ANACLA NEWS

Volume 53

Receiving Anacla News

Would you like to receive Anacla News by email or pick up at Anacla office? Please tell us by filling out the online form (scan QR code) or call the Port Alberni Office at 250-723-0100 and ask for communications.



SAVE THE DATE

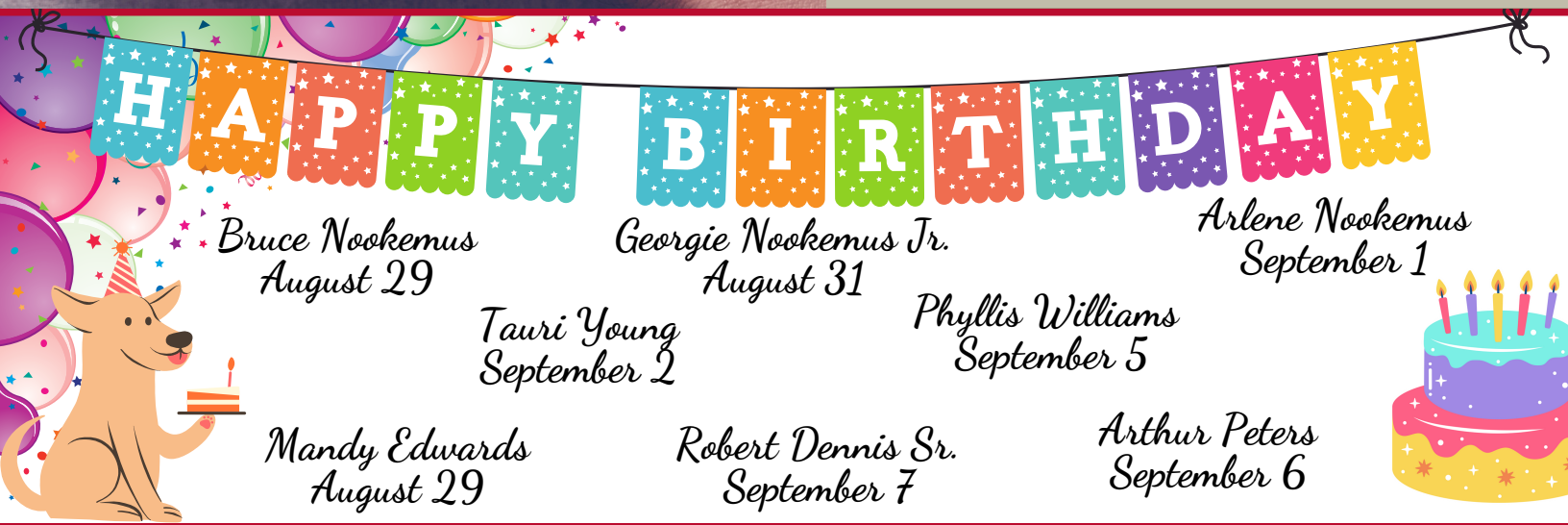
Thursday, August 31, 2023
11 a.m. - 1:30 p.m.

Port Alberni and Anacla Government Offices

JOIN US

For international Overdose Awareness Day to honour those we have lost. Come together to share a meal, stories, and participate in activities.

huu ay aht
ANCIENT SPIRIT, MODERN MIND



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2023 SPECIAL SPRING LEGISLATURE

FIRST SITTING - SEPTEMBER 11
SECOND AND THIRD SITTING - SEPTEMBER 15

WHERE: MA?AS SUQIN
(ANACLA GOVERNMENT OFFICE)
TIME: 10 A.M.

Huu-ay-aht First Nations Goods and Services Act Repeal Act, 2023

LIVE STREAM FOR ALL SITTINGS ARE AVAILABLE
WWW.VIDEO.HUUAYAHT.ORG

HUU-AY-AHT FISHERS

Sockeye fishing is closed for the remainder of the season due to continuous decline in escapement.

No sockeye retention by any Huu-ay-aht Citizens, other nations, or commercial fishers.

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For questions or concerns regarding the closure, please contact:

Amelia Vos
amelia.v@huuayaht.org
250-728-3414

WIFI ISSUES IN ANACLA?

When you have an issue with your Wifi and need a repair, fill out the form on our website.



Scan the QR Code or visit www.huuayaht.org/citizenforms

HIGHWAY 4 SCHEDULE PROVIDED BY THE GOVERNMENT OF B.C.

MONDAY - FRIDAY:

9 - 11:30 a.m. - CLOSED

11:30 a.m. - 1:30 p.m. - single lane alternating traffic, with a westbound release at 11:30 am, and eastbound release by 12:30 pm

1:30 - 5 p.m. - CLOSED

5 p.m. - 9 a.m. - single lane alternating traffic

WEEKENDS

There will be no closures on weekends

Check DriveBC before travelling through Highway 4!

ANACLA EVENTS

Reporting wrongdoings and criminal behaviours must be made to the RCMP. Huu-ay-aht receives a monthly incident report from the RCMP.

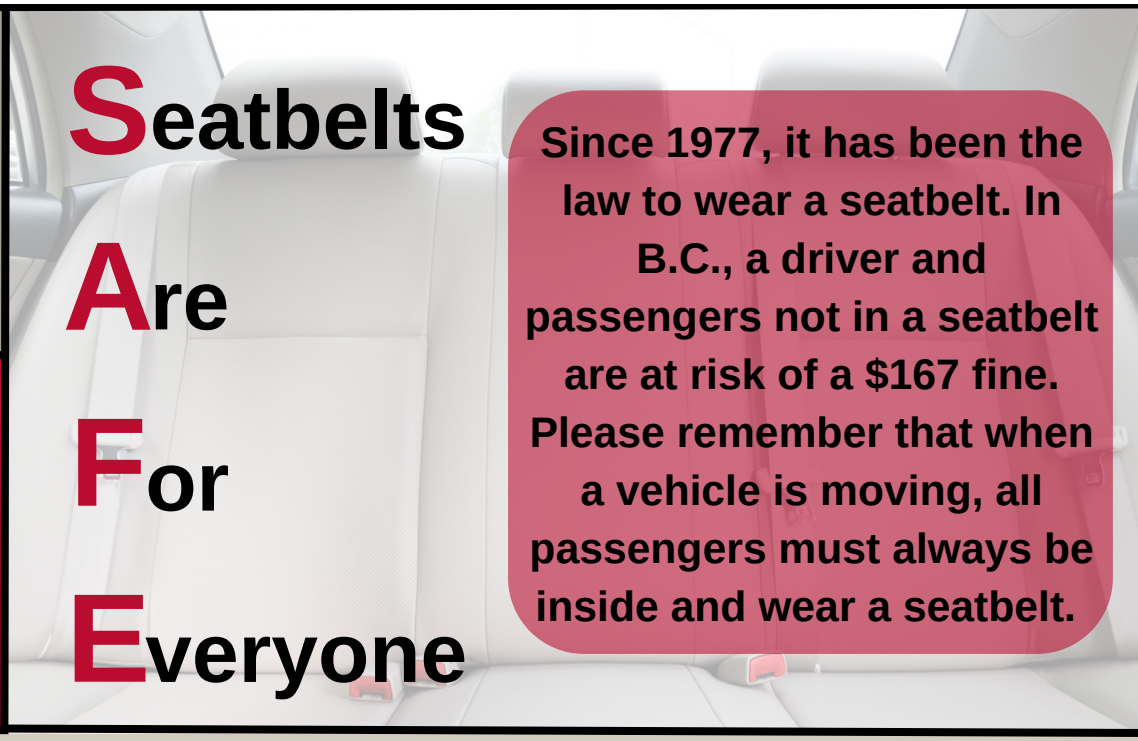
It is important that if you experience or witness a crime, to report it. It will show that more services are needing in our community.

Non-emergency Line: 250-723-2424
Emergencies: 9-1-1

Need to change your mailing address or contact information?

Please contact Jordan Young at 250-723-0100

FIRE BAN IS ACTIVE



Since 1977, it has been the law to wear a seatbelt. In B.C., a driver and passengers not in a seatbelt are at risk of a $167 fine. Please remember that when a vehicle is moving, all passengers must always be inside and wear a seatbelt.

Bamfield Road Update

August 24, 2023

Starting Monday, August 21, there will be single-lane alternating traffic between kilometres 68 to 76.6, with expected wait times of 15 minutes or more. A pilot truck will be there to guide drivers through the construction zones.
Please be mindful and observe all posted speed limits and obey all control personnel and signs. Alternating traffic is only expected to occur for three to four days, depending on the weather.

The detour between kilometres 49 to 63 will be lifted Friday, August 25. The chip seal is dusty with loose gravel. Sweeping will occur at the 36-76 KM mark.

Drivers must follow road signs and speed limits. If speed limits are not followed, it will damage the chip seal, your vehicle, or the vehicles around you.

Please drive responsibly for the safety of everyone including crews working on the road.



Oomiiqsu (Aboriginal Mother Centre)

Update: August 14 - 18, 2023

WORK COMPLETED:

- **Continued forming basement foundation walls.**
- **Continued forming main building footings and foundation walls.**
- **Started installing rebar in main building foundation walls.**

UPCOMING WORK:

- **Finish forming basement foundation walls.**
- **Pour concrete for basement foundation walls.**
- **Continue forming main building footings and foundation walls.**
- **Install mechanical and electrical sleeves and knock outs in main building foundation walls.**

New team member joins Child and Family Wellness



Petra Barnfield

Petra Barnfield is grateful and honoured to join the Child and Family Wellness Team. Barnfield has a degree in Psychology and Criminology from Simon Fraser University and Counselling Sciences from the Counselling Training Institute in Vancouver. After receiving her degree, she moved to and lived in Squamish for almost 20 years, where she raised her family. Port Alberni has always been home for Barnfield, where her roots still are, so she moved back 15 years ago and had her youngest daughter here.

Previously, Barnfield worked for Kuu-us Crisis Services, Port Alberni Shelter Society, and the Nuu-chah-nulth (NTC) Tribal Council's Health Department. Once her term ended with NTC, she had already made many wonderful connections in Anacla and wanted very much to maintain that. She already felt so connected and prayed she would earn a role that would continue to serve the Huu-ay-aht people.

On a personal note, Barnfield has four children (a son and three daughters). Three of them are grown, and one lives at home and is starting grade 9 in September. She also has two stepchildren who are both grown. Her husband is a roofer, and we have two little dogs and two cats.

When Barnfield is not at work, she enjoys family time, being out in nature, baking, crafts, and doing pyrography. She have been learning about foraging and have made teas and syrups from dandelions, stinging nettle, and burdock roots and jams from wild berries. She has also had the honour of participating in cedar harvesting. Barnfield is always approachable to anyone in need and willing to help.

Barnfield is looking forward to offering her skills and experience, and is excited and eager to learn more and give her best to the Nation's citizens.

SCHOOL STARTS TUESDAY SEPTEMBER 5

REMINDER

SAFETY FIRST



For the safety of all children, please remember when the school bus is stopped and has its stop signs out, traffic in **BOTH** directions must **STOP** and wait until the stop signs are pulled in and the bus is ready to move. ʎeekoo (Thank you)

ANACLA
FITNESS CENTRE



It has been a week since the Fitness Centre in Lower Anacla has been open. Are you interested in using this new facility? Please visit our website to start the process. This facility is available to all community members in Anacla and Bamfield areas. To learn and get started, visit www.huuayaht.org under Health and Services.

OSTROM'S GAS BAR & MARINE FUEL DOCK

Hours of Operation

MONDAY	8:00A.M. - 5:00P.M.
TUESDAY	8:00A.M. - 5:00P.M.
WEDNESDAY	8:00A.M. - 5:00P.M.
THURSDAY	8:00A.M. - 5:00P.M.
FRIDAY	8:00A.M. - 5:00P.M.
SATURDAY	8:00A.M. - 5:00P.M.
SUNDAY	8:00A.M. - 5:00P.M.

CLOSED FOR LUNCH DAILY 1-2P.M.

Bamfield Pub Hours

Tuesday to Saturday

Kitchen Open
3 - 8:30 P.M.

Pub Open
until 11 P.M.

Closed:
Sunday & Monday



The Market Hours

Monday	8A.M. – 8P.M.
Tuesday	8A.M. – 8P.M.
Wednesday	8A.M. – 8P.M.
Thursday	8A.M. – 9P.M.
Friday	8A.M. – 9P.M.
Saturday	8A.M. – 9P.M.
Sunday	8A.M – 8P.M.

CAFE HOURS

THURSDAY - MONDAY
11:30 A.M. - 7:00 PM

TUESDAY & WEDNESDAY
CLOSED



LIMITED SUPPLY OF INFANT FORMULA IN CANADA

Update, August 2023

www.canada.ca/infant-formula-shortage

Market disruptions caused by the closure of an important manufacturing facility in the United States for several months last year continue to affect the supply of infant formula in Canada.

- The supply of hypoallergenic formula reached critical levels in Summer 2022 and has since stabilized. For several months, hypoallergenic formula was only available through a pharmacist. These have now returned to shelves in retail stores and pharmacies.
- Supply constraints more recently affected regular infant formula. While the supply of liquid formulations has been relatively stable, some powders were often out of stock.

Hypoallergenic infant formula

- Extensively hydrolyzed formula and amino acid-based formula for babies with food allergies

Regular infant formula

- Non-hydrolyzed formula
- Partially hydrolyzed formula for babies with gastrointestinal discomfort

New regular infant formulas are starting to appear in retail stores and pharmacies across Canada.



These new products are imported from countries with high standards, like those in Canada, and they were reviewed by Health Canada. They are safe and provide all the nutrition infants need, even if they are new brands you haven't seen before.



What you can do

Do

- Consider different size packages or formats (powder, liquid concentrate, ready-to feed) of the infant formula brand you are currently using.
- Check the manufacturer's website for resources to locate a specific formula or contact their customer service.
- Try a different brand of formula if your usual product is unavailable. It is normal for infants to take time to adjust to a change in formula.
- Consult your healthcare provider if your infant requires a specialized formula.
- If you are combining bottle-feeding and breastfeeding maintain your breastmilk supply if you can.
- Start introducing homogenized cow's milk if your baby is between 9 and 12 months old.

Don’t

- Make homemade infant formula. It can put your infant's health at serious risk.
- Dilute or water down your infant formula to extend its use. This reduces the nutritional content of the formula, and your infant may not get the nutrition they need.
- Buy more infant formula than you need.
- Use infant formula from unknown sources, such as online third parties.
- Use breast milk obtained online or directly from other individuals.
- Substitute infant formula for other beverages.



Resources when changing formula

These strategies can help your baby adjust to a new formula:

- Start by replacing a small amount of your baby's bottle with the new formula, and gradually increase that amount at each feeding. Make sure to follow the instructions on the label for each formula to prepare and store them appropriately.
- It's normal for infants to take time adjusting to a new formula. They may become gassy or fussy but this should improve in a few days.



Learn more:

From the Canadian Paediatric Society:

- Caring for Kids
- Babies and gastroesophageal reflux disease

From Health Canada:

- Nutrition for healthy term infants: Recommendations from birth to 6 months
- Nutrition for healthy term infants: Recommendations from 6 to 24 months

For many families, the cost of infant formula is an important consideration when trying a new formula. In some cases, the cost per feed of a liquid concentrate can be comparable to a powder, whereas ready-to feed formula is generally more expensive.

This can help calculate the cost per feed:

- 1 can of 900 g powder = approx. 29 bottles of 237 mL (8 oz.)
- 1 can of 500 g powder = approx. 16 bottles of 237 mL (8 oz.)
- 1 box of 12 cans of 385 mL liquid concentrate = approx. 39 bottles of 237 mL (8 oz.)



What Heath Canada is doing

Health Canada is taking this situation very seriously and has been working diligently to minimize the impacts of the limited supply of infant formulas on Canadian families.

> Health Canada is working closely with manufacturers to increase the availability of formulas normally found on the Canadian market and to identify alternative products that can be imported from other countries.

Products eligible for temporary importation are listed under Health Canada's interim policy.

They include formula sold in retail stores and pharmacies (hypoallergenic and regular formula) as well as products reserved for medical use (hospital nutrition products and products for patients with a hereditary metabolic condition).

These products are:

- Imported from countries that that have quality and manufacturing standards comparable to Canada
- Nutritionally adequate and safe

> Health Canada plays an important convener role to facilitate information sharing and promote a collaborative approach.

- Industry (manufacturers, distributers, retailers)
  - Monitoring of supply
  - Facilitating access to products imported under the interim policy
- Provinces and Territories
  - Fair and equitable distribution
  - Rapid identification of emerging issues
- Health Care Community
  - Information packages to help answer questions from concerned parents and support treatment decisions
  - Complementary messaging for families

Social Assistance
2023 Payment Schedule

- June 21, 2023 (for July 2023)
- July 19, 2023 (for August 2023)
- August 23, 2023 (for September 2023)
- September 20, 2023 (for October 2023)
- October 25, 2023 (for November 2023)
- November 22, 2023 (for December 2023)
- December 20, 2023 (for January 2024)

All applications and renewals with current utility bills need to be handed in the Wednesday before cheque issue/direct deposit date to avoid payment delays.



Patient Travel Reminder



Do you have a medical appointment coming up?

Due to Highway 4 delays, please submit your patient travel request as soon as possible, to ensure we can accommodate your request. Please contact Kimberly Nookemus for questions or requests.

Please contact medical travel with:

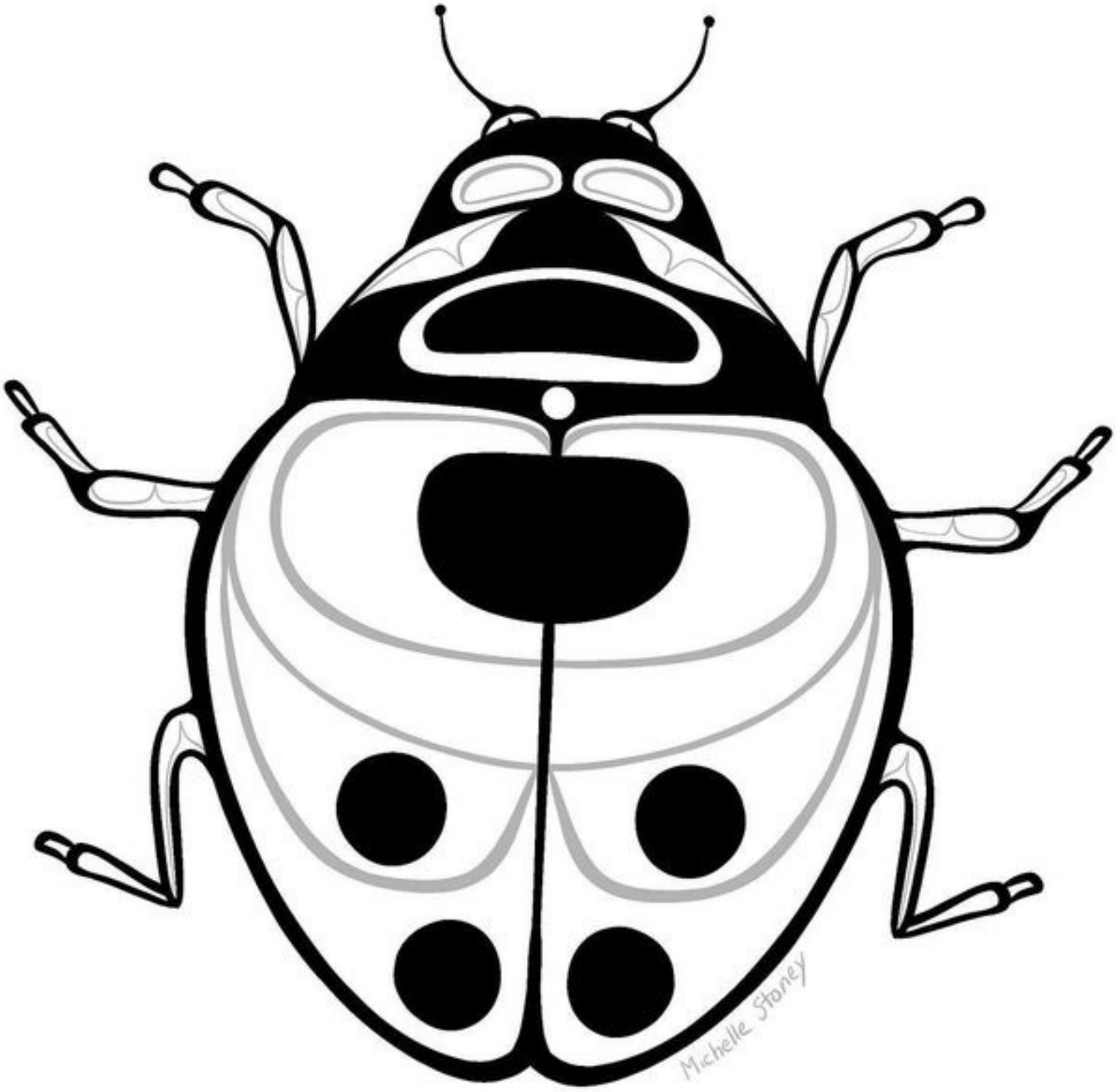
- ☑ Date
- ☑ Time
- ☑ Doctor's name
- ☑ Travel plans

Gentle reminders to also :

- ☑ Send in confirmation of appointment
- ☑ Confirm travel plans are in place prior to appointment with medical dept.
- ☑ Send in confirmation of attendance once visit is done

Please contact Kimberly Nookemus at
1-888-644-4555 or kimberly.n@huuayaht.org

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Michelle Storey