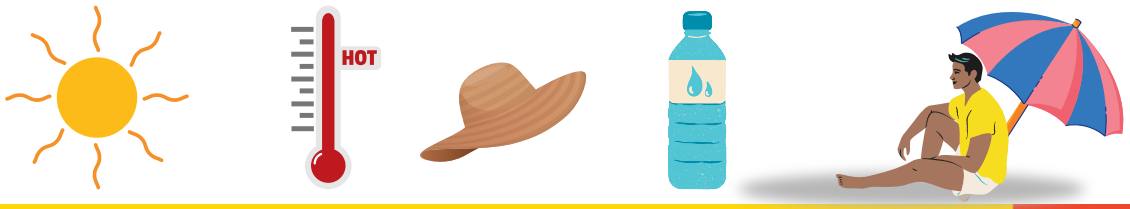
ANACLA NEWS



5 Minutes of Safety

Beat the Heat!

Outdoor and indoor heat exposure can be dangerous

Drink Cool Water
Drink cool water even if you are not thirsty – at least 1 cup every 20 minutes.

Take Rest Breaks
Take time to recover from heat given the temperature, humidity, and conditions.

Find Shade or a Cool Area
Take breaks in shady or cool location.

Dress for the Heat
Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.

Watch Out for Each Other
Monitor yourself and others for signs of heat illness.

If Wearing a Face Covering
Change your face covering if it gets wet or soiled.

First Aid for Heat Illness

Signs of a medical emergency

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

1. CALL 911 IMMEDIATELY
2. COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
3. STAY WITH THE WORKER UNTIL HELP ARRIVES



Watch for other signs of heat illness and act quickly

If a worker experiences:
- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output



Take these actions:
- Give water to drink
- Remove unnecessary clothing
- Move to a cooler area
- Cool with water, ice, or a fan
- Do not leave alone
- Seek medical care if needed

Additional Resources:
National SWP: Working in Hot Weather
CCOHS Temperature Health and Safety Fact Sheets





Ashley Shale
July 23

Marie Nookemus
July 25

Bonnie Nookemus
July 28

Clifford Nookemus
July 30



WEDNESDAY, AUGUST 3

Quu?asa Wellness Worker
Howard Morris

Quu?asa Clinical Counsellor
David Zryd

Home Care Nurse
Laurie Sinclair

If you would like to book an appointment, call 250-728-3414



ANACLA ROAD RESURFACING PROJECT HAS STARTED!

Be prepared to start experiencing time delays and to see workers on Bamfield Main Road.

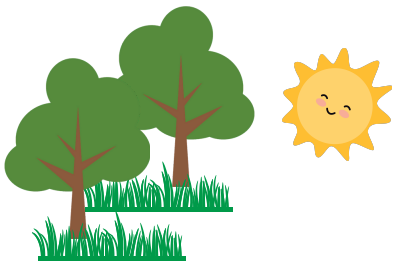
If you have any questions please contact our communication team at communications@huuayaht.org or Communications Manager Amanda-Lee at 250-723-0100

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:

1. **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.**
2. **Tell the Social Worker it's your inherent and legal right to have representation from Huu-ay-aht and that you have contacted**
3. **Huu-ay-aht staff.**
4. **Wait for a staff person to call back before discussing with Social Worker.**

Did you know that the Vancouver Island Regional Library has fun and FREE summer programs for all ages?
Read or complete activities for the chance to win prizes.
Summer Reading Challenge (0-12yrs) July 5-Aug.22. Registration now open.
Teen Summer Challenge (12-18yrs) July 5-Aug.31. Registration now open.
Adult Summer Reading Challenge (18+) June 28-Aug.31
Check out this link to find out how to get started:
https://virl.bc.ca/whats.../join-a-summer-reading-program/





The Port Alberni and Anacla Government Offices will be closed Monday, August 1, 2022 for the statuary holiday

CLOSED

Huu-ay-aht Citizens

We want to hear from you!

What would you like to hear about and discuss at community engagement sessions?

Please fill out the online feedback form or call 250-723-0100 and speak with Communications Manager, Amanda-Lee Cunningham

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Our online form can be found here:
https://www.surveymonkey.com/r/QNZVNZG

Updated log in info

zoom
VIRTUAL RECOVERY
SHARING CIRCLE
WITH RENA JOHNSON AND MEL EDWARDS

Wednesdays
Starting at 11 a.m.

Meeting ID:
857 4529 5994

Password:
402160

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Moms & Tots Group!

- For moms and children 0-5 years of age
- In Anacla, Tuesdays from 4:00pm-5:30pm
- At the House of Huu-ay-aht or outside
- Facilitated by Shannon Nookemus

Snacks Provided!



If interested please email Shannon87@live.ca
or the Child and Family Wellness team at 250-723-0100



For the most up to date information on Housing, please go to: https://huuayaht.org/housing/



YOUR JOURNEY BEGINS HERE

Introduction to Nuu-Chah-Nulth Language

STARTING FALL 2022
TUITION FREE

Port Alberni Campus | Central Wing 211
Tuesday, from Sep. 6 to Nov. 29
6:00 PM – 9:00 PM

Online | Wednesday, from Sep. 7 to Nov. 30
6:00 PM – 9:00 PM

Develop listening techniques as you compare and contrast Nuu-chah-nulth and English sound patterns and pronunciation. Learn words, phrases and greetings to communicate in home, class and with elders.

Online Class on Wednesday is offered in a digital scheduled format, where you can participate in a digital learning environment, using a video conferencing system where students, instructors and language speakers meet at specified times each week. Computer and Internet required.

NORTH ISLAND COLLEGE
NIC
INDIGENOUS EDUCATION

nic.bc.ca/indigenous-studies

For more information or to register:
Student Services | 1-800-715-0914 or
email: indigenousnavigators@nic.bc.ca

Huu-ay-aht First Nations Fishing Derby
August 20 - 21, 2022

CALLING ALL VOLUNTEERS!



We look forward to hosting a spectacular event that proudly showcases our hospitality and culture to all those who participate.
This event will require assistance from staff, the community, and beyond.
We look forward to hearing from you!

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If you are interested in volunteering please contact Sheila Charles at 250-731-5676 or sheila_c@huuayaht.org



BE ČIMS AWARE



Be ḱayuumin aware

If you see a čims:
Scare away čims in the community with lots of noise. It doesn't seem neighborly, but preventing čims from feeling at ease around humans keeps them safer in the long run.

If you see a ḱayuumin:
DO NOT RUN. Do not crouch down. Pick up small children and keep the group together. Back away slowly, maintaining eye contact with the animal as you leave. Yell, wave your arms, look large. If you have one, use an air horn.

Report all wildlife observations and encounters at 1-877-952-7277 (RAPP) or online

Cultural History Night!



ANACLA
House of Huu-ay-aht
Every Tuesday
Starting at 7 p.m.

For questions, please contact:
Cory Howard - cory.j.h@huuayaht.org | 250-728-3414

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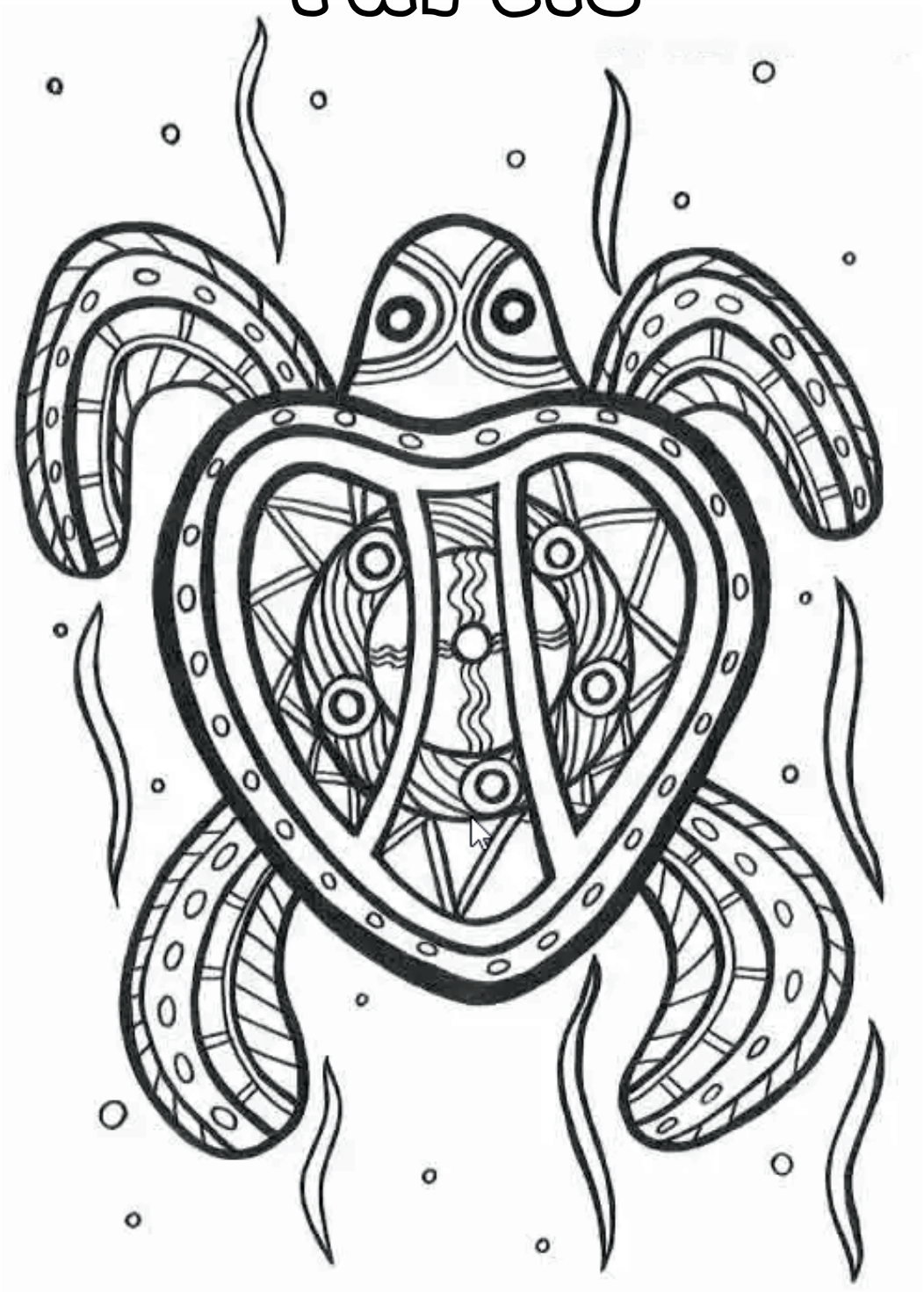


For more information about the 2022 By-elections , please visit our website at www.huuayaht.org

NUU-CHAH-NULTH PHRASE OF THE WEEK

tiitiik¶im

Turtle



Colour me!