

Yale



First Nation

Feb 2019

314 Hudson Bay Street, Box 1869, Hope, B.C. V0X 1L0 604-869-0013



**Ken Hansen, Chief ,
Yale First Nation**

Thank you to all the members who took time to participate in our last three community meetings regarding the Seabird Island Claim. I think they have gone well, and I have learned a lot about our members' wishes. I think the Seabird Island Claim is a wonderful opportunity for our current members and I have heard a range of ideas and suggestions on a way forward with the settlement, from no distribution to full distribution, from a large number in trust to a very small number in trust, from using the membership money to invest into one family's land to buying machinery for inclusion in the Kinder Morgan pipeline procurement opportunities.

Although there are several very positive opportunities with such a large amount of money, there is always a negative side as well. I have heard from more than a few members that they have serious concerns for their loved ones who are struggling with addictions and how this will impact their lives. These conversations are hard to talk about, but very necessary and I am glad that members feel comfortable enough to speak about it.

There is another side also to the settlement, investment in our future generations. Our youth and those who are not here yet. As your elected leader, I have a responsibility to you as the current membership and an equal responsibility to the generations to come.

I fully understand my role as elected Chief and the decisions that I am required to make on the membership's behalf, and I assure you they are carefully thought through and strategic. They are not always popular decisions and often create resentment and anger towards me, but there are also many members that are currently enjoying the positive impact of decisions I and Council have made in the past. I have seen great improvement in all aspects of the community and look forward to what is to come.

Respectfully

Ken Hansen, Chief , Yale First Nation



Judith Moreno

When our community members come in to get paper work done or have an appointment to see anyone in the office, the first person they'll see is the receptionist, which is very important if you have the right kind of attitude to greet anyone that comes into the office, that makes it that much more meaningful. I took it upon myself to ask for more knowledge in our departments. I love getting to know more about my roots of where I come from, being able to help out with what I can to the best of my knowledge for my community. For future reference, if any community member has any questions or concerns about any up-coming events such as band meetings & social events you can call the office Monday-Friday 9-4pm and I can share with you of what our administrator has assisted me with.

A message to our community members-we need to keep your contact info up to date with cell phone numbers and/or email addresses. We keep our information strictly confidential.

If you would like to reach me you can either call the office 9am-4pm or email me at reception@yalefirstnation.ca

The Front Desk

Twoonie Wednesdays at Hope Rec Centre

Yale is part of the Twoonie Wednesday Program at the Hope Rec Centre. What does this mean for you? If you are a Yale Band member you can use the facility for free on Wednesdays!! All areas of the facility that do not require registration fees are open for your use. Pool, hot tub, sauna, Cardio room, Weight room, gym, ice rink (when the ice is in) or roller rink. We pay your admission, but if you need equipment ie: skates for ice skating, you pay the rental. When you arrive at the centre, sign in at reception with your name and status number and enjoy! The facility is open 6am – 8pm.



Health Department

Laureen Duerksen



Fraser-River Indigenous Resiliency Support Team

In partnership with – Boothroyd, Boston Bar, Chowathil, Peters, Shw'ow'Hamel, Spuzzum, Yale, Union Bar

JANA

Wellness Navigator Nurse
FB: Jana NavigatorNurse
WELLNESSNAV@yalefirstnation.ca

604 206 9501



Supporting your
Physical, Mental,
Spiritual, Emotional
needs.

Every journey begins with
one step, and it helps if
there is someone beside
education.

RAY C

Counsellor
FB Ray @First
COUNSELLOR@yalefirstnation.ca

604 206 9513



Culturally appropriate
counselling and life
coaching.

We have a diverse set of
skills gained through life
experience and formal you.

RAY H

Peer Outreach Worker
FB: Ray POW
POW@yalefirstnation.ca

604 206 9503



Harm Reduction.
Peer Support.
Advocacy.

You can contact us directly
for details.

Dietician Appointments

Carmen will be in the office on the 3rd Thursday of each month for family and individual consultations. Please call Maggi-Lynn at the office to book your time. 10 – 3.

Spring Clean your Medicine Cabinet

Chances are, if you open your medicine cabinet, you'll find some old prescription bottles or maybe some left-over medication that "might come in handy someday." Those medications may have expired and may cause more harm than you realize.

It's important to extend spring cleaning to your medicine cabinet and here are 6 tips to get you started:

1. **Check the dates.** Examine everything in your medicine cabinet, including ointments, supplements and vitamins. Discard any item that is beyond the expiration date. Many medications lose their effectiveness after the expiration date. Some may even be toxic.
2. **For prescriptions, follow the one year cut off rule.** Discard any prescription medications that are more than one year old.
3. **Ditch any items that have changed color, smell, taste or constancy.** This includes any colors that have faded, because they may have been exposed to too much light.

4. **Discard unmarked containers.** If something is no longer in its original container and cannot be identified, get rid of it. In the future, try to always keep medications in their original containers so that you can easily recognize every medication. This includes ointments, since these can easily be mistaken for creams.

5. **Be careful about throwing out medication.** Because of the potential harm to the environment, it is not recommended to simply throw out medication or flush them down the toilet. Here's what to do: Place all medications to be discarded in a bag and take it to your local pharmacy where they will be disposed of safely.

Consider relocating your medicine cabinet. Many people don't realize that the bathroom cabinet is not the best place to store medication. The temperature and humidity changes that take place while the shower is running can lower the potency of your medication. Medications should be kept in a cool dry place, away from children. Consider a drawer in your dresser or a lock box in your closet.

Need help? Please call our office and our Community Wellness Nurse or FIRST team members will be happy to help you sort and transport your medications safely.

Lukseetsissum IR#9 Ruby Creek Bus Loop- YFN is currently in discussions with FVRD and Transit in the creation of a bus stop at Ruby Creek. This is a long and expensive project, but we are committed to moving it forward improving transportation to and from Ruby Creek, Hope, Agassiz and points beyond. Nothing worthwhile is ever simple!

Health Centre/Multipurpose Building update- The feasibility portion has been completed and submitted to FNHA for review and approval. We are stalled here until this portion has been passed. The next phase will be the actual designing of the space, then move to construction. Again, like the bus loop this is a long and expensive process which may mean that the project be built in stages instead of all at once. We continue to search out grants and funding opportunities to bring enhanced services to YFN and it's neighbours and look forward to a fabulous community space!

Jordan's Principle- Did you know that if you were a First Nations child between 2009-2017 and did not apply/or were denied a federal public service (assessment, respite, learning assistance, mental health therapy etc.) or goods (wheelchair, orthodontics, learning device etc.) that a professional said you needed due to Canada's discriminatory approach to Jordan's Principle then you have a right to have your case reviewed. To make a referral on what is known as a "retroactive" Jordan's Principle case contact 1-855-JP-CHILD or 1-833-PJ-ENFAN. **You can also call our office at Yale First Nation for help with this process.**



Wellness Worker

Rhonda George, Email: wellnessworker@yalefirstnation.ca

Office: 604-896-0013 Toll Free: 1-888-301-9253

If you are in crisis and require immediate response. Please call :

KUU-US CRISIS LINE

The KUU-US Crisis Line Society operates a 24 hour provincial aboriginal crisis line.

TOLL FREE: **1-800-588-8717**

CRISIS CENTRE OF BC

Help is Available! We truly are here to listen, here to help 24 hours a day, 7 days a week. If you or someone you know is having thoughts of suicide, call TOLL FREE: **1-866-661-3311**

INDIAN RESIDENTIAL SOCIAL SOCIETY (IRSS):

Indian Residential Schools Crisis Line is available 24 hours a day for anyone experiencing pain or distress as a result of his or her residential school experience. Indian Residential School Survivors and Family.

TOLL-FREE: **1-800-721-0066** 24hr CRISIS LINE **1-866-925-4419**



Welcome to our NEW Maintenance worker

Dave Desjarlais

We are immensely pleased to introduce the YFN community to Dave Desjarlais. He will be around the community mowing grass, weed whacking common areas, performing maintenance on public spaces and generally taking care of the reserves and performing on-going maintenance as required. Dave will be driving the housing truck, which is a Dodge Dakota, so if you see him around give him a wave and if you know of anything that might need his attention please flag him down and make him aware. There have been a few instances where people have dumped garbage and other junk on YFN land which Dave has been steadily cleaning up. He is also able to do construction, some plumbing and electrical repairs and general handyman type jobs. If you need any small repairs around your home, give Housing a call to reach him.



Let's Stay Connected

Elections – Programs – Voting – Events – Distribution.

In order to serve you better . Please keep your contact information email, address and phone up to date.

What you should know about MEASLES:

As you may have heard, there is a measles outbreak at three schools in Vancouver.

Measles is a highly contagious disease that spreads through the air. It starts with fever, cough, runny nose, and red, watery eyes. These symptoms develop between 7 to 21 days after a person is exposed. A characteristic rash then develops, beginning on the face and spreading down the body.

Most people in Canada are protected against infection through immunization with the measles, mumps and rubella (MMR) vaccine. Children receive MMR at 12 months of age followed by a second dose starting at 4 years of age. **Two doses of MMR vaccine is 99% effective at preventing measles.**

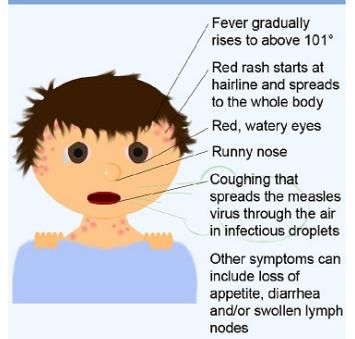
The first dose of measles vaccine is provided at 12 months of age. Early doses of vaccine prior to 12 months of age are not recommended.

While there is no community outbreak, there has been increased demand for immunizations and Fraser Health has added extra immunization clinics to accommodate this increased demand.

To protect you and your family from measles, Fraser Health is recommending the following:

- If you were born on or after January 1st, 1970 and have not had two doses of measles vaccine, we recommend that you get a dose of MMR vaccine.
- If you were born on or after January 1st, 1970 and are unsure of your immunization history and/or if you are unsure if you've had measles infection, we recommend that you get a dose of MMR vaccine.
- If you were born before 1970 or have had measles infection in the past, you are considered protected.
- Children between one and four years of age are considered up to date for age with one dose of measles containing vaccine. A measles booster dose is due starting at age four.

Measles Symptoms



It is never too late to get vaccinated. MMR vaccine is available through your family physician, some pharmacists (for those aged 5 and over), urgent primary care centres, and local public health units. The best way to protect you and your family against measles is to receive the MMR vaccine. For further information on measles please contact 8-1-1.

Ask a Dietician



Nutrition question submitted by a Yale Band Member. Answered by Carmen Pellegrino, Registered Dietitian.

Dear Dietician: Are products labeled “low fat” going to help me lose weight? Are these products more healthy than regular fat dairy products. I am particularly curious about low fat sour cream, low fat salad dressing, low fat mayonnaise, low fat yoghurt, and low fat ice cream. Thanks, **“Fearful about Fat”**

Hello ‘Fearful about fat’-Firstly, let me explain what ‘milk fat’ (MF) means. MF% mean the % of the product is Milk Fat. For example in 1%MF milk, 1% of the product will be fat, 16%MF cream, 16% of the product will be fat, 30%MF cheese, 30% of the product will be fat

So this means that the fat amount is higher with higher percent milk fat. One cup of 18%MF cream will have 18x the amount of fat compared to one cup of 1%MF milk. OF course logically we wouldn’t have the same volume of milk or cream at one time but I use comparative volumes to put in perspective.

So what about cheese? Cheese is great! It tastes yummy! Eat and enjoy cheese! But just be mindful as it very rich especially in ‘hidden cheese dishes’ such as pizza, nachos, lasagna (you would eat more cheese in these dishes compared to if you were just to slice and eat a serving). Enjoy these cheesy foods but be mindful how much and how often you eat them. If going for lower fat cheese please avoid processed type (Cheese Whiz or plastic individual Sliced Singles) they are very high in sodium and have other undesirable stabilizers/ingredients. If you’d like a lower fat cheese and enjoy the taste read the ingredient list to make sure there are no extra additives compared to the higher %MF types. A good lower fat cheese would be <20%MF such as part skim mozzarella.

I find many of the ‘fat free’ products have other undesirable ingredients to make up for the taste and texture of fats. Below are a list that includes your questions and some others:

Fat free Creamers: can have glucose (sugar) as their second ingredients and other unnatural stabilizers such as MONO AND DIGLYCERIDES and gelling/thickeners such as CARRAGEENAN (processed product from seaweed). Some studies conclude that carrageenan may destroy your healthy gut ‘flora’ (bacteria) which may contribute to some digestive inflammatory diseases. I recommend using reasonable amount of real cream instead of fat free creamers and especially avoid powdered ‘coffee mate’ type products which are just modified oil products.

Salad Dressing: With an example of fat free ranch salad dressing, the second ingredient is corn syrup and will have the equivalent of 1tsp sugar per tablespoon more compared to the regular fat type! Even a regular fat type commercial salad dressing contains some sugar, corn starch and xanthan gum (a thickener) but at least there isn’t a lot more sugar added to fill the missing fat gap. My advice - Homemade is the best! (Especially a simple vinaigrette recipe below).

Yogurts: Many fat free yogurts will be higher in sugar and will have stabilizers such as corn, tapioca and/or rice starch and gelatin. The best yogurt to choose is a 2% or less and the key is PLAIN yogurt.

(read the ingredient list) - Ingredients would just be milk and bacteria. My advice - If you need to add extra flavor add real fruit (natural sugar) or a low sugar (ie Presidents Choice Twice the Fruit Jam or a homemade lower sugar jam) to a plain yogurt. You control the added sugar when you add the jam yourself. I’d avoid ‘diet yogurts as well’ as they contain artificial sweeteners (which are technically safe in moderation) however not natural.

Ice cream: Fat free once again may be significantly higher in sugar. Look at the labels (nutrition facts panel) – compare a regular ice cream with a fat free one. Most likely the sugar content is higher. Also look at the ingredient list – there may be a lot more ingredients for ‘stabilizing’ the missing fat.

Milk: whether fat free 0%MF or 3.25%MF they all have the same ingredients. No special ingredients other than vitamin A and D added. So either, both choices are fine but keep in mind my point below.

In my experiences I find that people may be more hungry after consuming a fat free product (ie skim milk or a fat free food). They may go ahead and eat a carbohydrate food such as a cookie or chocolate or piece of protein – sausage - to fill the gap. Research has shown that replacing fat by eating more carbohydrates or protein to ‘feel full’ showed no benefit in Cardiovascular health when the saturated fat was replaced by carbohydrate or protein. A study by (Hooper, et al., 2015)

In conclusion eat real food, minimally packaged sources but when choosing packaged foods choose the ones with fewest ingredients and mainly natural ingredients; if this means purchasing a moderately high fat choice with fewer artificial ingredients, that’s fine. Just always be mindful of how much you are eating and consider if you do need them. Talk to a registered dietitian if you have more questions!

Vinaigrette salad dressing:

INGREDIENTS:

- 3 tablespoons extra virgin olive oil (or a more neutral-flavored oil like grapeseed, canola, or vegetable)
- 1 tablespoon white wine vinegar (or balsamic, apple cider, rice, sherry, or other wine vinegar)
- Pinch of salt
- Freshly ground black pepper

A Service Provided by Yale First Nation Health Department

If you want your questions about healthy food and nutrition to be published in our quarterly newsletter, Send your questions to health@yalefirstnation.ca



Social Development

Paul Keller

Ph. (604) 206-8246

Email: socialdevelopment@yalefirstnation.ca

Hello, my name is Paul Keller, your new Band Social Worker. I have lived in Hope, BC for 24 years, raising 3 children in our beautiful community. Our family's choice in choosing Hope as a place of "home" was based on the amazing mountains, rivers and trails that surround us. In addition, I grew up in a small town, always appreciating and wanting my children to experience the same. I love the outdoors enjoying cycling, hiking, snowshoeing, working around the yard and being on the water in our family boat.

I bring to Yale First Nation a work history that dates back over 27 years. I started my career as a Youth Worker supporting children and families in their prospective home, school or community program. Furthering my career development, I began working with adolescents in areas of special needs, drug & alcohol, parent/teen conflict, homelessness and social development. I spent the last 9 years supporting adults experiencing homeless, poverty, addiction and mental health barriers.

Approximately 1/4 to 1/3 of all populations I have worked with have been of Aboriginal descent. While attending The University of the Fraser Valley, I completed numerous First Nation courses. Through my work history and education, I have gained a better understanding of the challenges and successes Aboriginal people have experienced. I acknowledge the wrongs my people bestowed onto your people and stand with you in the reconciliation process.

As your community Social Worker, my duties will include general Social Service responsibilities as well as the managing of the Income Assistance program. My goal is to work with you rather than for you or without you. Our collaborative approach will create opportunity for change, making a positive difference for those who need our help. You are the experts understanding self, your family, friends and community. It is not only true for children that "it takes a community to raise a child," but true for adults and/or families as well.

My time will be spent in the various band communities and at the Yale First Nation Band office in Hope. No appointment is necessary. I look forward to meeting and working with all members focused on the best interests of your Nation.

Community Wellness Nurse



Maggi-Lynn Peters

Hello, my name is Maggi-Lynn Peters. As of late November 2018, I have been hired as the Yale First Nation Community Wellness Nurse. I am a Licensed Practical Nurse.

I am from a neighbouring community, Chawathil First Nation. My late Grandmother is Dorothy Williams (Peters), my late Grandfather is Norman Florence Sr. My mother is Bobbi Peters and my late father is Tom 'Dean' Rogers. I have two children; an eight-year-old son named Kaleb and a six-year-old daughter named Elizabeth. I am the second eldest sibling.

I was born and raised in Hope. I've attended Yale Elementary, Seabird Island Community School, C.E Barry Intermediate School and Hope Secondary School. I attended Vancouver Community College via a satellite program hosted by Seabird Island College (where I first met Lauren) and where I graduated and gained my Diploma and License of Practical Nursing (LPN). I have worked mostly within my community and neighbouring communities (Seabird, Union Bar, Chilliwack, Scowlitz) where I was an on-call Community Health Representative, as well as areas such as; Maternal Child Health (working with families and infants) and, Home and Community Care (Elderly, community members) etc.

I am excited to be a part of the Yale First Nation team. I look forward to meeting more community members and supporting community members in whatever way I can.



Housing Update

Crystal Sedore, housing@yalefirstnation.ca

Cell for Housing Emergencies- 604-206-5544

Excerpt from Yale First Nation Housing Strategy— 5-Year Housing Action Plan 2019-2023

Throughout 2016-2017, the Yale First Nation Housing Department has heard from our membership and assessed how new construction projects are perceived. We have also consulted communities across the province about their greatest challenges and opportunities. We've consulted with national housing experts and looked at successful programs in other communities to inform and provide best practices for us to develop [Yale First Nation Housing Strategy- A 5-year Housing Action Plan](#). We have examined existing policy within YFN, current strategies and past investments and we've studied needs, challenges and opportunities within our community and within current and projected funding systems to inform this plan.

In the 5-year Housing Action Plan, (full document available upon request) we outline the priorities that have emerged over the past 5 years. Yale First Nation Housing Department's primary objective in this plan is to provide sustainable and affordable housing through the allocation of housing funds for each fiscal year during the five-year plan period (2018-2023). This plan creates the overarching direction for allocating the community's housing funds and resources for new housing, renovations, and additional support services to create a holistic and cohesive housing program that aligns with community needs and service gaps in cooperation with other community development plans and initiatives and that operates in harmony with YFN's Social Development, Ec Dev and Health departments.

Recognizing that when we all do well, we as a people prosper, this plan takes into consideration that YFN has expressed a commitment to work towards helping to build relationships and raise capacity, cooperation and goodwill within First Nations across the Province through a provincial housing mentorship program.

This plan will also outline a new direction for housing. Policies, programs, investments and strategies will be developed over the next 5 years to specifically address energy efficiency as it relates to affordability for both the band and our members. In this capacity, the plan considers the

unique characteristics of Yale First Nation's members and works to align policy and investment strategies to ensure that housing options along the continuum match distinct conditions of residency on-reserve to maximize our inherent assets, our members, and natural features of our landscape, ex. winds at Ruby Creek for turbines, solar installations and proximity to the river for potential hydro-electric generation.

We will identify what strategies Yale First Nation will use to advance opportunity for off-reserve members to acquire Band administered housing and mitigate involuntary displacement of existing tenants over the next five years, whether due to financial hardship, policy violations or poor tenant practices, such as unpaid rent. Strategies will focus primarily on education and outreach, however this strategy may also involve acquisition or construction of new housing assets off-reserve as opportunities arise.

5 Key Directives

- ⇒ Sustainable Housing and Affordability
- ⇒ Provincial Mentorship Program.
- ⇒ Energy Efficiency
- ⇒ Prevention of Homelessness
- ⇒ Off-Reserve Housing Strategy

Continued.....

SPRING BREAK

YFN is once again funding families with school age children to supplement Spring Break activities.

What do you want to do?

Apply to Maggi-Lynn at : wellnessnurse@yalefirstnation.ca
Names, ages and proposed activity required.
Deadline to apply March 8th



The Housing department has identified **4 fundamental principles** that have been incorporated into this strategic plan. These principles are key drivers of the Action Plan.

1. YFN Housing requires funding to operate successfully. Relying on grants and loans is not sustainable, housing must generate revenue. YFN requires a mix of development types throughout our reserves to provide residents with a diversity of housing choices (including price, size, and tenure of housing options). This could include government funded social housing for band members only, privately funded housing, and band funded projects from own source revenue as an investment in market housing, available for rent or sale to the general population.
2. YFN Housing first and foremost serves the membership, both on and off-reserve. All members should benefit from the activities of the Housing Department regardless of place of residence.
3. YFN membership is growing, land is not. We must develop housing solutions that increase densification to preserve land for future generations. YFN will evaluate success of the current “tiny home” pilot and explore opportunities to expand the implementation of additional innovative housing solutions such as high-density and net-zero housing throughout other areas of Yale First Nation, including exploration of reserves that are not currently inhabited and exploration of alternative energy solutions.
4. Yale First Nation cannot rely on loans and grants, we should consider making a strategic investment into YFN Housing of own source revenue for Development and Implementation of all identified recommendations in this Housing Action Plan to help ensure the realization of the 5 Key Directives.

YFN Housing is working on a comprehensive needs analysis that reviews existing housing assets, community composition and projected housing needs over the next 5 years (2019-2023). Analysis will consider costs, sources, and uses of the resources necessary for the creation of required supportive housing including: capital, program funds, investment and returns. This analysis will highlight how resources can be used together effectively, as well as, provide more detail as to where the gaps in resources and services exists.

The Yale First Nation Housing Department is pleased to present this plan to the community. I view this as a living document that our administration will work to implement over the next five years as our community grows and changes. Rest assured that Yale First Nation Housing will continue to evaluate community needs, changing priorities and assess and adjust the tools in our housing toolbox. We are committed to staying engaged and learning alongside you, the Yale First Nation people, about the challenges and opportunities in the community. We are always open to conversations and suggestions of ways we can work together to create innovative approaches to address our housing needs and to maximize opportunities for members to acquire, maintain and retain residency in Band housing. - - - For a copy of the full 5-yr Housing Plan please contact Crystal Sedore at 604-869-0013 or housing@yalefirstnation.ca

TINY Homes for RENT- Calling all Elders, Youth and Single Adults

The Tiny Homes are nearly done! Yale First Nation members are invited to apply for a rental unit. 1-bedroom apartments and 2-bedroom units will be available. These units are very compact spaces for people who wish to simplify their lives and enjoy a more affordable lifestyle. We have developed this affordable housing solution to provide low rental rates, and extremely low utility costs. This housing is exceptionally suited to individuals on a fixed income such as Pension or Disability, or young people who are just starting out. In terms of size, what does TINY actually mean? Think of a typical motel suite; the bachelor units are 14' X 20' (280 ft²). The 2 bedroom units are 14' X 30' (420 ft²). If this sounds like home to you, give us a call for a tenancy interview. Units are tentatively scheduled for occupancy on May 1st, 2019.



Are you interested in helping write cannabis related housing policies? Please call Crystal with suggestions. Your input is very important to make these policies work for members.



Fisheries Department

Dominic Hope

The following graphics were part of a presentation from DFO at the FRAFS Forum (First Nations from Marine and Fraser R). This presentation demonstrated a drastic decline in chinook stocks, especially in 2018. Thus, prompting additional management measures and development of fishery scenarios in the upcoming season and moving forward.

Summary of 2018 Outcomes

Management Unit	2018 Spawners	Brood Year Spawners	% Change	Projected Recruits per Spawner (R/S)
Spring 4 ₂	2,100	24,867	-92%	0.04-0.08 ^A
Spring 5 ₂	8,399	15,947	-47%	0.6-0.9 ^A
Summer 5 ₂	5,443	12,604	-57%	0.5-0.8 ^A
Summer 4 ₁	46,543	84,700	-45%	0.85-0.93 ^A
Fall 4 ₁ (Harrison)	46,094	44,686	3%	0.98 ^B

Fishery Scenarios

- Fishery scenario(s) will need to be developed that outline management actions for commercial, recreational and First Nations fisheries that meet conservation objectives
- Scenario(s) will need to consider approaches to provide very high protection to Spring 4₂, Spring 5₂ and Summer 5₂ chinook.
 - Commercial troll, recreational and First Nations fisheries fisheries will need to be closed or restricted to very low levels of incidental mortality during fisheries for more abundant stocks/species to avoid impacts on these populations.
 - Window closure approach to protect high proportion of the return; or,
 - Alternative measures that achieve conservation objectives.
- Additional management actions to support fishery mortality reductions for Summer 4₁ and Fall 4₁ could include:
 - New time and area closures to reduce impacts on stocks of concern in key rearing areas and during peak migration periods;
 - Reduced fishing effort or harvest allowances in Chinook directed fisheries;
 - Chinook non-retention or consideration of mark selective (i.e. hatchery marked) Chinook retention;
 - A combination of measures.

Education



Pedro Moreno

Hello Yale First Nation,

In addition to being on YFN Council, I am the Education Coordinator. As the coordinator I will be keeping in touch with School District #78 through Aboriginal Education Coordinator (AEC) meetings, and quarterly meetings at the local schools. Our band assists our on-reserve members with lunch and allowance. Band members can also contact me for Post Secondary Education funding, our application forms are available. Each Band or First Nation receives post secondary funding from Indigenous Services Canada (ISC). In Yale's case its approximately \$63,000. We then use

this money to assist our Band members in obtaining Post Secondary education.

For those interested in Post Secondary Education funding for this year (including starting in September), I ask that you complete an application and get it back to me by March 31st, 2019. This allows me to see who is interested and whether we have enough funding for our members.

Education Coordinator