



## Minutes

---

<b><u>Meeting</u></b>	<b>Regular Council</b>
<b><u>Date</u></b>	<b>October 4, 2022</b>
<b><u>Time</u></b>	<b>7:00 PM</b>
<b><u>Place</u></b>	<b>Municipal Hall - Council Chambers and by electronic means</b>

---

<b><u>Present</u></b>	Mayor Martin Davis Councillor Bill Elder Councillor Sarah Fowler Councillor Cheryl Northcott Councillor Lynda Llewellyn	by video
<b><u>Staff</u></b>	Mark Tatchell, Chief Administrative Officer John Manson, P.Eng., Municipal Engineer Amanda Knibbs, Finance, I.T. Co-ordinator	by video by video
<b><u>Public</u></b>	3 Members of the public.	(2 by video)

### **A. Call to Order**

Mayor Davis called the meeting to order at 7:04 p.m.

### **Land Acknowledgement**

Mayor Davis acknowledged and respected that Council is meeting upon Mowachaht/ Muchalaht territory.

### **B. Introduction of Late Items**

A correspondence item Re: Invitation to Mayor and Council to the Board of Education Regular meeting as "L4" and under New Business as "M3" a grant application re: Investing in Canada Infrastructure Program (Green Infrastructure – Adaptation, Resilience, and Disaster Mitigation), Tahsis Flood Protection Improvements Project – Phase 3.

### **C. Approval of the Agenda**

**Elder/Fowler: VOT 0316/2022**

**THAT** the Agenda for the October 4, 2022 Regular meeting of Council be adopted as amended.

**CARRIED**

### **D. Petitions and Delegations**

None.

**E. Public Input # 1**

A member of the public had a question regarding Phase 3 of the Flood Protection Improvement Project to which the CAO responded.

**F. Adoption of the Minutes**

**1 Minutes of the Regular Council Meeting held on September 20, 2022.**

**Elder/Fowler: VOT 0317/2022**

**THAT** the Regular Council Meeting minutes of September 20, 2022 be adopted as presented.

**CARRIED**

**2 Minutes of the Committee of the Whole Meeting held on September 20, 2022.**

**Elder/Fowler: VOT 0318/2022**

**THAT** the Committee of the Whole Meeting minutes of September 20, 2022 be adopted as presented.

**CARRIED**

**3 Minutes of the Committee of the Whole Meeting held on September 27, 2022.**

**Elder/Northcott: VOT 0319/2022**

**THAT** the Committee of the Whole Meeting minutes of September 27, 2022 be adopted as presented.

**CARRIED**

**G. Rise and Report**

None.

**H. Business Arising**

**1 None.**

**J. Council Reports**

**Mayor Davis (verbal report)**

Thank you to the retiring Councillors for their service and good luck to those running in the upcoming election.

**Councillor Elder (Verbal)**

Good bye, so long, farewell.

**Councillor Northcott (written report)**

Since our last council meeting, I attended the library board meeting in Port Hardy, and then popped into the Woss library grand opening on my way home. Their (not so) new building is one of what's being referred to as a prototype. It's a smaller version of the one we will hopefully get here in Tahsis, but it's cozy and well laid out. I know many are wondering WHEN Tahsis will finally get our new library, and as much as I want it to be soon, Masset's library is in much worse shape, and a higher priority for limited capital funds. Sadly, inflation has hit the library as hard as everywhere else. Capital projects are currently paused as projected costs are coming in at double the original budgets.

With no additional provincial or federal dollars forthcoming, VIRL has had to significantly increase their levy in order to maintain essential service levels. Fortunately for Tahsis, we are one of only two municipalities who's levies will decrease in 2023.

And a heads up for those of you who may not have seen the announcement, VIRL is looking for public input on their strategic plan and will be holding session at the Tahsis Senior's Centre on Tuesday October 11th starting at 6pm.

Given it's the final regular meeting of my term, I just want to say that no matter how this election turns out, it's been an honor to be on council. As someone who came on board a year and a half in, there was a lot of stuff already going on, and I appreciate how welcoming and helpful everyone was.

I want to single out the two who are not running this time.

Bill, we may have knocked heads a few times, but there have been many, many more times I've benefitted from your knowledge and insight.

Lynda, you've always been kind and generous, and worked tirelessly for our village. Even from afar. You are very much missed.

And finally, I especially appreciate village staff, who have always been kind, patient and informative, even though I'm sure I must be exasperating at times.

And to the residents of Tahsis, I leave you with this: Get out and vote.

**Councillor Fowler (written)**

The last Fowler report of the 2018-2022 term.

I am happy to say we made it to the end. It's been a trip. Over the last four years I have gone through two computers and two mobile phones that I use as handheld email checkers while I sit on my couch instead of at my desk. Last Tuesday September 27, I was elected Chair to the CMES PAC and I am pleased to report we had lots of interest, especially new parents in our community. Tomorrow is Advanced Voting Day and I challenge everyone to beat me as the first person there.

Submitted respectfully,  
Sarah Fowler.

PS. I have included a newsletter I got from Robin at the Children's Hub meeting for your information.

**Councillor Llewellyn (written)**

With this being our last Council meeting before the election I wanted to say thank you to everyone for a great four years. It certainly was not easy and some old infrastructure caused us a few headaches but we all tried our best to do what was right for Tahsis and its citizens. We may have moved away from Tahsis but it will always be in our hearts. I wish the incoming Council all the best.

**Elder/Fowler: VOT 0320/2022**

**THAT** the Council Reports be received.

**CARRIED**

**K. Bylaws**

**None.**

**L. Correspondence**

- 1 Email from the Honourable Mitzi Dean, Minister of Children and Family Development Re: Declaration of October as Foster Family Month.**

- 2 September 14th, 2022 email from Ashley Cousens, Area Manager, Ministry of Transportation and Infrastructure, Vancouver Island District Re: Interim Update to Council since the July 21st, Committee of the Whole Meeting.**

- 3 September 19th, 2022 letter to Mayor and Council from Ambrose Yung, Registrar, Youth Parliament of BC Alumni Society Re: British Columbia Youth Parliament, 94th Parliament.**

- 4 Fax from Annie McDowell, Associate Director of Human Resources, School District #84, Vancouver Island West to Mayor and Council Re: Invitation to the Board of Education Regular Board Meeting on October 11, 2022.**

**Elder/Northcott: VOT 0321/2022**

**THAT** these correspondence items be received.

**CARRIED**

**Fowler/Elder: VOT 0322/2022**

**THAT** correspondence items 3 & 4 be pulled for discussion.

- 3 September 19th, 2022 letter to Mayor and Council from Ambrose Yung, Registrar, Youth Parliament of BC Alumni Society Re: British Columbia Youth Parliament, 94th Parliament.**

Councillor Fowler spoke to this item.

- Fax from Annie McDowell, Associate Director of Human resources, School District  
4 84, Vancouver Island West to Mayor and Council Re: Invitation to the Board of  
Education Regular Board Meeting on October 11, 2022.

Council requested clarification with regards to the physical location of this meeting.

**M. New Business**

- 1 Report to Council Re: 2022 Canada Day Celebration

Elder/Northcott VOT 0323/2022

THAT this Report to Council be received.

**CARRIED**

- 2 Report to Council Re: Review of Tahsis Days 2022

Elder/Northcott: VOT 0324/2022

THAT this Report to Council be received.

**CARRIED**

- Investing in Canada Infrastructure Program (Green Infrastructure – Adaptation,  
3 Resilience, and Disaster Mitigation), Tahsis Flood Protection Improvements  
Project – Phase 3.

Elder/Fowler: VOT 0325/2022

THAT Council receive and consider this item for discussion.

**CARRIED**

The CAO and the Village's municipal engineer spoke to this grant application and responded to questions from Council.

Elder/Fowler: VOT 0326/2022

THAT staff submit an application for grant funding application for the Tahsis Flood Protection Improvements Project, Phase 3 through the Investing in Canada Infrastructure Program –Green Infrastructure, Adaptation, Resilience and Disaster Mitigation; and

THAT Council supports the project and commits to its share (\$288,151) of the project, as well as cost overruns.

**CARRIED**

1 "no" vote  
registered to  
Councillor  
Elder

**N. Public Input #2**

A member of the public commented on the trophies for Tahsis Days.

**Adjournment**

**Elder/Fowler VOT 0327/2022**

**THAT the meeting be adjourned at 7:47 p.m.**

**CARRIED**

**Certified Correct this**

the 1st day of November, 2022

A handwritten signature in dark ink, consisting of a large, stylized 'L' shape followed by a horizontal stroke that curves upwards at the end.

**Chief Administrative Officer**



# Health and Wellness Newsletter



Nuu-chah-nulth  
Tribal Council



Issue 9  
October 2022

October 11th marks the 10th anniversary of *International Day of the Girl Child*. Over a decade ago the United Nations declared this day to bring awareness to the many challenges girls face, improving their fundamental human rights and working to empower them as future leaders.

Canada has also declared October *Women's History Month* to coincide with this day, as well as *Person's Day* on October 18th. The focus of all these days is on the contributions women have made throughout history and the

ways in which we can continue to grow support for generations of women to come.

This year the UNICEF has declared several calls to action for 2023:

**Letting girls lead:** putting girls in positions of decision making and responding to their needs

**Resources for girls:** improving networks and organizations that prioritize education, mental and physical well-being for girls

**Strengthening services for girls:** especially around crisis response and recovery

*For questions, information or submissions to our monthly newsletter please contact:*

Robin.yuen@nuuchahnulth.org



Image: [www.brightsparktravel.ca](http://www.brightsparktravel.ca)

## Ways to get involved : [International Day of the Girl Child](#) | [United Nations](#)

**\*Share human interest stories, blogs and videos** of inspiring girl changemakers  
#Dayofthegirl #IDG2022

**\*Engage government officials, policymakers and stakeholders** to make more targeted investments that tackle inequalities experienced by girls, mental health and crisis response

**\*Role models speak a thousand words.**  
Let's change the global conversation and public perception of girl leaders.

**\*Amplify your commitment** to raising awareness about and addressing factors that hold girls in your country and region back.

## Trick or Treat: Blue and Teal Pumpkins

Halloween can be a tricky time for some, but not for the reasons you might expect!

Parents of children with special dietary and behavioural needs made some grass roots efforts to make Halloween fun for everyone.

You may see blue and teal pumpkins for sale painted on a doorstep, or as a trick-or-treat bucket. Here are the meanings behind the colours:



### Blue Pumpkins

The use of Blue Pumpkins is a recent, and somewhat controversial, “viral” movement which caught on to help identify trick-or-treaters that fall on the **Autism Spectrum**. On one hand it draws awareness to help combat judgement and stereotyping; on the other it may draw unwanted attention and pigeonhole those with this condition.

Alternatives to the blue pumpkin could be a nametag or card handed out by your trick-or-treater that says “thank-you” if they are non-verbal. Nationalautism.org has provided some cards included on the next page that can be copied and cut out.

Whether you agree with the blue pumpkin project or not, it is a great starting place to talk about issues surrounding autism and explore inclusion. Check out the resources below:

[www.cbc.ca/news/canada/manitoba/autism-blue-pumpkin-1.5340490](http://www.cbc.ca/news/canada/manitoba/autism-blue-pumpkin-1.5340490)

[www.autismcanada.org](http://www.autismcanada.org)

### Teal Pumpkins

Every 1 in 13 children suffer from a **food allergy or intolerance**. In extreme cases these can be life threatening, but even for little ones with less severe allergies it can be challenging to join in with the Halloween fun. Teal pumpkins are a way to let everyone know you have some treats as an alternative to candy so that everyone can feel safe and included.

Parents remember to read all the labels and make a “no snacking while trick-or-treating rule”. Consider a party instead of going door-to-door.

For more information and tips visit:  
[www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project](http://www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project)

Click this link to check out the video:  
[Teal Pumpkin Project! - YouTube](https://www.youtube.com/watch?v=jmFxeA90vZY)  
([www.youtube.com/watch?v=jmFxeA90vZY](https://www.youtube.com/watch?v=jmFxeA90vZY))



## trick or treat CARD CUTOUTS



### Halloween Night: Alternatives to Trick or Treating

There are plenty of fun activities to try instead of trick-or-treating. Creating your own Halloween night tradition will make it spooktacular! Here are a few ideas:

**Have a spooky scavenger hunt:** try searching online for pre-made lists or create one yourself. Consider prizes or a treasure at the end of the hunt (a cauldron of candy?)

**Throw a party:** Costumes, friends, and treats is everything you need to capture the spirit of Halloween!

**Craft night:** This is a fun way to include little ones. Spend the night making fun Halloween snacks and creations. Searching online or on a site like Pinterest will give you lots of ideas.

**Movie night:** Spend the evening with some scary movies and popcorn!

For craft ideas and more suggestions visit:  
[www.everydayeyecandy.com/alternatives-to-trick-or-treating/](http://www.everydayeyecandy.com/alternatives-to-trick-or-treating/)

## Honouring our Elders: National Senior's Day

Elders are teachers with a wealth of experience and a lifetime of overcoming the challenges that life can throw at us. In this fast-paced day and age we often forget to spend quality time and show our appreciation for the Elders in our families and communities.

October 1st is officially *National Seniors Day* and a great opportunity to show some love for the older generation. It is also a time to honour our place in the wheel of life and the wisdom that comes from lived experience.

On this day consider visiting, preparing a meal or sending a gift to an elder family member or those in your community. A little gratitude and time goes a long way to show appreciation.

The book *The Sayings of our First People: wawaac'akuk yaqwii?itq quu?as* (1995, Theytus Books Ltd.) contains wisdom passed down from elders in all the 14 Nations in hopes that it would reach the next generation. Here are a few excerpts:

Willie Harry (Ahousaht) on passing down teachings:

*"There is a lot that can be said. It is a long story because it will go a long way. You give it to your child, not for one day, but for a long time. You try to make it interesting when you talk to your child"* (pg. 120)

*"This loving tender care, this was the true nature of the Indian feeling, the Indian spirit and the true Indian value, that loving, loving upbringing of children. They used love to upbringing children to educate children."*

Moses Smith, Ehattesaht (pg. 48)

*"I don't do things poorly when I have my grandchildren. I give them the best that I can give, to honour them. That's why I always say I am a very proud woman because that's the way my father taught me"* Mary Hayes, Clayquot (pg. 153)

**"Watch nature. Nature tells you everything. That's the philosophy of our old people Wonderful philosophy- nature shows you everything"**

Moses Smith, *Sayings of Our People*, page 138

*"This is the way he grows up as a boy. The father would haahuupa him every day, telling him how he will grow up to be a good person, how he will be generous and kind, how he will not do wrong or steal, be friendly to relatives, not do wrong to other people. He will tell him how he will grow up as a hunter, to go out for food. This is what he would haahuupa him on all the time."*

Arthur Nicolaye, Kyuquot (pg. 78)

If you are interested in learning more about this book please contact:

Robin.yuen@nuuchahnulth.org

250-283-2012





# NTC COVID-19 Vaccine Research Project

**Goal 1** Measure immunity level against COVID-19

**Goal 2** Collect stories about the COVID -19 pandemic and vaccine experiences

## Potential Benefits

- Improved health services
- Increased knowledge of the COVID-19 vaccine and how it has worked in NCN peoples' bodies and/or potential side effects
- Learning and knowledge to better plan and prepare for future pandemics or health emergencies
- Opportunities for Nations to lead NCN-led and owned research and build their capacity for data sovereignty and governance

## Governance of data and blood samples:

### Nation-based and a NCN Biospecimen Guardian

Being mindful of our communities' history of non-consensual and harmful medical research, the project has been designed with informed consent, data sovereignty, and respectful treatment of stories and biological samples as priorities.

Nations can own the information that is generated by this project. A biospecimen guardian who is a NCN member will be trained at the lab where the blood samples will be analyzed and oversee the collection, transport, processing, and safe return to community of blood samples in a culturally appropriate way.

## Who is responsible for the project?

As a community-based project, Nations guide the project. Lynnette Lucas, NTC's Health Director, is the lead. All 14 NCN Nations elected to participate via NTC's Board of Directors.

## How?

### Survey



### Dry Blood Spot Sampling



### Venous Blood Sampling



### Stories



**Members can participate in some or all activities**

## For more information:

**Marlee Koob**  
marlee.koob@nuuchahnulth.org  
250-202-6973  
Community-based researcher

**Kelda Blackstone**  
kelda.blackstone@nuuchahnulth.org  
250-726-4093  
Community-based researcher

Draft subject to change - this is a living document





First Nations Health Authority  
Health through wellness

## **Sober for October: Dealing with Withdrawl**

From: [www.fnha.ca/about/news-and-events/news/soberer-for-october-helping-ourselves-and-others-regain-balance-spiritually-mentally-physically-and-emotionally](http://www.fnha.ca/about/news-and-events/news/soberer-for-october-helping-ourselves-and-others-regain-balance-spiritually-mentally-physically-and-emotionally)

The fear of withdrawal symptoms prevents some people from stopping their use of substances. There is acute withdrawal, which usually lasts a few days and consists mainly of physical symptoms. However, there is also post-acute withdrawal syndrome (PAWS), which can last from several days to even months, and generally involves more "thinking" and "feeling" symptoms." These can include:

- \* Memory problems / "foggy thinking"
- \* Inability to concentrate
- \* Low motivation to do things
- \* Irritability
- \* Anxiety, depression or mood swings

These symptoms are a sign that your body is trying to heal itself from the effects of substance use. This cycle moves from physical discomfort to emotional and psychological discomfort.

When you or someone you know is experiencing PAWS, here are some other things to keep in mind:

- \* Recovery cannot be rushed.
- \* Stress can be a triggering factor for PAWS
- \* Being kind and understanding is important – this includes to yourself!
- \* People, places or things that remind a person of using can also be triggers and should be avoided if possible.
- \* Wellness and self-care activities can help. Consider taking a walk, drinking water, resting, journaling, or eating a nutritious meal. Replacing old, harmful habits with new, healthier ones
- \* Talking with an experienced and trusted person who will not minimize your experience can help.
- \* Acknowledging that everyone has their own journey is important.

If you or a loved one needs support, please contact one of the following services available for people needing help with any kind of substance issues.

[Kuu-us Crisis Line Society](#) for culturally safe support, 24/7: Toll-free at 1-800-588-8717. Adult Line: 250-723-4050. Youth Line: 250-723-2040.

Alcohol & Drug Information Referral Service, 24/7: Toll-free at 1-800-663-1441. Lower Mainland: 604 660-9382.

There is also the [FNHA's Virtual Addiction Medicine & Psychiatry Program](#), which currently runs on weekdays (we will expand to weekends as need and capacity increases): To access this service, ask your healthcare provider to provide a referral (they can do so by contacting 1-833-456-7655).

**SAVE THE DATE:** Join Molly Lucas (*Training and Prevention*), Maeve Coakley (*Harm Reduction*), Kim Erickson (*Youth Outreach Counsellor*) for a series of workshops in Tsaxana:

October 17 Harm Reduction evening workshop  
October 18 NCN Youth 12+ LGBTQ

**Contact:** [Molly.lucas@nuuchahnulth.org](mailto:Molly.lucas@nuuchahnulth.org) for more information!

### Crisis Lines

*Kuu-us Crisis Services*: 24 hour crisis support at 1-800-588-8717  
Adult/Elder (250)723-4050, Child and Youth (250) 723-2040

*The Canada Suicide Prevention Service*: 24/7 phone help line  
Toll free: 1-833-456-4566

Text service 4pm-12pm EST: text to 45645

[Canada Suicide Prevention Service | Crisis Services Canada](#) [crisisservicescanada.ca](http://crisisservicescanada.ca)

[Home | Pain BC](#) [painbc.ca](http://painbc.ca)

NTC Northern Region Staff Name	Contact
Robin Yuen: Health Program Assistant	<a href="mailto:Robin.yuen@nuuchahnulth.org">Robin.yuen@nuuchahnulth.org</a> , 250-283-2012
Barb Wilson: PES Case Manager	<a href="mailto:Barbara.wilson@nuuchahnulth.org">Barbara.wilson@nuuchahnulth.org</a> , 250-283-2012
Jackie Jack: Child and Youth Services	<a href="mailto:Jackie.jack@nuuchahnulth.org">Jackie.jack@nuuchahnulth.org</a> , 250-283-2012
Julie Colborne: Early Years Outreach (Ehatis, Oclucje)	<a href="mailto:Julie.colborne@nuuchahnulth.org">Julie.colborne@nuuchahnulth.org</a> 250-720-0202 778-421-8099 (messages)
Devon Hansen: Early Years Outreach (Kyuquot)	<a href="mailto:Devon.Hansen@nuuchahnulth.org">Devon.Hansen@nuuchahnulth.org</a> 250-332-5259 ext 104
Marlee Koob : Community Based Researcher	<a href="mailto:Marlee.koob@nuuchahnulth.org">Marlee.koob@nuuchahnulth.org</a> 250-283-2012 ext104
Erica Keen: Nurse (Kyuquot)	<a href="mailto:Erica.keen@nuuchahnulth.org">Erica.keen@nuuchahnulth.org</a>
Patricia McDougall: NETP PES Case Manager	<a href="mailto:Patricia.mcdougall@nuuchahnulth.org">Patricia.mcdougall@nuuchahnulth.org</a>
Eva Johnson: Nuuchahnulth Education Worker Gold River Secondary	<a href="mailto:ejohnson2@viw.sd84.bc.ca">ejohnson2@viw.sd84.bc.ca</a>
Daisy Hanson: Nuuchahnulth Education Worker Kyuquot Elem/Secondary	<a href="mailto:daisyh@viw.sd84.bc.ca">daisyh@viw.sd84.bc.ca</a>
Celina Charleson: Nuuchahnulth Education Worker Ze- ballos Elementary/Secondary	<a href="mailto:ccharleson@viw.sd84.bc.ca">ccharleson@viw.sd84.bc.ca</a>
Sheila John: Nuuchahnulth Education Worker Zeballos Elementary/Secondary	<a href="mailto:sjohn@viw.sd84.bc.ca">sjohn@viw.sd84.bc.ca</a>
Marsha Maquinna: Nuuchahnulth Education Worker Ray Watkins Elementary	<a href="mailto:mmaquinna@viw.sd84.bc.ca">mmaquinna@viw.sd84.bc.ca</a>
Danielle Robertson: Regional Fisheries Biologist	<a href="mailto:Danielle.robertson@nuuchahnulth.org">Danielle.robertson@nuuchahnulth.org</a> , 250-283-2012 ext.105
Jen Cody: Registered Dietician	<a href="mailto:Jen.cody@nuuchahnulth.org">Jen.cody@nuuchahnulth.org</a>





# Health and Wellness Newsletter



Nuu-chah-nulth  
Tribal Council



Issue 9  
October 2022

**October 11th** marks the 10th anniversary of *International Day of the Girl Child*. Over a decade ago the United Nations declared this day to bring awareness to the many challenges girls face, improving their fundamental human rights and working to empower them as future leaders.

Canada has also declared October *Women's History Month* to coincide with this day, as well as *Person's Day* on October 18th. The focus of all these days is on the contributions women have made throughout history and the

ways in which we can continue to grow support for generations of women to come.

This year the UNICEF has declared several calls to action for 2023:

**Letting girls lead:** putting girls in positions of decision making and responding to their needs

**Resources for girls:** improving networks and organizations that prioritize education, mental and physical well-being for girls

**Strengthening services for girls:** especially around crisis response and recovery

*For questions, information or submissions to our monthly newsletter please contact:*

Robin.yuen@nuuchahnulth.org



Image: [www.brightsparktravel.ca](http://www.brightsparktravel.ca)

## Ways to get involved : [International Day of the Girl Child](#) | [United Nations](#)

**\*Share human interest stories, blogs and videos** of inspiring girl changemakers  
#Dayofthegirl #IDG2022

**\*Engage government officials, policymakers and stakeholders** to make more targeted investments that tackle inequalities experienced by girls, mental health and crisis response

**\*Role models speak a thousand words.**  
Let's change the global conversation and public perception of girl leaders.

**\*Amplify your commitment** to raising awareness about and addressing factors that hold girls in your country and region back.

## Trick or Treat: Blue and Teal Pumpkins

Halloween can be a tricky time for some, but not for the reasons you might expect!

Parents of children with special dietary and behavioural needs made some grass roots efforts to make Halloween fun for everyone.

You may see blue and teal pumpkins for sale painted on a doorstep, or as a trick-or-treat bucket. Here are the meanings behind the colours:



### Blue Pumpkins

The use of Blue Pumpkins is a recent, and somewhat controversial, “viral” movement which caught on to help identify trick-or-treaters that fall on the **Autism Spectrum**. On one hand it draws awareness to help combat judgement and stereotyping; on the other it may draw unwanted attention and pigeonhole those with this condition.

Alternatives to the blue pumpkin could be a nametag or card handed out by your trick-or-treater that says “thank-you” if they are non-verbal. Nationalautism.org has provided some cards included on the next page that can be copied and cut out.

Whether you agree with the blue pumpkin project or not, it is a great starting place to talk about issues surrounding autism and explore inclusion. Check out the resources below:

[www.cbc.ca/news/canada/manitoba/autism-blue-pumpkin-1.5340490](http://www.cbc.ca/news/canada/manitoba/autism-blue-pumpkin-1.5340490)

[www.autismcanada.org](http://www.autismcanada.org)

### Teal Pumpkins

Every 1 in 13 children suffer from a **food allergy or intolerance**. In extreme cases these can be life threatening, but even for little ones with less severe allergies it can be challenging to join in with the Halloween fun. Teal pumpkins are a way to let everyone know you have some treats as an alternative to candy so that everyone can feel safe and included.

Parents remember to read all the labels and make a “no snacking while trick-or-treating rule”. Consider a party instead of going door-to-door.

For more information and tips visit:  
[www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project](http://www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project)

Click this link to check out the video:  
[Teal Pumpkin Project! - YouTube](https://www.youtube.com/watch?v=jmFxeA90vZY)  
([www.youtube.com/watch?v=jmFxeA90vZY](https://www.youtube.com/watch?v=jmFxeA90vZY))

## trick or treat CARD CUTOUTS



### Halloween Night: Alternatives to Trick or Treating

There are plenty of fun activities to try instead of trick-or-treating. Creating your own Halloween night tradition will make it spooktacular! Here are a few ideas:

**Have a spooky scavenger hunt:** try searching online for pre-made lists or create one yourself. Consider prizes or a treasure at the end of the hunt (a cauldron of candy?)

**Throw a party:** Costumes, friends, and treats is everything you need to capture the spirit of Halloween!

**Craft night:** This is a fun way to include little ones. Spend the night making fun Halloween snacks and creations. Searching online or on a site like Pinterest will give you lots of ideas.

**Movie night:** Spend the evening with some scary movies and popcorn!

For craft ideas and more suggestions visit:  
[www.everydaycandy.com/alternatives-to-trick-or-treating/](http://www.everydaycandy.com/alternatives-to-trick-or-treating/)

## Honouring our Elders: National Senior's Day

Elders are teachers with a wealth of experience and a lifetime of overcoming the challenges that life can throw at us. In this fast-paced day and age we often forget to spend quality time and show our appreciation for the Elders in our families and communities.

October 1st is officially *National Seniors Day* and a great opportunity to show some love for the older generation. It is also a time to honour our place in the wheel of life and the wisdom that comes from lived experience.

On this day consider visiting, preparing a meal or sending a gift to an elder family member or those in your community. A little gratitude and time goes a long way to show appreciation.

The book *The Sayings of our First People: wawaac'akuk yaqwii?itq quu?as* (1995, Theytus Books Ltd.) contains wisdom passed down from elders in all the 14 Nations in hopes that it would reach the next generation. Here are a few excerpts:

Willie Harry (Ahousaht) on passing down teachings:

*"There is a lot that can be said. It is a long story because it will go a long way. You give it to your child, not for one day, but for a long time. You try to make it interesting when you talk to your child"* (pg. 120)

*"This loving tender care, this was the true nature of the Indian feeling, the Indian spirit and the true Indian value, that loving, loving upbringing of children. They used love to upbringing children to educate children."*

Moses Smith, Ehattesaht (pg. 48)

*"I don't do things poorly when I have my grandchildren. I give them the best that I can give, to honour them. That's why I always say I am a very proud woman because that's the way my father taught me"* Mary Hayes, Clayquot (pg. 153)

**"Watch nature. Nature tells you everything. That's the philosophy of our old people Wonderful philosophy- nature shows you everything"**

Moses Smith, *Sayings of Our People*, page 138

*"This is the way he grows up as a boy. The father would haahuupa him every day, telling him how he will grow up to be a good person, how he will be generous and kind, how he will not do wrong or steal, be friendly to relatives, not do wrong to other people. He will tell him how he will grow up as a hunter, to go out for food. This is what he would haahuupa him on all the time."*

Arthur Nicolaye, Kyuquot (pg. 78)

If you are interested in learning more about this book please contact:

Robin.yuen@nuuchahnulth.org  
250-283-2012







# NTC COVID-19 Vaccine Research Project

**Goal 1** Measure immunity level against COVID-19

**Goal 2** Collect stories about the COVID -19 pandemic and vaccine experiences

## Potential Benefits

- Improved health services
- Increased knowledge of the COVID-19 vaccine and how it has worked in NCN peoples' bodies and/or potential side effects
- Learning and knowledge to better plan and prepare for future pandemics or health emergencies
- Opportunities for Nations to lead NCN-led and owned research and build their capacity for data sovereignty and governance

## Governance of data and blood samples:

### Nation-based and a NCN Biospecimen Guardian

Being mindful of our communities' history of non-consensual and harmful medical research, the project has been designed with informed consent, data sovereignty, and respectful treatment of stories and biological samples as priorities.

Nations can own the information that is generated by this project. A biospecimen guardian who is a NCN member will be trained at the lab where the blood samples will be analyzed and oversee the collection, transport, processing, and safe return to community of blood samples in a culturally appropriate way.

## Who is responsible for the project?

As a community-based project, Nations guide the project. Lynnette Lucas, NTC's Health Director, is the lead. All 14 NCN Nations elected to participate via NTC's Board of Directors.

## How?

**Survey**



**Dry Blood Spot Sampling**



**Venous Blood Sampling**



**Stories**



**Members can participate in some or all activities**

## For more information:

### Marlee Koob

marlee.koob@nuuchahnulth.org  
250-202-6973  
Community-based researcher

### Kelda Blackstone

kelda.blackstone@nuuchahnulth.org  
250-726-4093  
Community-based researcher



## **Sober for October: Dealing with Withdrawl**

From: [www.fnha.ca/about/news-and-events/news/soberer-for-october-helping-ourselves-and-others-regain-balance-spiritually-mentally-physically-and-emotionally](http://www.fnha.ca/about/news-and-events/news/soberer-for-october-helping-ourselves-and-others-regain-balance-spiritually-mentally-physically-and-emotionally)

The fear of withdrawal symptoms prevents some people from stopping their use of substances. There is acute withdrawal, which usually lasts a few days and consists mainly of physical symptoms. However, there is also post-acute withdrawal syndrome (PAWS), which can last from several days to even months, and generally involves more "thinking" and "feeling" symptoms." These can include:

- \* **Memory problems / "foggy thinking"**
- \* **Inability to concentrate**
- \* **Low motivation to do things**
- \* **Irritability**
- \* **Anxiety, depression or mood swings**

These symptoms are a sign that your body is trying to heal itself from the effects of substance use. This cycle moves from physical discomfort to emotional and psychological discomfort.

When you or someone you know is experiencing PAWS, here are some other things to keep in mind:

- \* **Recovery cannot be rushed.**
- \* **Stress can be a triggering factor for PAWS**
- \* **Being kind and understanding is important – this includes to yourself!**
- \* **People, places or things that remind a person of using can also be triggers and should be avoided if possible.**
- \* **Wellness and self-care activities can help. Consider taking a walk, drinking water, resting, journaling, or eating a nutritious meal. Replacing old, harmful habits with new, healthier ones**
- \* **Talking with an experienced and trusted person who will not minimize your experience can help.**
- \* **Acknowledging that everyone has their own journey is important.**

If you or a loved one needs support, please contact one of the following services available for people needing help with any kind of substance issues.

[Kuu-us Crisis Line Society](#) for culturally safe support, 24/7: Toll-free at 1-800-588-8717. Adult Line: 250-723-4050. Youth Line: 250-723-2040.

Alcohol & Drug Information Referral Service, 24/7: Toll-free at 1-800-663-1441. Lower Mainland: 604 660-9382.

There is also the [FNHA's Virtual Addiction Medicine & Psychiatry Program](#), which currently runs on week-days (we will expand to weekends as need and capacity increases): To access this service, ask your healthcare provider to provide a referral (they can do so by contacting 1-833-456-7655).

**SAVE THE DATE:** *Join Molly Lucas (Training and Prevention), Maeve Coakley (Harm Reduction), Kim Erickson (Youth Outreach Counsellor) for a series of workshops in Tsaxana:*

October 17 Harm Reduction evening workshop  
October 18 NCN Youth 12+ LGBTQ

**Contact:** [Molly.lucas@nuuchahnulth.org](mailto:Molly.lucas@nuuchahnulth.org) for more information!

## **Crisis Lines**

*Kuu-us Crisis Services*: 24 hour crisis support at 1-800-588-8717

Adult/Elder (250)723-4050, Child and Youth (250) 723-2040

*The Canada Suicide Prevention Service*: 24/7 phone help line

Toll free: 1-833-456-4566

Text service 4pm-12pm EST: text to 45645

[Canada Suicide Prevention Service | Crisis Services Canada](#) [crisiservicescanada.ca](https://crisiservicescanada.ca)

[Home | Pain BC](#) [painbc.ca](https://painbc.ca)

<b>NTC Northern Region Staff Name</b>	<b>Contact</b>
Robin Yuen: Health Program Assistant	<a href="mailto:Robin.yuen@nuuchahnulth.org">Robin.yuen@nuuchahnulth.org</a> , 250-283-2012
Barb Wilson: PES Case Manager	<a href="mailto:Barbara.wilson@nuuchahnulth.org">Barbara.wilson@nuuchahnulth.org</a> , 250-283-2012
Jackie Jack: Child and Youth Services	<a href="mailto:Jackie.jack@nuuchahnulth.org">Jackie.jack@nuuchahnulth.org</a> , 250-283-2012
Julie Colborne: Early Years Outreach (Ehatis, Oclucje)	<a href="mailto:Julie.colborne@nuuchahnulth.org">Julie.colborne@nuuchahnulth.org</a> 250-720-0202 778-421-8099 (messages)
Devon Hansen: Early Years Outreach (Kyuquot)	<a href="mailto:Devon.Hansen@nuuchahnulth.org">Devon.Hansen@nuuchahnulth.org</a> 250-332-5259 ext 104
Marlee Koob : Community Based Researcher	<a href="mailto:Marlee.koob@nuuchahnulth.org">Marlee.koob@nuuchahnulth.org</a> 250-283-2012 ext104
Erica Keen: Nurse (Kyuquot)	<a href="mailto:Erica.keen@nuuchahnulth.org">Erica.keen@nuuchahnulth.org</a>
Patricia McDougall: NETP PES Case Manager	<a href="mailto:Patricia.mcdougall@nuuchahnulth.org">Patricia.mcdougall@nuuchahnulth.org</a>
Eva Johnson: Nuu-chah-nulth Education Worker Gold River Secondary	<a href="mailto:ejohnson2@viw.sd84.bc.ca">ejohnson2@viw.sd84.bc.ca</a>
Daisy Hanson: Nuu-chah-nulth Education Worker Kyuquot Elem/Secondary	<a href="mailto:daisyvh@viw.sd84.bc.ca">daisyvh@viw.sd84.bc.ca</a>
Celina Charleson: Nuu-chah-nulth Education Worker Ze- ballos Elementary/Secondary	<a href="mailto:ccharleson@viw.sd84.bc.ca">ccharleson@viw.sd84.bc.ca</a>
Sheila John: Nuu-chah-nulth Education Worker Zeballos Elementary/Secondary	<a href="mailto:sjohn@viw.sd84.bc.ca">sjohn@viw.sd84.bc.ca</a>
Marsha Maquinna: Nuu-chah-nulth Education Worker Ray Watkins Elementary	<a href="mailto:mmaquinna@viw.sd84.bc.ca">mmaquinna@viw.sd84.bc.ca</a>
Danielle Robertson: Regional Fisheries Biologist	<a href="mailto:Danielle.robertson@nuuchahnulth.org">Danielle.robertson@nuuchahnulth.org</a> , 250-283-2012 ext.105
Jen Cody: Registered Dietician	<a href="mailto:Jen.cody@nuuchahnulth.org">Jen.cody@nuuchahnulth.org</a>



National Indian Residential School Crisis Hotline:  
1-866-925-4419