

Anacla News

huu ay aht
ANCIENT SPIRIT, MODERN MIND

PAAWATS IS OPEN!

We currently have two children who are attending Paawats. Clara Clappis would like to encourage citizens to bring their children.

Activities at Paawats Include:
Learn and practice Nuu-cha-nulth Language every day!

- Counting 1 - 10
- Colours
- Animals
- Drumming and Singing

Outdoor playing, free time, learning, occasional visitors from Bamfield, arts and crafts, and more!

Monday - Friday
Daycare hours:
8:30 a.m. - 4 p.m.

Parent and Tot drop-in:
10 a.m. - 1 p.m.

Paawats follows COVID protocols and safety standards.



BIRTHDAYS THIS WEEK



DUANE E. NOOKEMIS
FEBRUARY 6

TREVOR A.G DICK
FEBRUARY 10

What's Happening?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			NTC Nurse Laurie Sinclair Marion Guiraud RN February 9	Virtual Dance Practice Brushing Off February 10		



Nananiiqsu Society

“Over the years, our Nananiiqsu have been providing recommendations, guidance, and a wealth of knowledge to our haw̓iih, executive council, committees, and departments, such as, revitalizing our language, upkeep and upgrades to our cemetery, the naming of many buildings, recommendations to policies. Nananiiqsu provides valuable Huu-ay-aht knowledge on important cultural practices that include traditional customs around death practices and protocols related to the various purposes of the potlatch ceremony.

The next meeting with our Nananiiqsu is set for Feb 22, 2022 10:30 a.m. via zoom, if you would like to participate please contact Kristen Young kristen.y@huuayaht.org or 250-728-3414 ext 220 and provide your email address or phone number to connect you with the meeting.

Market Hours

Monday	8 - 7 p.m
Tuesday	8 - 7 p.m
Wednesday	8 - 7 p.m
Thursday	8 - 7 p.m
Friday	8 - 7 p.m
Saturday	8 - 7 p.m
Sunday	8 - 7 p.m

CAFE HOURS

Monday	Closed
Tuesday	11:30 - 7 p.m
Wednesday	11:30 - 7 p.m
Thursday	11:30 - 7 p.m
Friday	11:30 - 7 p.m
Saturday	11:30 - 7 p.m
Sunday	Closed



CAFE MENU

Grilled Ham & Cheese	$15.50
Toasted BLTC	$17.50
Beef Dip	$18
Chicken Caesar Wrap	$16.50
Delux Chicken Burger	$16.50

CHICKEN WINGS

BBQ, Dry Garlic, Honey Garlic, Salt and Pepper, Lemon Pepper, Teriyaki, Hot, & Honey Hot

10pc	*$8*
20pc	*$14.95*
30pc	*$21.95*

HOMEMADE FRIES
Small $6 Large $11

POUTINE
Small $9.50 Large $17.50

ADDITIONAL
Cheese $2.25
Bacon $3.00
Gravy & Sauces $2

Crispy Chicken Bacon Ranch & Mozza Burger	$18.50
BBQ Chicken & Swiss Burger	$17.50
Chipotle Chicken & Bacon Burger	$17.50
Delux Cheese Burger	$16.50
Bacon, Mushroom Swiss, Burger	$18.50

FISH AND CHIPS

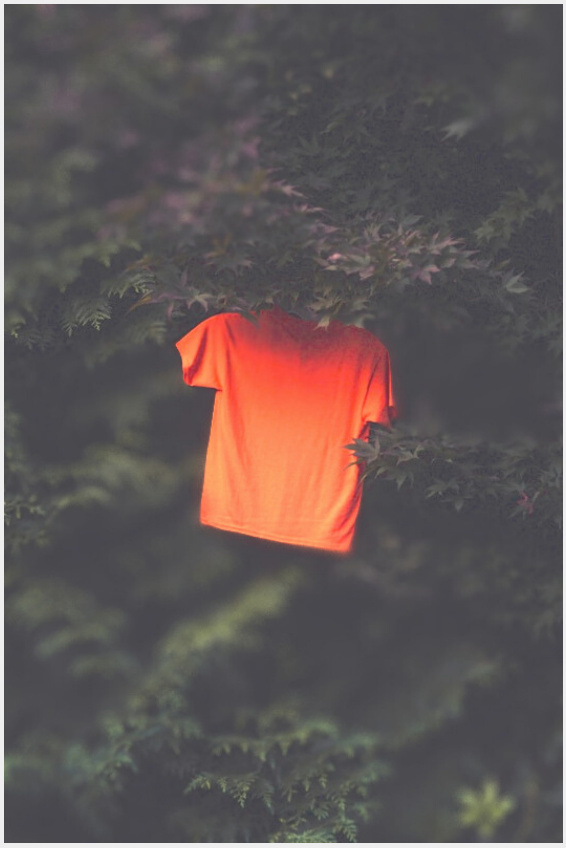
COD		HALIBUT	
1pc	$14.50	1pc	$17
2pc	$18.00	2pc	23.50

CAESAR SALAD WITH GARLIC TOAST
Small $8 Large $12.75

DRY GARLIC RIBS
Small $ 10.50 Large $17.95

POPCORN SHRIMP
Small $10.50 Large $18.50

Supports Available to Those Affected by Residential Schools or Indian Day Schools



Miłinkas - We are next to one another

Feelings of shock, anger, and deep sadness have filled our hearts and, as a community, we are grieving. This event is a trigger for Residential School Survivors who experienced the atrocities of Residential School, and it is traumatizing.

Support is available for anyone affected by the impact of residential schools and those who are triggered by the latest reports. The Indian Residential School Survivors Society can be contacted toll-free at 1-800-721-0066. A national Indian Residential School Crisis Line has been set up for emotional and crisis referral services by calling the 24-hour national crisis line: 1-866-925-4419.

SUPPORT AVAILABLE

Huu-ay-aht Cultural Support

Cory Howard Sr. at 250-728-3414

Mel Edwards at 250-735-7457

Other Support

First Nations Health Authority Counselors – please call Shannon at 778-419-1013 for contact info for counsellors in your area

Vancouver Island Crisis Line 1-888-494-3888 24 hours/day - call 250-800-3806 6pm – 10 pm - text

KUU-US Crisis Line Society - 24/7 at 1-800-588-8717

BC Crisis Line Suicide Prevention 1-800-784-2433 24 hours/day

BC Mental Health Support Line 310-6789

Quu'asa Services (Anacla)

Wednesdays David Zryd (Clinical Counselor) 250-724-3939 or 250-720-5999- on *Wednesdays* Arianna Clarke-Watts (Part-time Clinical Counselor) 250-724-3939 or 250-735-7730

Judy North (Crisis Response Clinical Counselor) 250-724-3939 or250-731-8283

Donna Lucas (Child and Youth Counselor) 250-724-3939 or 250-731-7671

Resolution Help Support Workers (RHSW) and Indian Day School Support Worker call

P: 250 724-3939 or Toll Free 1 888 624-393



INTERESTED IN ONLINE FAMILY CRAFT NIGHTS?

Huu-ay-aht cultural wellness team would like to know who is interested and what kind of crafts you would like to do

Please contact the Cultural wellness team to sign up and give your ideas

MELISSA EDWARDS
778-419-1013
MELISSA.E@HUUAYAHT.ORG

CORY HOWARD SR.
250-728-3414
CORY.J.H@HUUAYAHT.ORG





LET'S TALK MONEY

Want to know how to plan for the future?
Saving for something awesome?

- Tracking income
- Spending and bills
- Budgeting
- Setting a savings goal
- Prepare for tax filing



Tools and tips to help you meet your goals - for adults

Come join us and discuss how you can manage your money and future! Dates and times to be determined by participants

For more information or to register, please contact Betsy at 1-778-419-1013



February 2022
NTC Nurse's Schedule

Community Health Nurse
Marion Guiraud RN
250-731-5625
February 09,16, and 23, 2022

Laurie Sinclair
Home Care Nurse
February 9 and 23, 2022

Clinical Counsellor - *Dave Zryd*
Toll Free: 1-888-624-3939
P: 250-724-3939 or C: 250-720-5999
Fax: 250-724-3996
E:David.zryd@nuuchahnulth.org
Anacla: Wednesdays

Wellness Worker - *Howard Morris*
Toll Free: 1-888-624-3939
P: 250-724-3939 or C: 250-720-1622
Fax:250-724-3996
E: Howard.Morris@nuuchahnulth.org
Anacla: Wednesdays

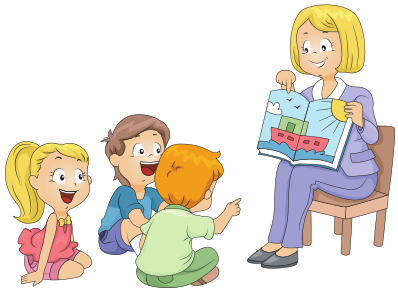


DEBBIE FRANK
EARLY YEARS OUTREACH WORKER

Training & Experience:
• Douala – providing support to expecting moms
• Aboriginal Infant Development
• Integrated strategies for home visitors
• Circle of Security
• Hanen Centre, You make the difference in helping your child learn
• Growing Great Kids conception to age five
• Ages and Stages Development
• Handwriting Without Tears – Kindergarten readiness

I have worked for the Nuu-chah-nulth Tribal Council for 15 years as an Early Years Worker promoting healthy development for pregnancy, infants and children to age 6 I also offer consultation support to childcare programs/schools and caregivers to meet children's individual needs up to age 18.

One-to-One *service offered for your family and community include:*
• Prenatal support to prepare for childbirth
• Infant and child developmental screening
• Growing Great Kids Child Development support from conception to age 5 years.
• Support to families whose children have developmental delays.
• Resources that are in the community.
• Kindergarten readiness
• Food skills for families/in-home cooking sessions



Group
Provide a summary of group activities you can offer:
• Eating-on-a-budget cooking classes
Communities Served

Port Alberni Child & Youth Services Office Monday - Friday
Huu-ay-aht: In Anacla every Thursday/biweekly and first and third Tuesday of the month

Contact Information
Debbie Frank 250-724-0202 debbie.frank@nuuchahnulth.org
Toll Free: 1-855-924-0202



INTRO TO FOREST HEALTH QUANTIFICATION USING RPAS MICRO-CREDENTIAL PROGRAM

STARTING MARCH 2022



Included: Tuition costs, DJI Mini 2 Drone, and living allowance. 12 Seats available to Huu-ay-aht citizens and Nuu-chah-nulth members. Participants should be 18+ and have English 12 or equivalent.

Introduction to RPAS Safety & Transport Canada Certification fundamentals of relevant sensors and flight planning Cloud-based multi-spectral Image Processing for forest stand health assessment Timber Volume Quantification using cloud-based image processing.

For more information or to sign up, please contact Brent Ronning at education@huuayaht.org or 250-723-0100.

The course is a combination of both online and field-based learning experience in the Alberni Valley.

Interested in learning about Food production & Processing? Tutition funding available to qualified applicatnts!

Prepare for a career in food processing and production with this tuition funded 11-week training program. **Tuition funding available to qualified applicants.** Once the training is complete participants will be ready to go work in Food Processing Plants, Supermarket Produce Departments, Delis, Restaurants, Cafes and Catering Companies.

The program includes a 2-week work experience placement and assistance with resumes and cover letters.

Topics Covered:

- Slicing & dicing knife skills
- Food processing equipment operation
- Value-added product development
- All required equipment will be provided
- Recipe Development
- Food Preparation
- Cleaning and Sanitation

For more information please contact
North Island College: Leanne Moore
Leanne.Moore@nic.bc.ca or 250-724-8705 or
Huu-ay-aht First Nation
Brent Ronning
education@huuayaht.org or 250-723-0100

BCIT