

## Clayoquot Biosphere Trust 2008 Call for Projects

### 1. Lead Organization

Organization Name: Uu-a-thluk (Nuu-chah-nulth Tribal Council) Fisheries

Mailing Address: [REDACTED]

Contact person: Norine Messer

Job Title: Capacity Building Coordinator

Telephone: [REDACTED]  
[REDACTED]

Has this organization applied for CBT funding in the past? Yes

Has this organization received CBT funding in the past? Yes

### 2. Project Details

Project Title: Community Feasting Project

Funds Requested: \$5,150

Total Project Budget: \$16,600

Start Date: April 1, 2009

End Date: January 2010

Is this a new or an existing project? New

When are the funds required? April, 2009

### 3. Project Partners (please use additional pages if required):

The CBT considers project partners to be organizations or individuals that are contributing to the project either financially or in-kind.

Organization Name: Ucluelet First Nation

Address: [REDACTED]

Contact person: Iris Frank

Job Title: Fisheries Manager

Telephone: 2 [REDACTED]

Fax: [REDACTED]  
[REDACTED].ca

Is this partnership confirmed? Yes

## **Application for Funding Questions:**

### **a. Introduction to your organization:**

Uu-a-thluk (meaning 'taking care of') is a Nuu-chah-nulth aquatic management organization and initiative enabling 15 Nuu-chah-nulth First Nations to work cooperatively and with other governments and groups. Uu-a-thluk's vision is to see that the Ha-houlthee of Nuu-chah-nulth Ha'wiih are managed in a sustainable manner, consistent with Nuu-chah-nulth knowledge and values, providing for sustenance, ceremonial and societal needs, and an economic base for healthy communities. With this in mind, Uu-a-thluk works to increase Nuu-chah-nulth access to and management of sea resources and builds Nuu-chah-nulth capacity to find jobs and careers related to the ocean.

### **b. Tell us about your project. Include a description, goals and a timeline for completion:**

Over the past 100 years, Nuu-chah-nulth people have lost access to traditional foods and the healthy lifestyle these afford. Whereas in the past, all social and traditional activities centred on food, the current situation leans towards individual isolation and a diet that promotes acute and chronic disease. Through vehicles like treaty negotiations, government programs, and other measures, Nuu-chah-nulth Nations are regaining access to traditional foods. Yet much of the capacity to harvest and prepare these foods is in danger of being lost. To begin to address these issues, Nuu-chah-nulth people need to re-learn our traditional diet and recall how we once interacted with sea resources. In the 2006 Uu-a-thluk Strategic Plan, Ha'wiih and their representatives emphasized the importance of these priorities for Uu-a-thluk. Specifically, they asked Uu-a-thluk staff to:

- 1) Introduce and promote the positive health aspects of eating seafood
- 2) Provide instruction on how to prepare and preserve seafood
- 3) Sponsor an Uu-a-thluk community potluck, bringing traditional food

Uu-a-thluk staff developed The Community Feasting Project in response to the above requests, basing it on a similar project delivered by the Vancouver Island Health Authority (VIHA) in Pacheedaht last year. The project will involve the whole community in the celebration of traditional foods and will use the Nuu-chah-nulth community cookbook (to be published October, 2008) as a resource. Furthermore, it will foster discussion about food security and food sovereignty and promote a healthy lifestyle for a population suffering from diet related illnesses, including Type 2 diabetes. Only fifty years ago, diabetes mellitus was virtually unknown in Canadian Aboriginal communities, but it has now reached epidemic proportions. Both the Canadian Diabetes Association and the Canadian Heart and Stroke Foundation recommend a diet rich in fish and fish oils to promote lifelong health. Based largely on salmon and other seafoods, the Nuu-chah-nulth traditional diet fits this criteria.

The project has four main goals:

- 1) Bring the community together in a healthy way to learn from each other and celebrate a rich cultural connection to ocean and ocean resources.
- 2) Build capacity to harvest and prepare healthful foods, including education around the health benefits of a traditional diet.
- 3) Build capacity around multi-generational learning, partnerships, and community planning. This includes developing a steering committee to engage the community, particularly youth, in preparing for the feast and hiring a community liaison to work with Uu-a-thluk staff.
- 4) Foster discussion about food security and food sovereignty within the Nuu-chah-nulth Central Region. The ultimate goal is to identify community-specific issues around food and inspire action to address these issues.

The project details and timeline are as follows:

<b>Date</b>	<b>Project Component</b>
April 2009	Hire a community liaison to help facilitate community planning and connection. Co-organize steering committee to coordinate project according to local practices and traditions.
April-May 2009	Host one planning luncheon to engage elders and get feedback on how they would like to be involved, what species can be harvested, and what protocols should be observed.
May-July 2009	Plan and deliver three to four community kitchens aimed at bringing together youth and elders. These community kitchens will have weekly themes, including seafood harvesting, seafood preparation, and seafood nutrition, to promote Nuu-chah-nulth traditional foods. Community members with a strong knowledge in traditional foods will be invited to share their knowledge and understanding of the local food systems to facilitate education and connection around traditional knowledge. The format will also include opportunities for telling stories, legends, songs, and prayers.
August-September 2009	Plan and deliver a community-wide feast where community members, particularly youth, participate en masse in the traditional harvest and preparation of a shared meal. Include a discussion where elders, community members, and guests are invited to speak about food related issues in their homes and their communities. Record results.
October-December 2009	Compile project results and use as a planning tool for future capacity development around food security and food sovereignty. Present via slide show and written document to Council of Ha'wiih during the fall season.

**c. What will be the impact of your project at the individual, community and regional level?**

Elders in Nuu-chah-nulth communities hold a wealth of knowledge about traditional foods that have sustained our populations for many generations. However, over the past 50 years, the diet in most of the communities has changed dramatically, leading to higher incidences of illness and a loss of cultural identity. In addition to promoting healthy eating and a strong sense of cultural connection to seafood resources for individuals, the project will reduce the social isolation of elders and forge connections between elders and youth. At a community level, the project will transmit important information about food gathering and preparation between generations, fostering a shared sense of pride in ancestral foods and address the very real concerns of food sovereignty and food security. And finally, on a regional level, the project will raise awareness about the health benefits of eating fresh, local resources through the sharing of recipes in the Nuu-chah-nulth cookbook, thereby building ties between communities within the biosphere area.

**d. Describe the community involvement and collaboration with other agencies.**

To deliver the project, Uu-a-thluk staff will work closely with Ucluelet First Nation to identify elders and seafood harvesting locations, as well as protocols surrounding the harvest and preparation of traditional foods. Staff will also collaborate with schools, teachers, and the school district to involve youth and parents. All members of the hosting community will be invited to the traditional foods feast, as will elders from other communities and people working on food sovereignty and health. Other participants will include Community Health Representatives, community nurses, and educators from local institutions, health and community organizations that have ties to Aboriginal communities. Throughout the project, community members with a strong knowledge in traditional foods and medicines will be invited to share their knowledge and understanding of the local food systems to facilitate education and connection around traditional knowledge.

**e. How do you plan to communicate the results of your project?**

Uu-a-thluk staff will communicate project results through articles in the *Ha-shilth-sa*, the *West Coaster*, the *Westerly News*, and through Uu-a-thluk's quarterly newsletter. The above articles are also archived on Uu-a-thluk's website to reach a wider audience. In addition to the above local opportunities, Uu-a-thluk's communications team will circulate press releases to Island and provincial media and pursue media opportunities with Shaw Cable.

**f. How will your project help to achieve the CBT's Mission?**

In keeping with the CBT's mission to promote conservation within the biosphere region, The Community Feasting Project will work with Ucluelet First Nation, the project team, and community members towards a better understanding of sustainable seafood harvest, sharing this information with the community at large. Through the project, Uu-a-thluk staff will also develop local capacity by

hiring a community facilitator and steering committee members, and will promote the Nuu-chah-nulth concepts of Iisaak and Hishuk ish Ts'awalk in all project communications.

**g. How will your project contribute to the CBT's Measuring Community Health Initiative?**

The project team would be pleased to cooperate with CBT's initiative by contributing information about the availability of wild, nutritional foods where appropriate.

**5. Project Budget**

Item & Description	CBT Funds Requested	Confirmed Contributions	Unconfirmed Contributions	Total Cost
<b>Salaries and Benefits</b>				
Capacity Building Coordinator (15 days@\$350/day)			5,250.00	5,250.00
Community Liaison (10 days@\$200/day)	2,000.00			2,000.00
Project Communications (1 day@\$350/day)			350.00	350.00
<b>Facilities Rental</b>				
Hall Rental (in-kind)		250		250
<b>Materials and Supplies</b>				
Food for community kitchens and feast	2,500.00		1,000.00	3,500.00
Project supplies	500.00		800.00	1,300.00
Youth dance costume supplies			1,500.00	1,500.00
<b>Other (please specify)</b>				
Honoraria (Elders: \$100*13; Steering Committee: \$200*5)			2,300.00	2,300.00
Planning Lunch Catering	150.00			150.00
<b>Total</b>	<b>\$5,150.00</b>	<b>\$250.00</b>	<b>\$11,200</b>	<b>\$16,600</b>