



# NITINAHT WEEKLY

July 1<sup>st</sup>, 2020, – July 8<sup>th</sup> 2020



# Recreation Program Schedule in Nitinaht June 29<sup>th</sup>-July 5<sup>th</sup>

Weekly Rec Center hours,

- 10 participants max per group.
- Hand washing, practicing social distancing
- If your child or anyone in the house has the symptoms of a cold, flu, or Covid-19 including a cough, sneezing, runny nose, sore throat, fatigue please stay home.
- First week testing schedule

Activities will range from reading, arts and crafts, playing sports outdoors or going for walks (weather permitting)

Grade	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Office Day	Arts & Crafts	Library & Game day			Outdoor Activity	Drop-in Rec
k-5	Closed	1:00pm-3:00pm	1:00pm-3:00pm	Closed	Closed	1:00pm-3:00pm	1:00pm-3:00pm
5-7	Closed	5:30p-7:00pm	5:30pm-7:00pm	Closed	Closed	5:30pm-7:00pm	5:30pm-7:00pm
8-12	Closed	7:00pm-9:00pm	7:00pm-9:00pm	Closed	Closed	7:00pm-9:00pm	7:00pm-9:00pm

*\*Schedule may be subject to change.*

# Important Notice

PLEASE NOTE THE DITIDAHT DEVELOPMENT CORPORATION HAS AGREED TO PROVIDE THE NEW CAYCUSE CAMPSITE AREA TO THE MEMBERSHIP FOR A COMMUNITY CAMPOUT FOR THE WEEK OF JULY 27<sup>TH</sup> WHERE OUR STAFF WILL ENSURE THAT SANITATION AND OTHER HEALTH AND SAFETY REQUIREMENTS ARE MET.

WE HAVE HAD NUMEROUS REQUESTS FROM BOTH MEMBERS ON AND OFF RESERVE AS WELL AS LONG TIME KITEBOARDERS WHO FEEL THEY HAVE A RIGHT TO CAMP, BUT WE HAVE RESTRICTED ACCESS TO EVERYONE BASED ON THE NATION'S DECISION TO KEEP THE COMMUNITY CLOSED.

WE CANNOT SUPPLY THE REQUIRED SERVICES THROUGHOUT THE SUMMER WITHOUT THE INCOME AND THE CAMPGROUND CANNOT SAFELY OPERATE UNATTENDED, SO PLEASE ADHERE TO THIS DECISION THAT NO CAMPING IS ALLOWED OTHER THAN THE COMMUNITY EVENT THE WEEK OF JULY 27<sup>th</sup>.

Ditidaht Community Camp out Registration  
July 27<sup>th</sup>-30<sup>th</sup>, 2020

Name: \_\_\_\_\_ 2<sup>nd</sup> Adult Name: \_\_\_\_\_

Phone#: \_\_\_\_\_

Emergency Contact:

- Name: \_\_\_\_\_
- Phone#: \_\_\_\_\_

(in case of a medical emergency)

PHN Medical # \_\_\_\_\_

2<sup>nd</sup> Adult PHN# \_\_\_\_\_ (if applicable)

# of Adults: \_\_\_\_\_

# of Children: \_\_\_\_\_

Children/Child Name

Children/Child PHN #

1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_  
4) \_\_\_\_\_  
5) \_\_\_\_\_  
6) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*\*Please submit to Community Services Office by 4:30pm July 15<sup>th</sup>, 2020\*\***

This year due to COVID19, grocery funds will be provided for each household. You will need to provide your own camping gear, (i.e. tents, coolers, camp stove etc.)

**We are very excited to see everyone at our camp out!!!**





# SUMMER LEARNING CAMP IN DITIDAHT

**July 6<sup>th</sup> – August 14<sup>th</sup>**

6-week summer learning camp will be provided for free in Nitinaht. The camp will be following these safety protocols: social distancing in small groups of 10, handwashing, sanitizing and if a child (or anyone in their house) has any cold, flu or covid-19 symptoms to please stay home.

The program will include math/reading games, baking, hikes, science, art and scheduled day trips.

Attendance will be recorded to be entered in camp draws!

**AGES: 5-12 YRS OLD  
& 13-18 YRS OLD**

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**WHEN: JUL6-AUG14  
MON-THURS**

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**5-12 @ 10AM-2PM  
13-18 @ 5PM-8PM**

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**MAX GROUP OF 10  
PARTICIPANTS**

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**SIGN YOUR CHILD  
UP BY CONTACTING  
THE REC WORKER**

**REC WORKER**

[recworker@ditidaht.ca](mailto:recworker@ditidaht.ca)

Fb messenger: Rec  
Worker

250-745-3331

*I would like to wish my beautiful Mother,  
Frances Tate  
A Very Happy 77<sup>th</sup> Birthday  
On Sunday, July 5<sup>th</sup>*



**LOVE KAREN, ANDREW, MERCEDIESE,  
DAKOTA, CHEY & LESTER!**





I would like to wish the following people a VERY HAPPY BIRTHDAY, for the month of July.

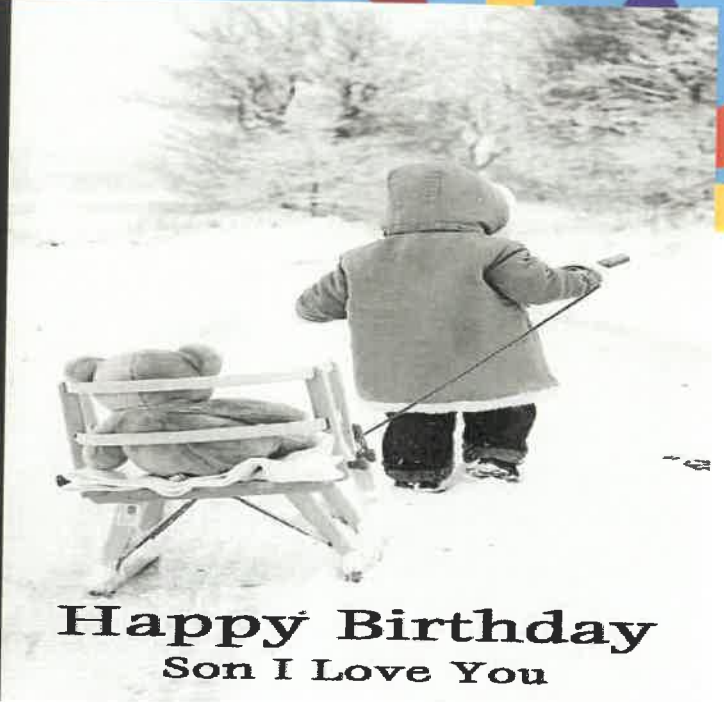
July 1, 2020	Shayne Johnston		
July 3	Rod Fraser	Sampson Johnson	Tyler Atleo
July 4	Ivy Tate		
July 5	Frances Tate	Russel Edgar	
July 6	Charlie Thompson		
July 7	Molina Jeffrey		
July 11	Colleen Wyse		
July 13	Jack K. Thompson		
July 15	George Edgar	Betty Jean Knighton	
July 17	Julia Joseph		
July 23	Audrey Edgar		
July 24	Hailey & Cole Thompson		
July 31	G. Jack Thompson		

I wish you all a super day on your birthday, may all your wishes come true. HAVE FUN!!!!

  
Esther Edgar

*Son*

Sons may grow  
into Men  
and grow out  
of their toys  
But in the hearts  
of **Mothers**  
they are still their  
**Little Boys**  
all-greatquotes.com



**Happy 27th Birthday Shayne**

**Love Mom & Kasha**

**Brothers & Sisters Nephews & Nieces**

**Love Your Baby bird Avery & Ollie & Delila**





# HOW TO LET GO

**1. Know that the relationship expired.** Like milk there was an expiration date. It was meant to go as long as it did, not one day less or one day more.

**2. Fully feel your feelings.** You can't heal if you're in denial and not wanting to feel something is a form of denial.

**3. Learn from the experience.** There are gifts in every expired relationship. They're called lessons. These lessons will be the branches that pull you out of your quicksand.

**4. Remember why it didn't work.** If you keep playing the highlight reel, you'll second guess everything and want something that isn't reality.

**5. Get physical and sweat it out.** If you can't give your mind a rebirth, give your body one and your mind will follow.

**6. Turn it into action.** What does letting go look like in your everyday life? **Here are some examples:** going to therapy, working on fitness, making new friends, giving yourself new experiences.

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Primary trauma has been defined as trauma traditionally, and includes different kinds of abuse, neglect, acute events and so on. But this is not the only kind of trauma we can experience as human beings. Secondary trauma is more expansive and, oftentimes, less obvious. It occurs when our needs—emotional, physical and mental—are not met, especially in childhood. We feel less integrated, not valued or seen as a person, and have to find a way to cope with this, which often affects how we live our lives and can leave us feeling stuck and broken.

*-Dr. Nicole LePera*

@drnicoleleperaf

cleaning up the  
mental mess  
with dr. caroline leaf