

ANACLA







WOMEN'S GATHERING

With Clinical Counsellor Rena Johnson

House of Huu-ay-aht
Monday, May 16, 2022
4:30 - 6:30 p.m.
Dinner Provided
(Cultural Supports Available)

For questions, please contact Rena Johnson at rena.j@huuayaht.org or 250-723-0100

A SAFE PLACE TO SHARE AND CONNECT WITH ONE ANOTHER



HAPPY BIRTHDAY

Wišqii Dennis
May 08

Victoria Williams
May 15



WHAT'S HAPPENING?

SUNDAY

MONDAY

TUESDAY
Culture and History Night
House of Huu-ay-aht
7 p.m
FNHA Dental Therapist
Melanie Braker
May 17 and 24

WEDNESDAY
Community Health Worker
Gerrylyn Barney
Wednesday, May, 18
Home Care Nurse
Laurie Sinclair
May 18

THURSDAY
Virtual Cultural and History Night
Start at 6 p.m.
All-ages Basketball
7:30 - 9:30 p.m
BCS Gym

FRIDAY

SATURDAY

Community Health Worker
Jeanette Jacobson - Wednesday, May 18
Gerrelyn Barney - Wednesday, May 25





Quuʔasa Wellness Worker
Howard Morris
Quuʔasa Clinical Counsellor
David Zryd
Wednesday, May, 18 and 25



ANACLA CRAFT NIGHT

Wednesday, May 25
6 - 8 p.m.
Soaring Eagle





Please bring a sewing machine if you have one

If you have any questions, please contact Kristen Young at 250-728-3414 or Kristen.y@huuayaht.org



Available Now!!

Huu-ay-aht citizens can now pick up a parking pass at the Port Alberni Government Office. For questions, please contact 250-723-0100.

The park pass can be used at Long Beach for parking, or the Broken Group Islands and the West Coast Trail. If you go on a day hike on the West Coast Trail or to the Broken Group Islands, keep the park pass on you as it acts as your permit.

HOUSE OF HUU-AY-AHT KITCHEN IS MISSING ITEMS



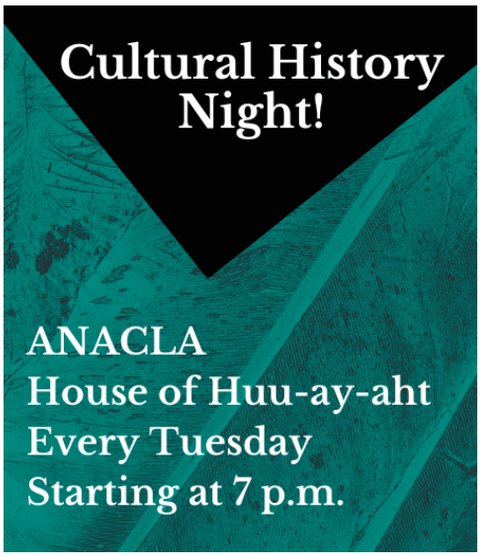
- **6 Black Tablecloths**
- **2 Black Chef Coats (Large & XXL)**
- **4 White Chef Coats (Large, 2- XL, medium)**

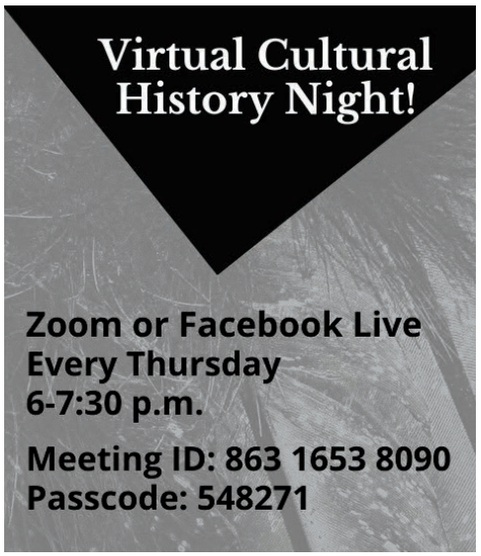
Please return missing items to the House of Huu-ay-aht

ƛ́eko ƛ́eko

Are your address and contact details up to date with the nation?

If not, please contact 250-723-0100 or alexis.y@huuayaht.org





Huu-ay-aht First Nations Child and Family Wellness Emergency After-hours: 250-731-6999

If you receive a call from a Child Protection Service Social Worker, or a Social Worker comes to your door after business hours or during office closures, please take the following steps:

-Immediately call the Child and Family Wellness After-Hours Phone at 250-731-6999 and leave a detailed message and a staff person will return your call as soon as possible.

-Tell the Social Worker it's your inherent and legal right to have representation from Huu-ay-aht and that you have contacted Huu-ay-aht staff.

-Wait for a staff person to call back before discussing with Social Worker.

Positions with Huu-ay-aht First Nation

These opportunities include:
Protection and Family Support Liaison (2), Education Coordinator

Check out the Huu-ay-aht website for further information and details on how to apply!
https://huuayaht.org/whats-happening/work-with-us/

For all posted positions, please email your covering letter and resume to HR@huuayaht.org, by fax at 250-728-1222, or mail attention: Human Resources Manager, 4644 Adelaide St, Port Alberni, BC, V9Y 6N4. Please quote the job title you are applying for.

zoom

VIRTUAL RECOVERY SHARING CIRCLE

WITH RENA JOHNSON AND MEL EDWARDS

Wednesdays
Starting at 11 a.m.

Meeting ID:
858 2081 6084
Passcode:
965764



huu ay aht

ANCIENT SPIRIT, MODERN MIND

NANANIIQSU MEETING

Tuesday, May 31
Starting 10 a.m - 1 p.m.
Port Alberni Government Office

If you have any questions, please contact Kristen Young at kristen.n@huuayaht.org or 250-728-3414

Huu-ay-aht Citizens

Family Swim

Echo Pool, Port Alberni
April 9 - July 9
Every Saturday
3:30 - 5:30 P.M
No charge

Please note, there will be no swim July 2

EXCITING NEWS!

THE BAMFIELD COMMUNITY SCHOOL WILL ONCE AGAIN BE OFFERING K-12 STARTING IN SEPTEMBER 2022, WITH A THIRD TEACHER JOINING THE SD70 TEAM THERE.

MORE DETAILS TO FOLLOW.

WE WOULD LOVE TO HEAR FROM CITIZENS LIVING IN THE COMMUNITY AND AWAY FROM THE COMMUNITY ON WHAT YOUR THOUGHTS ARE OF THIS WONDERFUL NEWS. PLEASE COMMENT ON THIS POST.

huu ay aht
ANCIENT SPIRIT, MODERN MIND

BCSA COMMUNITY CALENDAR
MAY 2022

Bamfield Community School Association

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Little Buddies Play 1:30 - 3:30 pm Dodgeball League 6:30 - 8:30 pm	3 Ages 15+ Basketball 7:30 - 9:30 pm	4 After School Club 3:00 - 4:30 pm BCSA Drop-in Yoga 5:30 - 6:30	5 All Ages Basketball 7:30 - 9:00 pm	6	7
8	9 Little Buddies Play 1:30 - 3:30 pm Dodgeball League 6:30 - 8:30 pm	10 Kids Creative Corner 3:00 - 4:30 pm Ages 15+ Basketball 7:30 - 9:30 pm	11 After School Club 3:00 - 4:30 pm BCSA Drop-in Yoga 5:30 - 6:30	12 All Ages Basketball 7:30 - 9:00 pm	13 Pro-D Day (School Closed)	14
15	16 Little Buddies Play 1:30 - 3:30 pm Dodgeball League 6:30 - 8:30 pm	17 Kids Creative Corner 3:00 - 4:30 pm Ages 15+ Basketball 7:30 - 9:30 pm	18 After School Club 3:00 - 4:30 pm BCSA Drop-in Yoga 5:30 - 6:30	19 All Ages Basketball 7:30 - 9:00 pm	20	21
22	23 Victoria Day Holiday (School Closed)	24 Kids Creative Corner 3:00 - 4:30 pm Ages 15+ Basketball 7:30 - 9:30 pm	25 After School Club 3:00 - 4:30 pm BCSA Drop-in Yoga 5:30 - 6:30	26 All Ages Basketball 7:30 - 9:00 pm	27	28
29	30 Little Buddies Play 1:30 - 3:30 pm Dodgeball League 6:30 - 8:30 pm	31 Kids Creative Corner 3:00 - 4:30 pm Ages 15+ Basketball 7:30 - 9:30 pm				

Volume 15
Friday, May 13, 2022

Bamfield
Community School
Association

WE ARE HIRING

Summer Day Camp Leader
(2 positions)

Are you interested in working with kids in a gorgeous coastal location this Summer? Apply to be a Summer Day Camp Leader in beautiful Bamfield on Vancouver Island.

The Bamfield Community School Association is seeking two Summer Day Camp Leaders to design, promote, and implement activities that are creative, inspiring, fun, and take advantage of our wonderful outdoor environment.

Experience working with children, knowledge of child development, and strong interpersonal skills are all assets.
These positions are based on a 30-hour work week for approximately 7 weeks. Join our team for a fun and memorable Summer.

Applicants must be between the ages of 15 - 30.
Applications are due by May 20, 2022.

Please send a cover letter and resume to Sally Mole, BCSA Coordinator, at **bcsacoordinator@gmail.com** or mail to 240 Nuthatch Road, Bamfield, V0R 1B0.
For enquiries or more information, call 250-728-1220

Throw Back Pictures



Robert Dennis Sr., and Larry Johnson



Seth Nookemus, Andrew Clappis Jr., Vanessa Young, and Jayson Nookemus



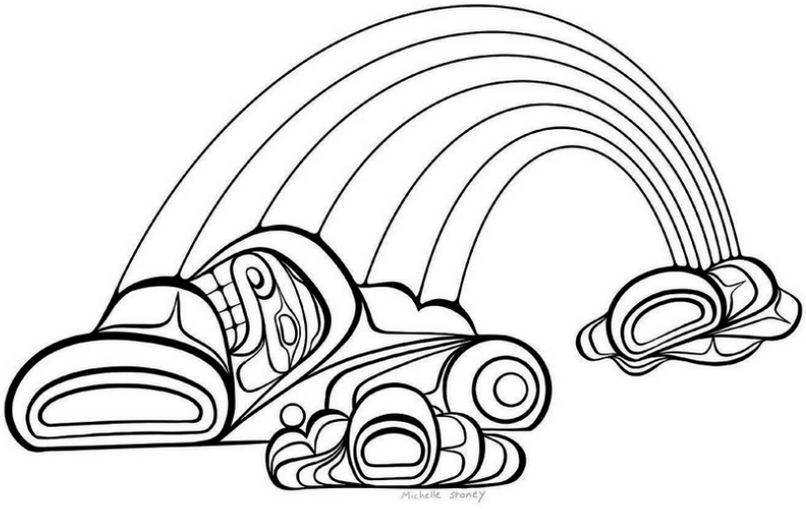
Alexis Howard

NUU-CHAH-NULTH PRONUNCIATION

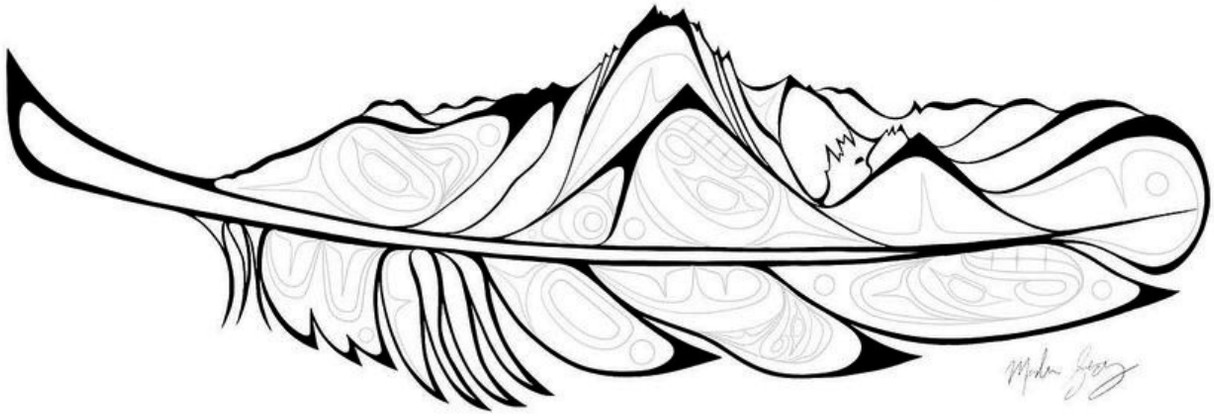
Nism'a - Our Land

Nisḿa	Land, earth
Nučii	Mountain
ʕaʔuk	Lake
C̓aʔak	River
Ćaaʔa	Stream
ƛ̓isnaak	Meadow,clearing
hupał	Moon





łiẃaḥmis	Cloud
T'aťuus	Star
ƛińiḥak	Rainbow
ƛiiḥak	Flower
Tuxʷuł	Waterfall
Hinaayił	Sky



Nettle Mint Iced Tea

Depending on where you are in the province, we are either deep in nettle season, or those vibrant stems are just emerging from their winter slumber. Nettle is a true star, drawing its medicine from its deep roots in the ground, providing chlorophyll, vitamin C, A, and D, iron, potassium, calcium, and a good amount of protein. Whether your season is just beginning or coming to a close, tea is a beautiful way to enjoy the many gifts of nettle. And with the days getting warmer, why not pack all those nutrients into a delicious iced tea infusion!

How to Make It:

- 6 teaspoons or tea bags of nettle
- 3 teaspoons or tea bags of mint
- Mason jars

Steep nettle and mint tea bags or dried herb in large mason jars for 4 - 24 hours, strain, and then enjoy over ice! The above recipe can be adjusted for any desired volume, just follow the general 2:1 nettle mint ratio.



You can find nettle and mint teabags at your grocery store, or if you choose to harvest your own, here are some tips on harvesting nettle:

- Wear gloves and use scissors to avoid getting stung
- Snip nettle just below the first two cross-sections of leaves to promote regrowth
- Always remember to leave some for the bees, birds and your fellow harvesters
- Nettles are most potent when gathered in early spring before flowering
- To dry nettles, bundle them and hang them upside down in a dark dry place, place the leaves in a paper bag and rotate them every few days, or use a drying rack
- Cut the leaves off the stem and store them away from sunlight

huu ay aht

ANCIENT SPIRIT, MODERN MIND

Huu-ay-aht Elders and Rental Unit Maintenance Request Form

Name:	**Last name:**	
Service address:	**Location:**	**Postal code:**
	Phone:	**Cell phone:**
Nature of request/repair:		
Request by: staff member ☐ citizen ☐ tenant ☐ technician ☐		
Date of assessment:		
Conditions:		
Repair requirements:		
Signed by:	**Signature:**	
Direction/Decision:		
Start date:		
Signed by:	**Signature:**	

