

ANACLA NEWS

Sugsaw Hatchery Update



On Thursday, March 24, the chum fry at Sugsaw Hatchery had a big day! The tiny fry have “buttoned up”, meaning they have completely absorbed their yolk sac, and need to start eating food. We moved them from their incubation trays to a much bigger pool, and will begin feeding them every day. After a couple of months of growth we will release all 14,000 into their natal stream, Sugsaw Creek.

What's Happening?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Adult Only Basketball 7:30 - 9:30 p.m at BCS Gym	***Quu-usa*** **Anacla Cultural and History Night** Start at 7 p.m. **BCSA After School Club** 3 - 4:30 p.m.	**Virtual Cultural and History Night** Start at 7 p.m. **All-ages Basketball** 7:30 - 9:30 p.m at BCS Gym		



The Warriors have a chance to go and pick some Stinging Nettle in April (over the next couple of weeks). The Child and Family Wellness Team are wondering if there is anyone who is would love to share their knowledge with the Warriors, on how to harvest and eat Stinging Nettle. If you are interested, please give Leonard Nookemis a call at 250-918-4256.
Klecko Klecko!

HAVE YOU MOVED?



Friendly reminder to update your address and contact information.

Please contact 250-723-0100 or alexis.y@huuayaht.org



CARVINGS FOR SALE!

House #250 Malsit Rd.
Bruce Nookemus

WORK WITH HUU-AY-AHT



Huu-ay-aht First Nation has new employment opportunities updated on their website!

These opportunities are
Protection and Family Support Liaison
Drug and Alcohol Counselor
Communications Assistant
West Coast Trail Guardian

Check out the Huu-ay-aht website for further information and details on how to apply!

https://huuayaht.org/whats-happening/work-with-us/

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ANCIENT SPIRIT, MODERN MIND

ANACLA RESIDENCE ,

If you need Income Assistance, please make an appointment with Kristen Young no later than April 20th, 2022 to complete this month's application and renewal. You will need the following documents to complete your application.

- All adult applicants but have two pieces of ID one photo and one other i.e., birth certificate: and one piece of ID for each dependent child.
- 2021 tax assessments (if you need assistance filing your taxes please contact Kristen)
- Bank statements
- Most recent pay stub and or EI payment stub
- CCB statement
- Current rent receipt; rental or lease agreement
- Recent utility bills (hydro, phone, fuel, firewood)

Community members who need to apply for Income Assistance or renew as a client of the program have the following responsibilities (Section 1.3 of Income Assistance Policy)

- To conduct themselves in a prompt, courteous and respectful manner.
- To actively seek work and attend programs, training and sessions as directed.
- If employable, to actively seek work. Clients must be available for any job they are capable of.
- To have or promptly apply for a social insurance number and to provide the appropriate identification for themselves and other family members as required.
- To provide all necessary information to the Social Development Worker and sign the application form.
- To pursue any other income that they may be entitled to, for example, employment insurance benefits, workers compensation, family maintenance, or spousal support.

Office: Anacla Government Office, 170 Nookemus Road, Anacla, B.C., V0R 1B0
Phone: 1.888.644.4555 | 250.728.3414 | Fax: 250.728.1222
Mail: Port Alberni Government Office, 4644 Adelaide Street, Port Alberni, B.C., V9Y 6N4
Phone: 250.723.0100 | Fax: 250.723.4646

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- To first use any assets and income before seeking assistance from the Income Assistance Program.
- To take personal responsibility for becoming self-supporting.
- To be involved in the process of establishing eligibility for their benefits.
- To provide documentation to support their application when requested. All documentation is subject to verification. Clients providing false information will be subject to criminal charges.

Clients who meet any of the following criteria are not eligible for IA benefits: (Section 2.2 of Income Assistance Policy)

Healthy, employable, able-bodied persons between 19 and 55 years, who do not seek employment or accept available suitable employment, education, or training.

a. Persons who quit work, except with just cause.
b. Persons who are terminated from their job because they did not comply with reasonable job requirements (for example, by not showing up for work).
c. Persons who do not apply for Employment Insurance (EI) benefits, or who are disqualified from EI benefits because they failed to comply with program requirements.
d. Person who receives an unforeseen fortune or substantial monetary gain.
e. Persons who do not submit Monthly Renewal Forms as required.
f. Persons with monthly income or assets more than the allowable maximum (see 2.5, Income and Exemptions).

Note: Persons who meet criteria b, c, or d are not eligible for IA benefits for a 30-day period from the last day of work, although they may be eligible for hardship funds (see 2.6, Hardship). Whenever a decision is made to terminate a person's benefits, they have the right to appeal the decision.

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Planning a fundraiser, event, or an announcement you would like shared in the Anacla?

Send your fundraiser, event, or announcement to the Huu-ay-aht communications team. Please include; details such as the date, time, locations, and what it is about.

Deadline to submit details is every Friday for the following week

Please contact, Victoria Nookemus at 250-728-3414 or victoria.n@@huuayaht.org.

INSPIRATION STATION



Don't let yesterday use up too much of today - Cherokee Proverb

If you never know failure, you will never know success - Sugar Ray Leonard

Change begins at the end of your comfort zone.- unknown

The comfort zone is the great enemy of courage and confidence. - Brian Tracy

For every positive change you make in your life, something else also changes for the better - It creates a chain reaction. - Leon Brown



Sometimes a breakdown can be the beginning of a kind of breakthrough; a way of living in advance through, a trauma that prepares your for a future of radical transformation - Cherrie Moraga

What are head lice?

Head lice are tiny, grayish brown, wingless insects that live on the scalp, feeding on human blood. They lay eggs that stick to strands of hair very close to the scalp. Once the egg hatches, the empty case left behind is called a nit.

Head lice are hard to see because they are tiny and move around on the head. Eggs are very small, about one-third (1/3) the size of a sesame seed, and take 9 to 10 days to hatch. The nits are easier to see and are found further down the hair shaft. Both eggs and nits may look like dandruff, but they cannot be easily removed because they are sticky.

Do head lice cause illness or spread disease?
No, head lice do not cause illness or spread disease. However, they can be irritating because they cause discomfort and spread easily from person to person.

How are head lice spread?
Anyone can get head lice. Having head lice does not mean a person has poor personal hygiene or lives in an unclean environment. Anyone who has hair can get head lice.

Head lice are commonly spread among children and adults who have close head-to-head contact. Head lice cannot jump or fly from 1 person to another. They are most commonly spread through head-to-head contact by crawling from one hair to another. There is a very small chance of head lice spreading indirectly through shared pillowcases, hair accessories, brushes, and combs.

How do I prevent the spread of head lice?
The best way to control head lice is through the cooperation of parents, children, daycares, schools, and health care providers. Checking the hair of all family members regularly using the wet combing method is the best way to prevent the spread. Encourage children not to share hats, combs, hair accessories, or hairbrushes. If your child has long hair, tie it up or put it in a braid.

Having head lice once does not prevent someone from getting them again. Regular checks for head lice can be part of a family's hygiene routine.

What are the symptoms of head lice?
Often people who have head lice will have no symptoms for 4 to 6 weeks with their first case.

Symptoms of head lice may include:
Crawling or tickling sensation on the scalp, Itchy scalp due to a sensitive reaction caused by the bites, and Scratch marks or small red bumps like a rash.

How can I tell if my child has head lice?
The most accurate way to check for head lice is the wet combing method:

Wash and rinse the hair. Apply enough conditioner to cover the whole scalp (usually 2 handfuls). The conditioner stops the lice from moving, making them easy to find
Use a wide-tooth comb to get the tangles out. At any time if the comb tugs, add more conditioner Begin combing the entire head with a lice comb. Pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke. After each stroke, wipe the comb on a paper towel and check for lice

What are safe options for treating head lice?

There are many different products and ways to treat head lice. Some health experts recommend wet combing and others recommend chemical treatments. Only consider treatment if you find live lice. Head lice will not go away without treatment

Children should receive their first treatment, whether wet combing or chemical, at home the first day that they are found to have head lice. Children should not be sent home or kept home from school or daycare because of head lice. Encourage the child to avoid head-to-head contact with other students until after their first wet combing or chemical treatment.

If one person in the household has head lice, there is a good chance other household members do as well. All members of the household should be checked on the same day and those with lice should be treated.

Wet Combing treatment

This method removes live head lice. Wet combing is less expensive and non-chemical. Combing treatments follow the same steps used to check for lice. Use generous amounts of hair conditioner and special lice comb, every 4 days for at least 2 weeks. If you find lice on the final combing, add one more combing in 4 days until you find no live lice. Any young lice that hatch from eggs after the first session are removed at the second, third, and fourth sessions. This is why it is important to do the full series of sessions.

Wet combing is safe for infants, young children, as well as pregnant and nursing mothers. Contact your public health unit for complete instructions on the wet combing method. To find your local public health unit, visit www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities.

Chemical treatments

Shampoos, creams, rinses, and sprays that contain an ingredient that kills lice are available at most pharmacies without a prescription. Some examples are permethrin, pyrethrins, isopropyl myristate, and dimethicone.

Some chemical treatments may not be safe for infants, young children, pregnant or nursing mothers, or other individuals. Speak to your health care provider or pharmacist to find out which is best for you or your child. Always carefully follow the directions for use on the label and be sure to keep the products out of the reach of young children.

After treatment, check the hair and remove eggs and lice. You can also remove the nits, although you don't have to remove them, as nits are empty eggshells.

Most treatments are repeated in 7 to 10 days to make sure that any head lice that have hatched after the first treatment are killed before they have a chance to lay any eggs. It is also important to check the head for any eggs and remove them after the second treatment. Itching may last for 7 to 10 days, even after successful treatment.

Head lice have started to develop resistance to many of the chemical products. If you think the product is not working after 24 to 48 hours, use the wet combing method to check for lice. If you find lice, use a different treatment method. Head lice cannot develop resistance to non-chemical treatments.

When should I call my health care provider?

Call your health care provider if the treatments are not successful or if you are unsure which kind of treatment is best for you or your child. Chemical treatment of pregnant or nursing mothers and of children less than 4 years of age should be given only under the direction of a health care provider.

What options are not recommended for treating head lice?

Some methods and products should not be used because they are either not safe or do not work. These products include: insect sprays, motor oil, gasoline, alcohol, flea soap, dyes, bleaches, heat applied to the scalp, garlic, tea tree and other essential oils, electric lice combs, and shaving the head.

What should be cleaned?

Healthy head lice rarely leave the scalp and if they do they may only survive for 24 to 55 hours. Head lice are not shared through contact with furniture, pets or carpets. There is no evidence that a major cleaning of the house or car is necessary. Hats, pillowcases, combs and hairbrushes that have had contact with the head of the person with head lice in the previous 48 hours, could be considered for cleaning in hot soapy water. Items that can't be washed can be placed in a plastic bag for 2 weeks or in the freezer for 48 hours. Clean supplies that you used for wet combing in hot soapy water.

Throw Back Pictures



Justine Mack, Lindsey White, and Megan White



Bruce Nookemus, Brad Williams and Hipolite Williams



Linda Young



Darlene Nookemis, and Leonard Nookemis

NUU-CHAH-NULTH PRONUNCIATION

The Consonants

There are 33 consonants in our language! Some of them are pronounced exactly as they are in English. Others are sounds distinctive to the native languages of our area. It is hard to learn these sounds by yourself. So, acquire and listen to the tape recording that accompanies the Taat'aaqsapa Alphabet Sheet or ask someone who has studied our language to pronounce the example words for you. We have divided the consonant sounds up into groups so you can see which sounds have features in common:

- The sounds are written and pronounced as they are in English
- The "plain sounds" and the "explosive sounds"
- "Stop sign" and "Back Throat"
- The "whispered sounds"
- The "back sounds" and the "rounded sounds"
- The "hard sounds"



Most of the sounds of our language will fall into more than one category. We will only discuss the pronunciation of sounds the first time they occur. But, seeing the sounds of each category together will allow you to see what features the sounds have in common.

The easiest group of sounds are those that are both written and pronounced the same as they are in English. Here is that group with an example of each: h, k, m, n, p, s, t, w, y



h - hupał - moon/sun,
husmin - kelp,



p - ċup - tongue,
pic’up - cedar bark



k - kakaw'in - killer whale, ʔink - fire



s - suuḥa - spring salmon, čims/čums, bear



m - muwač - deer,
muu - four



t - tiiłuup - octopus,
tupkak - black



n - nučii - mountain,
naani/naana - grizzly



w - wik no!,
muwač - deer



y - yuʔi - windy,
ʔaya - many