 2014-15 Capital Borrowing Act was also passed by the Legislature. The new laws were required to have full consent of those members of the Legislature in attendance. Six members of the Legislature were in attendance (one by conference) and approved the new laws which are posted on the government website at www.ufn.ca



Photo by Lisa McKnight-Yeates

Yuutu?it?ath by-election candidates, Maureen Louie and Spencer Touchie shared their political platform and answered questions from the audience during the All Candidate's Forum held on February 13th. Readers may have seen this photo as it was tweeted and posted to Facebook during the All Candidate's meeting.

Elders ask for larger type

You may notice the type in this month's Umacuk is larger than usual and that's because we've had a request by local Elders to increase the size of print for easier reading.

If you have suggestions that would help to make your newspaper better, please let us know and we will do our best to accommodate.

If undeliverable, please return to:

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

Toll Free: 1-877-726-7342
PM 42129516

By-election SATURDAY

Vote in Hitacu or Port Alberni

8 a.m. to 8 p.m.

Hitacu Government House or Barclay Motel

Everyone is encouraged to vote

By-election candidates asked to provide their thoughts on government issues



Spencer Touchie

Equal opportunity for news coverage

Candidates running in the Yuulu?il?ath by-election were offered an equal opportunity to provide responses to these questions; and candidates had 11 days to formulate their answers. We set a deadline prior to the public All Candidate's meeting so that answers could not be influenced by the outcome of that meeting and the electorate could get a clear idea of the views of each candidate.

One candidate chose to respond; the other candidate chose to use social media to get her election messages to citizens.

Hats off to both candidates for putting their names forward in this by-election.

1. Why did you decide to run for the position?

I decided to run for the position because I feel that I have strong community support, and that I believe that I could be a positive influence, bringing new ideas to the YFN Legislature.

2. What strengths and or experience do you bring to the job?

The strengths I bring to this position are: A strong work ethic, a background in business, my knowledge of information systems, and my experiences working alongside our neighboring First Nations at Iisaak Forest Resources.

3. What areas do you need to learn more about?

I feel that I need to learn more about the exact inner workings of legislature. I need to learn a bit more about the procedural processes set in place, and why they are there. I love to learn new things, and I feel this will be a welcome challenge.

4. Is there anything in particular you would like to see changed with the way you perceive the government currently operates?

More/Better Communication between committees, boards etc. In my experiences working on the YFN Operations Board, and the Settlement Trust I found that cross communication is definitely an area to be worked on. I feel with better information, those that were chosen for any position within the nation can make better and quicker decisions.

I would like to see if we can foster a strong organizational culture for the nation.

5. How do you think being part of a treaty government is different from being a member of a former band council?

Being part of a Treaty Government is different from being a member of a band council in many ways.

First of all the responsibility to the people of the nation is higher, because a member of our Treaty Legislature sits at the same level of power legally as their Provincial or Federal counterparts under Canadian law.

With this in mind the powers of office must be responsibly handled. Secondly the acts and laws passed by our government are far less limited, by other entities.

6. How would you allocate resources between the government's social programs, community infrastructure and economic development?

This is a good question, not one I feel throwing percentages at would be a good answer, my approach would be to examine how our resources have been allocated in the past see if there are benchmarks in place if there wasn't examine ways to measure the successes of each, then plan forward leaving space for the unforeseen, and reallocate accordingly.

7. Why are the Constitutional Amendments important?

The Constitutional Amendments are important, to keep our government running efficiently, and correct any parts of the constitution that no longer apply in our post treaty time.

8. What sort of time- commitment are you able to give to this job?

This will depend on the commitment level needed, I plan to apply an adaptive time management approach to this role.

9. What achievement are you most proud of?

Over the past few years there are many things I could be proud of, I work for a company I believe in that protects old growth, and the environment, results from a combined vision of the Nuuchahnulth that can be seen from space. I have worked on large projects that have been in the worlds spotlight putting our local wood products center stage during the 2010 Olympics many people not many know we supplied the wood for the main podium in BC place.

10. Why should citizens vote for you?

I believe the citizens should vote for me, because I hope to push for longer term, realistic planning, stronger systems of organization, and higher efficiencies in our government.

YUULU?IL?ATH By-election and Constitutional Referendum

Saturday, March 1st.

GOVERNMENT HOUSE, 100, Hit-tat-soo Road, Hitacu OR at the BARCLAY HOTEL, 4277 Stamp Ave. Port Alberni

Yuulu?il?ath citizen hired to manage Wya Resort

Lorri Touchie has been hired as manager trainee of the Wya Point Resort. She has started training alongside the current manager, Francis McCarthy, and will take over the management of the Wya Point Lodges, yurts, campsite and welcome centre in mid-August.

"I feel very honoured to be able to work for the Nation again," she beamed. She's currently employed at the Pacific Sands Beach Resort in Tofino, as the executive house-keeper. She manages a staff of 35 employees and said her background in the resort industry has prepared her well for her new challenge. "I feel like I can bring a lot to the table," she said.

She started her hotel management career with no experience and has worked from the ground up. She credits the former owner of the Weigh West/Days Inn in Tofino for giving her a chance when she had no previous hotel experience. "He took a chance on me and I was grateful for that. From there I excelled in all areas and was really happy that he gave me that oppor-

tunity because many people would not have done that." She started as executive housekeeper and was promoted to the front-desk manager within a year. After that she worked her way up as Operations Manager, a job she had for 12 years.

When Weigh West was sold she decided a change in work locations might be a good idea. That very day she drove home and saw a sign that Pacific Sands was hiring. Within a couple of hours she was interviewed and hired; she started working at Pacific Sands shortly afterwards and has now been employed there for seven years.

She's looking forward to a shorter commute to work; she will be working at the Welcome Centre.

Recently she drove through the Wya Resort, campground and to the lodges and was impressed with what she saw. "Wow. It's quite amazing, there's no other way to put it."

She likes the fact that the facility is brand new and said being in at the Wya Resort is therapeutic

because of the natural surroundings. The fact that the resort is owned by the Yuulu?il?ath is a source of pride.

"This is ours!" she exclaimed. "It seems surreal, it really hasn't hit me yet, this place belongs to us and it's something we should be very proud of," she commented. Plans for the future resort also have her excited. "It's probably going to be the number one resort on Vancouver Island so I feel so flattered and honoured to be part of it," she added.

Lorri is pleased to be working for the Nation again. She worked here years ago as the youth councillor and is looking forward to this new challenge. She has lived in Hitacu for 33 years, and is Mom to Melanie and Jenny.

She's proud to be hired as a manager of one of the Nation's businesses and said she hopes she can be a good role model for people who do not have a formal education or experience, that they can do well with some perseverance.

"I hope other citizens will

take that leap of faith. It's important for people to know that anything is achievable. Being committed and dealing with the hard work will pay off in the long run and you will be rewarded for your efforts," she said.

Congratulations to Lorri on her new job!



Lorri Touchie was hired recently to manage the Wya Resort.

Maa-nulth against commercial herring fishery on west coast

The nations of the Maa-nulth Treaty have banded with the rest of the Nuu-chah-nulth Nations in requesting that a commercial herring fishery not take place on the West Coast of Vancouver Island this year.

The NTC is directing their concerns to the Federal Fisheries Ministry and to commercial fishers themselves.

The west coast has been closed for a number of years, to commercial herring fishers but the Department of Fisheries and Oceans and the Herring Industry Advisory Board have been considering a re-opening of the fishery.

Last June the Hiiwii?is Resource Planning Group expressed concern about the lack of herring spawn in the Barkley Sound and a press release from the NTC states, "We want to make sure that commercial herring fisherman are aware of these issues. Our Chiefs, com-

munities and fisherman have clearly stated to DFO and HIAB that commercial herring fisheries are not welcome."

Further the NTC has asked the fishermen themselves not to fish on the west coast of Vancouver Island for herring and said, "if you choose to fish WCVI in 2014, you make this area selection knowing the risk that there may not be enough herring to conduct viable commercial fisheries, and that Nuu-chah-nulth Nations will continue to be active in seeking to protect WCVI herring."

The NTC is working with the Heiltsuk Tribal Council of the Central coast and the Council of the Haida Nation (Haida Gwaii) to protect herring stocks and allow herring to rebuild in these areas. The Nations cited the fact that the herring stocks are not sufficiently rebuilt to justify an opening and even if the DFO were satisfied that

the herring stock could support a commercial fisheries they say their aboriginal rights should be recognized.

"The opening of WCVI commercial herring fisheries without any accommodation of our rights is a clear and blatant infringement of our aboriginal rights and that cannot be justified." They also noted that there was not adequate consultation. "The crown has a duty to meaningfully consult with the First Nations whose aboriginal rights may be affected."

Nuu-chah-nulth Fishing Rights Court Case

On February 5th Nuu-chah-nulth Nations met with T'aaq-wiihak Fisheries and the Ha'wiih to discuss the herring issue and the January 30th decision from the Supreme Court of Canada which has disallowed Canada to appeal

the Ahousaht et al. vs Canada court case.

The Aboriginal rights of the five nations, Ahousaht, Hesquiaht, Mowachaht/Muchalaht and Tla-o-qui-aht has been recognized and the nations will be allowed to fish and sell fish into the commercial marketplace. The Nations and the DFO still need to negotiate how the aboriginal rights will work with existing sport and commercial fisheries.

Although Yuulu?il?ath gave up Aboriginal rights in favor of Treaty Rights with the Maanulth Treaty, the court case may also impact this nation thanks to a clause in the Treaty referred to as the 'me too' clause. The clause which opens the door to negotiations between Maa-nulth and Canada for potential commercial access. Those negotiations will not begin until the justification stage of the Ahousaht et. al case has been determined.

Yuulu?il?ath News



Dr. Bernice Touchie was reappointed for a two-year term, on the First People's Cultural Council Advisory Committee, representing the Nuučaanul Language Group. Minister of Aboriginal Relations and Reconciliation John Rustad made the appointment. In his letter, Minister Rustad said, "the Province recognizes the Council's important contributions made to the First Nations languages, arts and cultural revitalization in British Columbia for Aboriginal Communities and all British Columbians."



Veronica Williams was recently recognized by Health Canada, First Nations and Inuit Health for her contributions to children's oral health. Veronica said COHI services such as screening and fluoride varnish can begin with infants. She reminds citizens that brushing, flossing, using toothpaste containing fluoride, choosing healthy foods and drinks and visiting the dentist for regular check-ups are essential for good oral health.

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Why the Constitution needs to be amended

Yuulu?il?ath citizens were urged to **vote YES** for the constitutional amendments during a presentation about the changes, at a special Hitacu Assembly on January 30th.

“Everyone needs to vote; you need to encourage your family members to vote. This is a moment in time that you will never have again; this is an important time in your history,” Brent Lehmann of Ratcliff and Company Lawyers, told citizens. He explained that not voting would be the same as checking No on the ballot box.

He categorized the constitutional amendments into two areas; the first will bring clarity to the roles and responsibilities of the president, the executive branch of the legislature and the administration. The second category is updating amendments. Mr. Lehmann presented a briefing note regarding all the proposed constitutional amendments.

Updating amendments will reflect the fact that the date of the Maa-nulth Treaty ratification has passed; the Constitution was actually voted for in 2007. At that time, it was determined that the legislature would have the ability to create and repeal laws, but it does not mention that the legislature should maintain the laws. A requirement that the Legislature “maintain in effect” the laws will add substantive meaning to the Constitution.

The following is a brief overview of the Constitutional Amendments being proposed and much of the wording for this section is directly taken from the written presentation that Mr. Lehmann presented at the Assembly.

Clarification of Legal Context

“The Yuulu?il?ath Constitution sets

out the legal framework on which the Yuulu?il?ath government is based. As a treaty first nation recognized by Canada and British Columbia under the Maa-nulth Treaty, Yuulu?il?ath’s participation in the Canadian constitutional fabric is recognized and it’s law making authority is protected by the Canadian Constitution in the same manner as the federal and provincial governments. There are certain legal realities that flow from this. The proposed amendments discussed in this Part 2A are intended to more clearly set out these legal realities in the Yuulu?il?ath Constitution.”

Maa-nulth Treaty

“The role of the Maa-nulth Treaty plays in recognizing the Yuulu?il?ath Constitution as the most important law of the Yuulu?il?ath should be more clearly stated in the Yuulu?il?ath Constitution.” This addition will help citizens understand the significance of the Yuulu?il?ath Constitution and Yuulu?il?ath’s relationship with Canada and British Columbia.

It has also been suggested that there be reference to the Maa-nulth Treaty with recognition of the legal reality that if Yuulu?il?ath wishes to establish its own judicial branch, it must do so in accordance with the Maa-nulth Treaty.

Citizens Rights and Treaty Rights

Under the Maa-nulth Treaty, every Yuulu?il?ath enrollee (and all former Ucluelet First Nation’s band members) who are not enrolled under the Treaty are entitled to be citizens. However, a Yuulu?il?ath citizen who chooses not to enroll cannot exercise treaty rights that have been recognized for enrollees—an example of this is harvesting rights.

Lawmaking Authority

The Yuulu?il?ath government has the ability delegate law-making authorities to public bodies and the legislative bodies can delegate some administrative and regulatory functions to the executive. This is indicated in the Maa-nulth Treaty and it is being suggested that this legal reality be recognized in the Constitution.

Definitions

To ensure consistent interpretation between the Yuulu?il?ath government’s laws and the Constitution, it is being suggested that defined terminology be used.

Inefficiencies and Cost-saving

Two years have now passed since the Maa-nulth Treaty effective date and self-government began and since that time some concerns have been identified that were not understood at the time the **Constitution was ratified six years ago** and some requirements in the Constitution are not practical. Changes would result in cost savings and more efficient procedures.

Currently the Constitution requires each Yuulu?il?ath-owned business to have audited financial statements. Audited financials are expensive and may not be required depending on the size of the business. The proposed change removes the mandatory requirement and suggests that audited financials be prepared when circumstances warrant it. This measure is aimed at continuing transparency and accountability but eliminating unnecessary expenses. Another cost-saving measure being proposed is changing the process for calling a referendum. It is being suggested that the Legislature determine whether a referendum that has been requested at the Hitacu Assembly, proceed or

not. A third cost-saving measure being proposed is associated with law-making authority. Because the cost of enforcement, patrols and prosecutions can be costly it is suggested that “the Legislature to pick and choose which law-making authorities it will exercise at any given point in time, subject to available budgets and resources.”

A proposed efficiency measure would allow Legislature members who are appointed to committees to have a vote on those committees. “The rationale given for this amendment is that standing committees are appointed to advise the Legislature and have no decision making authority themselves.”

Impractical Time-Frames

Certain time-frames set out in the Constitution are impractical if not impossible, to meet. One example is the section that suggests a by-election should be held within 30 days of a position in the Legislature becoming vacant. This time frame is not enough to administer a by-election and does not allow for culturally appropriate time in specific cases such as a death. Rather than having a prescribed time-frame, it is being suggested that a by-election be held in accordance with the Election Act which sets out more practical time-frames. Another example of the impractical time-frames set out in the Constitution is the time frame for presenting the draft annual budget and audited financial statements. It is being suggested that the budget and financials be presented to the Hitacu Assembly within the time-frame set out in the Financial Administration Act.

Citizens are being asked to VOTE YES for the Constitutional Amendments on March 1st. Below, citizens at the presentation.



Youth Page



Kasia Kromka of Solidary Snacks bakery in Ucluelet visited the Youth and Learning Centre recently and taught donut-making. To the left, a basketball net that was donated by Wojtek Malach is seeing a lot of use.

COMMUNITY CALENDAR

MARCH 2014



ᑲᐱᑭᐱᑲᐱᑲ Youth and Learning Centre will be open daily from 1pm to 5pm. Adult Students are welcome to come and work on school work between 1:30 and 3:30pm. Afterschool Club welcomes Grades 4 to 12 Students daily from 3:30 to 5pm. Parent's Club runs bi-weekly from 11-2pm with lunch provided.

OUR SERVICES: We offer daily homework support to school age children and youth. We also offer support for out of school teens for resume building, career exploration and can offer High School Credits through SD70 CHOICES distributed learning. We also offer support for parents, guardians and families of school aged Children and Youth. Call, email or drop by and speak to Sarah Hagar your Youth Worker today! sarah.hagar@ufn.ca
250 726 2587 or text 250 726 4074

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Sunday School at Community Services Centre 10:30-Noon	ADULT ED 6-9:30 Monday Meeting	4 Parents Club 11 a.m. - 2 p.m. lunch included Soup/Culture	ADULT ED 6-9:30	6 Arthritis Workshop 6-Plex 10- 3:30 Soup & Culture	7 Adult Ed 9:30-12:30	8
9	STAT 10	PARENT'S CLUB 11 Soup & Culture Chiropractor 9-noon	ADULT ED 6-9 12	13 Acupuncture 6-Plex 9-3 p.m. Soup & Culture	14 Adult Ed 9:30-12:30	15
16	PRO-DAY 17 CLOSED PROFESSIONAL DAY	18 Soup & Culture	ADULT ED 6-9 19	20 Soup & Culture	21 Adult Ed 9:30-12:30	22
23	ADULT ED 6-9 24 Monday MEETING	PARENT'S CLUB Soup & Culture	ADULT ED 6-9:30	27 Art or Outdoor weather permitting Nutritionist 11-2 hall	28 SEEDS planning Circle Adult Ed 9:30-12:30	

Nation covers cost overruns due to late timber delivery

The Yuułu?il?ath Executive branch of the Legislature agreed to pick up a portion of the costs of over-runs at the new community centre building project to the tune of \$95,450. The bulk of the cost-over runs is being covered by the contractor.

The building construction is behind schedule by about two-months the Executive was informed recently. The cause cited for the delay was a two-month lag in the delivery of heavy timbers which the Nation was providing. The Nation faced difficulty finding large enough timbers for the feature entry-ways and the timbers were not delivered until December 9th and 10th.

Tidewater, a Ucluelet timber frame company was hired (by Humphrey Construction Ltd.) in October to coincide with the anticipated delivery of timbers from the nation. Framers could not complete the main fabrication until the timbers were delivered and the delay caused the project to fall behind schedule and also caused a financial loss to the contractor. The government was asked to cover a portion of that cost.

The financial contribution to cost over-runs was one of three change orders approved by the Executive on February 13th.

A polished concrete with an epoxy finish flooring at both entry-ways will replace the sheet vinyl that will be throughout most of the building at an additional cost of \$5,750. The executive agreed the concrete would provide an impressive entrance and would also wear well in these high traffic areas.

The building cost of the project was reduced by approximately \$29,550 when the Executive agreed to remove a section of 2' x 2' pavers from the west and south areas of the building. There was discussion regarding different landscaping options for the space but it has not yet been determined what will go in place of the pavers. Legislature Member Larry Baird questioned whether the money that was given to the Nation

from the Truth and Reconciliation Commission for a memorial could be used to landscape this area. No project has been identified yet for the money received although a few community meetings have been held and input from citizens has been gathered online.



Lands Manager Darren Mead-Miller suggested that further savings could be realized if the parking lot paving for the new community centre was changed from a three-inch blacktop coating to a two-inch blacktop coating. He suggested that money saved in the paving project could be used towards paving the end of Wya Road. Sean Clayton, vice president of Humphrey Construction Ltd. seemed leery about lessening the black top by an inch and said it is required to accommodate heavy loads such as bus traffic and the fire truck. More information will be sought before a decision is made.

Mr. Mead-Miller announced that used equipment for the kitchen at the new community centre was recently purchased at an auction. Kent Furey (manager at the Wya Point Surf Shop Cafe) was hired to attend an auction in Vancouver to purchase used commercial grade kitchen equipment. A substantial savings was realized by purchasing used equipment rather than new.



Yuułu?il?ath Legislature members Geraldine Touchie and Alan McCarthy take a look at plans with architect Scott Kemp during a site visit of the new community centre.

Preliminary strategic planning plots projects for 25 years

Yuułu?il?ath Legislature members and senior staff met for two days in January to outline the goals for the nation in the next 25 years. This was the preliminary step to organize information before it is presented to the community.

Legislature members were asked to consider what they would like the community of Hitacu to look like in 25 years. What services would be delivered to citizens and what infrastructure will be in place, were two of the key areas of discussion.

Previous community strategic planning goals were discussed to determine which of the goals has been met and which items were still outstanding. At the end of the two day brain-storming session, the staff and Legislature were asked to slot the various projects into priority, for short-term, medium and long-term planning goals.

This two-day session was the preliminary step in planning. Once the information has been synthesized it will be presented to the citizens for input and review.



Senior staff and members of Legislature met in January to outline goals for long-term planning.

Common Experience Payment Recipients may be eligible for educational credits of up to \$3000 for themselves or family

Notices have gone out to individuals who received the Common Experience Payment which was paid to eligible former students of Indian Residential School.

Personal Credits can be used by Common Experience Payment recipients or cer-

tain family members as defined in the court-approved terms and conditions which can be found at:

www.residentialschoolsettlement.ca

or by calling: **1-866-343-1858**

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up-to-date on Community news.



www.ufn.ca

Consultative Group

Tentative meeting date is

Monday, March 10

Yuulu?il?ath 6-Plex

6 p.m. start

Everyone welcome

Please Vote

SATURDAY, MARCH 1st

YUULU?IL?ATH NATION

- **By-election for a member of the Legislature**
- **Constitutional Amendments Referendum**

Polls open from **8 a.m. to 8 p.m.**

WHERE TO VOTE:

HITACU: at the GOVERNMENT HOUSE

100, Hit-tat-soo Road, Hitacu

OR

PORT ALBERNI: BARCLAY HOTEL

4277 Stamp Ave.

Questions? Please contact Lawrence Lewis, Electoral Officer at

(250) 889-1582 or Toll free at **1-855-485-5888.**

Healthy cooking tips shared in community

Melody Charlie is passionate about eating healthy and she's sharing that knowledge through a nutritious cooking class in Hitacu. Every Tuesday for the past few months, she and nutritionist Helene Dafour have been sharing their knowledge of foods and healthy recipes with anyone wanting to learn.

"We teach whoever wants to learn how to make new foods and nutritious foods," Melody said. The foods are tested out by the Tuesday night dinner crowd at culture night, with some recipes being popular and others not. She said last week's black bean and butternut squash enchiladas were not liked by the crowd but other recipes have been overwhelmingly popular.

At first people were not open to trying new foods but other dishes have been really popular. Apparently the spinach salad is a favorite now," she said, with people getting used to introducing new foods into their diet.

Different people stop by to help cook every week; this week Evelyn Charlie and Matthew Jack were there for the first time, hoping to learn a few cooking tips.



Focus Group tackles local priorities for health

The Nuu-chah-nulth Tribal Council representatives were in Hitacu recently to host a focus group to discuss community health services. The NTC completes a health service evaluation every five years.

A handful of government employees and citizens were involved in the forum. The purpose of the focus group is to gather feedback on available services.

The goal is to identify strengths in the health services program delivery and to make recommendations to improve health services. Another goal is to move towards healthy lifestyles within every community.

Locally some of the issues included the limited access to medical supplies that used to be provided to citizens. Cultural barriers were identified at public institutions such as hospitals where citizens are often not treated well.

The lack of coordination between NTC health services and the lack of emergency health personnel during a crises, was also discussed.



Government staffers, Gloria Valentine and Iris Frank, and community members, Marjorie Touchie and Pearl Touchie, joined a recent focus group to talk about community health priorities.



Melody Charlie and Evelyn Charlie make a healthy meal for Culture Night. The healthy cooking classes have been ongoing on Tuesday afternoons for a few months.

VOLUNTEERS NEEDED

We are looking for volunteers of any age who are interested in being part of a new Community Consultative Group. This group will work with the government and the RCMP to set local policing priorities.

If you are interested in serving on this volunteer committee please call us and leave your contact information.

Contact Suzanne Williams or Jeneva Touchie at

(250) 726-7342

COMMITTEE MEMBERS NEEDED

Applications are being accepted to fill vacant seats on the following committees:

- Finance Committee (one seat)
- Community Services Department Committee (one seat)
- Environmental Protection Committee (only one seat has been filled)

For more information on the committee mandate and duties please contact Suzanne Williams at suzanne.williams@ufn.ca or by telephone at **250-726-7342.**

Emaciated 'garbage' bear cub had to be euthanized

A year-old bear cub had to be euthanized recently after it was found in Hitacu, starving and getting into people's garbage.

Conservation Officer Brittany Mueller tranquilized the bear cub which had been hiding out in a tree for a couple of days before being captured.

At the time of the capture, the CO said it was unlikely the bear could be taken to a sanctuary because it had become a garbage bear, getting trapped in a garbage can on a resident's deck in Hitacu.

"It's sad but once bears have been introduced to garbage, it becomes an easy food source and the little bears grow into big bears

and then become problem bears. A garbage bear is a dead bear," she said. She reminded citizens that it's important to contain garbage and keep it in the house until pick-up day. Pet food should not be stored outside.

There were rumours that the mother bear was shot and that there were two cubs, but Mueller said, only one cub was identified and no mother has been found. She presumes the mother was still hibernating when this young one, approximately a year old, ventured out on its own. It was spotted in late January, near the Government House, and the COs investigated and decided to leave the bear to see if it would return to the den, but it did not.



Photo by Lisa McKnight-Yeates

Conservation Officer Brittany Mueller smiled when she showed off a cub that she had to tranquilize in Hitacu recently; unfortunately, later that day the bear had to be euthanized. Brittany transported the cub to Port Alberni for an examination but it was found to be in such poor health that it would not have survived on its own. According to Mueller, taking the cubs to a sanctuary is not an option if they have become accustomed to eating garbage which was the case with this bear.

VOLUNTEERS NEEDED

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If you are interested in serving on this volunteer committee please call us and leave your contact information.

Contact Suzanne Williams or Jeneva Touchie at:

(250) 726-7342



Quu'asa Office Closed

The Nuu-chah-nulth Tribal Council has announced that the Quu'asa Office will be closed until further notice. The office was ravaged by fire recently.

If you have inquiries please contact Andrea Pettigrew at **(250) 724-5757, ext 262** and leave a message for whom-ever you are trying to reach.

Quu'asa staff will be travelling to communities as scheduled and if any client needs to reach Quu'asa staff please call Andrea at the number listed.

FOR SALE

30 HP Evinrude boat
Motor with controls,
long shaft
Less than a year old

Call Jack for more information:
(250) 726-4620

5 Wellness Streams to achieve a Healthy Lifestyle

You can achieve health through wellness by

BEING ACTIVE



EATING HEALTHY



NURTURING SPIRIT



MAINTAINING A HEALTHY WEIGHT



RESPECTING TOBACCO



www.fnha.ca



Aboriginal Student Awards Program

The RBC Aboriginal Student Awards program assists students to complete post secondary education. The scholarship is intended to support students who have at least two years remaining in their current academic program. Scholarship recipients are selected on the basis of personal and academic achievements as well as financial need.

Selected students will receive up to \$4,000 per academic year for educational and living expenses for two to four years.

For more information or to apply:
www.GoToApply.ca/RBC



Photo by Lisa McKnight-Yeates
Elders luncheons at the yurts at Wya Campground always draw a crowd. Here, sisters Geraldine Touchie, Molly Haipee, Pearl Touchie and Rose Wilson enjoy a laugh, with Rose's daughter Bev Wilson. In March there will be an Elder's gathering in Hitacu.

Spring Clean-up in Hitacu

Monday, March 17th

The Yuulu?il?ath Government will be hauling away large, discarded items. Furniture, appliances, mattresses and other large items (non toxic) will be picked up at the roadside. Citizens are responsible for getting their own items to the side of the road.

Thank you

Language and Culture

Nis̓ma - land

Nučii - mountain

hupał - moon

wiiwiiquk ɥa - bad weather

č c as in chop

ii sounds like ee (see)

ł sounds like like the th (athlete)

Bursary for language

The University of Victoria in partnership with Quuquatsa Language Society is offering a small bursary to support tuition and program fees for a limited number of Indigenous students interested in participating in courses being offered in the January to April 2014 term in partnership with the Quuquatsa Language Society.

Eligibility is limited to Indigenous students.

For more information please call Dr. Bernice Touchie at the Community Services Department, (250) 726-7343.

Nuu-chah-nulth Language Lessons

Every Wednesday afternoon at the health centre in Hitacu.

Toquaht Nation is offering an immersion experience on Monday nights. For More information contact Bernice at (250) 726-7343 or Gale at (250) 726-7858.



Of of the leaders of the Jr. Rangers talks with Cultural leader, Lindsay McCarthy, at Culture Night.



The Jr. Rangers were guests at last Thursday's Culture Night. and after watching a few dances, the Rangers got up the nerve to try a few dances themselves.

How do we get from here to there?

*share stories of your transportation experiences around the region with the **Alberni Clayoquot Health Network***

Wednesday, February 26th between 3 p.m. and 7 p.m. at the Ucluelet Community Centre (The Hub)