



hupačasath

First Nation

Notice to Community Members

Friday June 19th, 2015

FISH DAY – Sunday June 21st at 8 am

Fish Day People in Charge & Volunteers

Vanessa Charlong has stepped up to be the Person in Charge on Fish Day on Sundays. Working alongside her are Rodney and Graham Sayers.

Fish Day Procedures:

- Designation letters need to be in by Friday at 12pm and renewed each week
- Please show up on time for fish day distribution (8am)
- All members must visibly check-in all family members present that are expecting a share.
 - o For the seine boat distribution you must still be present and check in.
 - o Tell Vanessa if you prefer your share of fish from the seine or cash (seine boat only)
- Wait until name is called; entire family will receive distribution with the first last name to appear on list (alternating alphabetical to ensure fairness)
- When picking up fish, please provide a buffer zone for fish pick- up area and walkway to get by with fish
- No foul or disrespectful language and behaviours will be tolerated.
 - o Any person not observing these regulations, creating a disturbance, or in any way interfering with the processes involved in fish days, can be prohibited from attending the next fish day. The person in charge shall make that recommendation to council and council shall immediately send a letter to that person informing him or her of their temporary suspension (

The Fish Day Policy, titled 'Opetchesaht Fisheries Law'* is still in effect.



Attention Parents & Youth

Carolina: 250-724-4041 ext 28

Cell: 250-735-0444 or e-mail Caroline@hupacasath.ca

Sleepover at Youth Centre

Friday June 26 6:00pm till 12:00pm Saturday : for kids 8 and under

Saturday June 27 6:00pm till 12:00pm Sunday: for kids 9 and older

Bring blankets, towel, bathing suit and something comfy for the floor.

Camping- July 22, 23, 24 – Parry’s Campground, Parksville

For ages 8 and up – Carolina needs to know as soon as possible who is going.

You have 7 days to be the first 17 youth.

We will bring: Food and two tents: one for the boys and one for the girls.

You need to bring: sleeping stuff

**If your child does not feel comfortable away from home, please don't send them. Otherwise, you need to pick them up when Carolina calls you.

Science Camp Ages 8 and Up- July 27, 28, 29, 20, 21

10:00am – 4:00 pm, House of Gathering

Carolina needs your commitment to be here all of the days. Parents need to ensure your children are ready when I pick them up.

Summer Camp – August 19th, 20th, 21st

We have exchange students from Korea that are coming out to hang out with our youth and do a summer camp. Youth will experience the Korean culture, games, and food. All free fun at the House of Gathering.

If there are any youth ages 7 and up that are interested in wanting to be in this program, contact Carolina as soon as possible.



Job Posting:

June 19th, 2015

Position:

Woodlot Worker – Burde Street

Requirements:

- Must be able to work in hot brush environment
- Must have all personal gear, work boots ect.

Responsibilities:

- Brushing of Bracken fern and milk thistle.

Tools will be supplied.

Please apply with Warren Lauder so crew, transportation and details can be worked out.

Warren Lauder
Forestry Manager

250-724-4041 ext 27

Cell: 250-720-9979

Warren@hupacasath.ca

Be aware of Lyme disease

Q: What is Lyme disease and how do you get it?

A: Lyme disease is a serious illness which can be spread by the bite of blacklegged ticks infected with the bacterium *Morrelia burgdorferi*. People can come into contact with ticks while working in the woods, or doing other outdoor activities.

Ticks are active all year round, but your risks of being bitten are highest in spring and summer.

Q: Are all ticks infected?

A: No. Not all blacklegged ticks carry Lyme disease, but according to the Government of Canada, populations of infected ticks are growing, and the risk of contracting Lyme disease is on the rise across Canada.

Q: What should we do if we work in the woods in BC?

A: Be aware. As ticks are very small and their bites are usually painless, you may not even know you have been bitten.

- Know if blacklegged ticks are in the area
- Even if not previously known to be in the area, take precautions because infected ticks can be dropped into new areas by migrating birds and other wandering wildlife:
 - wear clothing and footwear that will prevent ticks from getting to bare skin
 - Wear long-sleeved shirts that fit tightly around the wrist and tuck them into pants
 - Protect your legs by tucking pants into socks or boots or other means.
 - Insect repellent containing DEET or Icaridin can effectively repel ticks. Read the instructions carefully on how to apply
 - Check for ticks on clothing and skin after being in the woods. A daily check, and preferably with a buddy for hard to see places (given how small the ticks can be) is helpful.
 - If a tick is found, carefully remove using tweezers, as close to the skin as possible, without twisting the tick. If the tick has buried itself under the skin, go to a doctor for removal to ensure full removal and to lessen the risk of infection.
 - Wash the bite site with soap and water or disinfect with alcohol or antiseptic. Save the tick in a Ziploc bag or other container.
 - If no tick/s is found, but you develop symptoms (see below), contact a doctor immediately.

Symptoms of Lyme disease may include the following, and often start out as flu-like:

- fatigue
- chills or fever
- headache
- muscle and joint pain, spasms or weakness
- numbness or tingling
- swollen lymph nodes
- skin rash

- cognitive dysfunction, dizziness, memory challenges
- heart palpitations
- nervous system disorders
- arthritis and arthritic symptoms

Q: What do I do if I have been bitten by a tick or suspect I may have been bitten, because of symptoms?

A: Contact your healthcare provider immediately. The earlier you receive a diagnosis, the greater the chance of successful treatment and the shorter the illness. If you saved the tick that bit you, take it with you to your doctor, as it may help in assessing your illness.

Be assertive. Many doctors have never treated anyone with Lyme disease. Ask questions about the different tests, and getting them done quickly to begin treatment, and discuss the risks of false-positive tests.

For more information, please see:

Removal of ticks:

<http://www.healthlinkbc.ca/healthfiles/hfile01.stm>

Misdiagnosis of Lyme disease:

<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw71739#hw71739-sec>

Other Lyme disease resources:

<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw77226>

Map as at 2013 for Lyme disease

risk areas: http://www.bccdc.ca/NR/rdonlyres/A07283DB-A709-4494-BFD5-E2AB7ED2724C/0/Lyme_Disease_Risk_Areas_Map_BC_June_2013.pdf

Other resources for reference:

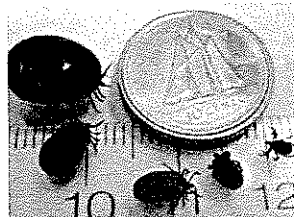
<http://www.health.gov.on.ca/en/public/publications/disease/lyme.aspx>

http://www.bccdc.ca/dis-cond/a-z/_l/LymeDisease/default.htm

<http://www.vancouver.sun.com/health/Lyme+disease+small+bite+change+life/11044715/story.html>

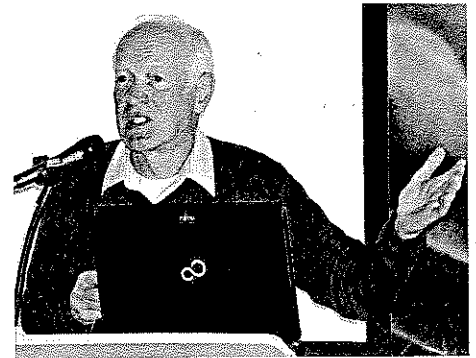
<http://www.macleans.ca/society/health/health-canadas-new-lyme-disease-plan-you-act-well-watch/>

<http://canlyme.com/> @



Female blacklegged ticks in various stages of feeding. Note the change in size and colour. Image courtesy of Government of Canada.

How to fit a heart attack into your busy schedule!



Philip Jones.

Philip Jones, motivational speaker and cardiac infarction survivor, shared some light-hearted, simple advice at the recent Interior Logging Association's annual conference and trade show on what one can do to increase the odds of either not having a heart attack, or being able to survive one.

He said that if your objectives are to:

- delay a cardio infarction event
- reduce the severity of such an event
- avoid the morgue from such an event; and/or
- recover more easily from such an event

You need to start now to:

- be less stressed
- get more exercise
- eat a balanced diet
- live a balanced life
 - more leisure time
 - nothing beats being alone in the countryside to help regain perspective on what is important and what is not;
 - move towards what is important and what makes you happy and less stressed; and
- maintain a sense of humour.

Learning how to respond to stress is key. Given that the only stress-free state is being dead, we all have to learn to live with stress and minimize it. So ask yourself about a situation that stresses you out:

Can you change it? If you can't change it, you can either stew about it or accept it. If you can learn to accept something you cannot change – and not stew about it – you won't stress about it. Accept that none of us can control how others act, only how we choose to react.

And, the power for less stress lies within each of us, starting with one change. "You already know one key lifestyle change you will make after your own myocardial infarction. Do you really intend to wait," asked Jones. ☺

New Driver Training

July 14th & 15th, 2015

2 day workshop, Seats are limited!



Get Ready to Take the "L" Exam!

Nuuchahnulth Employment & Training Program will be delivering the "Prepare for the Test" workshop, which is designed to prepare you to write the exam for the Class 7 Learner's Permit.

Date: July 14 & 15, 2015

Time: 9:00 am—3:00 pm

Location: 4090 8th Ave. Port Alberni



Those interested need to ensure they have primary ID: Birth Certificate, Passport or BC ID, and a **secondary piece of ID** such as a Status Card or Care Card. Participants also will need to have **no fines owing**.

If interested contact your Case Manager

OR

If you are new to NETP contact the Intake Coordinator

Any First Nation, Metis, or Inuit person residing within in the Nuuchahnulth region is encouraged to apply!

Visit in Person: 4090 8th Ave, Port Alberni

Phone: (250)-723-1331 **Email:** NETP@nuuchahnulth.org



This program offered through Nuuchahnulth

Canada

Funding provided in whole by the

Foodsafe

July 9th, 2015

Limited seats available!



NEED FOODSAFE FOR WORK?

Nuu-chah-nulth Employment & Training Program is hosting Level 1 FoodSafe Certification training coming up in July.



Date: July 9th, 2015
Time: 9am - 4pm
Location: NETP, 4090 8th Avenue
Port Alberni

If interested contact your Case Manager

OR

If you are new to NETP contact the Intake Coordinator

Want to know more about NETP?

Visit in Person: 4090 8th Avenue, Port Alberni

Phone: (250)723-1331 **Email:** NETP@nuuchahnulth.org



Nuu-chah-nulth Employment & Training program is
a department of the Nuu-chah-nulth Tribal Council

Canada  Funding provided in part by the
Government of Canada

Transformations

July 21st, 22nd, 23rd, 2015 |

Seats still available



All Community Members Welcome

Nuu-chah-nulth Employment & Training Program will be delivering a 3 day Transformations workshop with Shelley Royendyk.

Date: July 21—23, 2015

Time: 9:00 am—3:00 pm

Location: 4090 8th ave



Snacks Provided!

If interested contact your Case Manager

OR

If you are new to NETP contact the Intake Coordinator

Want to know more about NETP?

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Funding provided through the Canada-British Columbia Labour Market Agreement.