ANACLA NEWS

Volume 86 | December 13, 2024

WE WILL BE

CLOSED

For the holidays!

CLOSED

Monday, December 23, 2024 - Friday, January 3, 2025

REOPENING

Monday, January 6, 2025

huu ay aht

ANCIENT SPIRIT, MODERN MIND

HAPPY BIRTHDAY

*Based on Anacla Citizen data base list

Leira Young
December 17

Azalea Pirie
December 20

Greyson Nookemus
December 20

Cory Howard Jr.
December 27

Orion Johnson
December 30

Josephine Janson
January 1

Richard Nookemus
January 7

Vince Howard
January 7

Louella Dennis
January 8

Offices Closed

Friday, December 13, 2024





Anacla Government Office: 1 p.m.

Port Alberni Government Office: 2:30 p.m.

We will reopen Monday, December 16, 2024, at 8:30 A.M.

OFFICES CLOSED

The Anacla and Port Alberni Government Offices will be closed **Friday, December 20, 2024, at 1 p.m.** and will reopen **Monday, January 6, 2025.**

EMERGENCY CONTACT FOR HOLIDAY HOURS

Child and Family Wellness

Phone: 250 - 731 - 6999

24-hour child protection matters and intimate partner violence only. Please leave a message; a staff member will call you back as soon as possible.

Community Services

Name: Coral Johnson

Phone: 250 - 735 - 3755

For medical & counselling support emergencies

Housing

Name: Aaron Enns

Phone: 250 - 731 - 5001

HFN Social housing emergencies or issues.

Lands and Natural Resources

Name: Rita Johnson

Phone: 250 - 735 - 2549

Karen Haugen

Phone: 250 - 735 - 3097

For all urgent administration items.

ʔumʔiiqsu Centre

Shannon Zimmerman

Phone: 250 - 720 - 5797

Infrastructure

Name: Kaal Haugen

Phone: 250 - 735 - 7837

Name: Duane Nookemus Jr

Phone: 250 - 720 - 5412



FAMILY FUN BINGO

Join us for an exciting night of Bingo with friends and family.

WEDNESDAY, DECEMBER 18

House of Huu-ay-aht

6:30 p.m.

Questions? Contact Kimberly at kimberly.n@huuayaht.org or 250-728-3414

WREATH Making

Monday, December 16

House of Huu-ay-aht

6:30 p.m.

Questions? Contact Kimberly at kimberly.n@huuayaht.org or 250-728-3414

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ANCIENT SPIRIT, MODERN MIND

Huu-ay-aht Schedule

December 2024

Sun., Dec. 15	Holiday Dinner by ḥaw̓iiḥ	4 - 7 P.M.	The Italian Hall (4065 6th Ave, Port Alberni)
Mon., Dec. 16	Men's Group with Cory Howard Sr.	5 - 7 P.M.	Soaring Eagle
Wed., Dec. 18	Wellness Drop-in	10:30 A.M. - 12 P.M.	Port Alberni Government Office
Mon., Dec. 23 - Fri., Jan. 3	All Huu-ay-aht Offices are Closed for Winter Break	8:30 A.M. - 4 P.M.	Huu-ay-aht Government Offices

NTC Health Department in Anacla



Thursday

December 12

- Early Years Outreach Worker, Debbie N
- Cultural Support, Lee
- Child & Youth Mental Health Counsellor, Leah

Wednesday

December 18

- Clinical Nurse Leader, Marion
- Community Health Nurse, Sam
- Quuʔasa, Irene R & Ann

Thursday

December 19

- Child & Youth Mental Health Counsellor, Leah

Monday

December 23 - January 6

NTC is closed for the holidays.
Reopens on Monday, January 6

Contact

If you have any questions regarding a service, please contact Kimberly Nookemus at 250-728-3414 or kimberly.n@huuayaht.org or Kristen Young at 250-728-3414 or kristen.y@huuayaht.org

Happy Holidays from Huu-ay-aht Leadership & Administration!

As we reflect on the year gone by, we are filled with gratitude for the strength, resilience, and spirit of the Huu-ay-aht Citizens. It has been a year of growth, learning, and unity, and we are proud to be part of such a vibrant and caring Nation.

This holiday season, we wish you peace, happiness, and the warmth of family and friends. May the coming year bring new opportunities, prosperity, and a bright future as we continue to walk together on our path forward.

Thank you for your ongoing support and dedication to our shared vision. Together, we will continue to build a brighter future for all.

Wishing you and your loved ones a joyous and restful holiday season and a prosperous New Year!

With warm regards,
Huu-ay-aht Executive Council, Ḥaw̓iiḥ Council, and Government Staff

With the winter months and holidays arriving quickly, I wanted to blast out a few winter driving reminders

General Reminders:

1. **Please refrain from drinking and driving.** It may be tempting to have a drink while visiting with family and friends, but these drinks add up quicker than you expect, and you could be considered impaired before you even know it. It is best to take driving out of the equation if you plan to have a drink or more.
2. **Make sure your vehicle is winter ready**. Have you gotten a recent check-up? Before the holidays is the best time to ensure your vehicle is ready for any holiday travelling. Do you have some emergency supplies in your vehicle? Besides a spare tire, it can also be beneficial to have extra winter clothes, blankets, and snacks ready to go in case of an emergency. Many stores have kits that can be bought with these supplies in them. The one I have came with booster cables too, which is always nice to have on hand.
3. **Walk around your vehicle**. This is often a policy in the workplace, but it can be a great idea to do at home too. Start your vehicle, turn on your hazard lights, and physically walk around your vehicle. Look to make sure all your lights are on and working, look for any leaks coming from your vehicle, look to visually see that all four tires are inflated. Physically test your lug nuts by attempting to twist them off by hand. If you have a passenger, they can check to make sure your brake lights are working properly, or you can reverse close to a wall and see that they are reflecting off it while braking.
4. **Check your fluids!** Simple breakdowns can be avoided or identified simply by knowing your fluid levels. It is a good idea to check these levels on a regular basis, or before going on an extended drive (from Port to Anacla!) Oil, coolant, brake fluid and window washer fluid can all be checked within 5 minutes before you depart and could save you hours of waiting for a tow truck.
5. **Check the Conditions**. Before you go, make sure you check weather forecasts for where you are leaving and for where you will be arriving. Can you expect any bad weather on the way there? Will it be dark at some point while you are driving? Is the weather nice now but should I expect a change? Remember that there aren't many things that are more important than arriving safely to your destination, including arriving late or rescheduling.

Travelling on Resource Roads

Here's a list of five things you can do to make sure you return safely from venturing beyond the land of the marked highways.

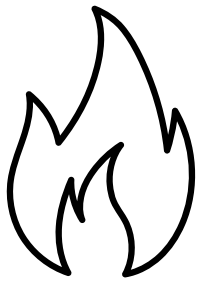
1. **Gear up!:** We often use resource roads to escape civilization for a time. Naturally, this means travelling beyond proximity of hospitals, gas stations, restaurants and cell coverage. It's up to you to be prepared – and that means gearing up with supplies and emergency items outlined in the guide.
2. **Road rules still apply:** We may be seeking a respite from civilization, but that doesn't mean we should become uncivilized. Behave the same way you would on a highway – drive to road conditions at safe speeds, stop only in safe, visible locations, and keep your headlights and taillights on. These are just a few road rules to keep in mind. Read the guide for more.
3. **Watch for wildlife:** Hey, you're in the wild after all. Wildlife can pop out unexpectedly and sometimes act unpredictably. Just ask the police officer who tried to move a moose at a Prince George intersection.
4. **Monitor traffic, if possible:** Resource roads can be narrow, potholed and rough, and overgrown roadside brush can limit visibility. Industrial drivers use two-way radios on specific channels to announce their approach and let others know to clear the way. If you have a two-way radio, it's a good idea to tune in to the specific frequency, which is sometimes posted roadside.
5. **Yield to industrial traffic:** These large vehicles have a job to do, and they can't maneuver as swiftly as passenger vehicles. Give them some space.

Early mornings and Late Nights

With less daylight hours right now, I would also like to pass along some tips for driving at dawn or dusk.

1. **Watch for shaded areas** – The temperature in a shaded area could be significantly less than patches of roadway in direct or indirect sunlight. This is where ice will form and the potential for icy driving conditions can occur, regardless of if it has rained or snowed.
2. **Bridges** – Bridges lack the ability to hold heat like a road does. There is no road material under a bridge to help insulate it. This means that bridges form ice much quicker than roadways. You will notice if you drive the Malahat there is a "Slippery Bridge" or similar signage at nearly every bridge along the highway. Similar effects occur even on our little bridges between Port Alberni and Anacla, especially the little steel ones.

3. **Moisture makes Ice** – Like I stated above, we do not need rain or snow to form ice on the roadways. We live on the West coast and should all be familiar with how moist it can be. Cooler temperatures and moisture are the right recipe for ice patches to form, especially at dawn and dusk where there is not much sunlight to fight back.
4. **Temperatures decrease at higher elevations** – This can be tricky to determine, but we can expect in general that as we leave the coast and increase the elevation that we are driving at, the temperature will lower. This could mean a couple things. It could mean that it is raining in Anacla but snowing on the way to Port Alberni. This could also mean rain in Anacla and freezing rain on the way to port.
5. If you have had drinks the previous night and are feeling hungover, tired, or sick, you are likely still impaired and should reconsider driving.



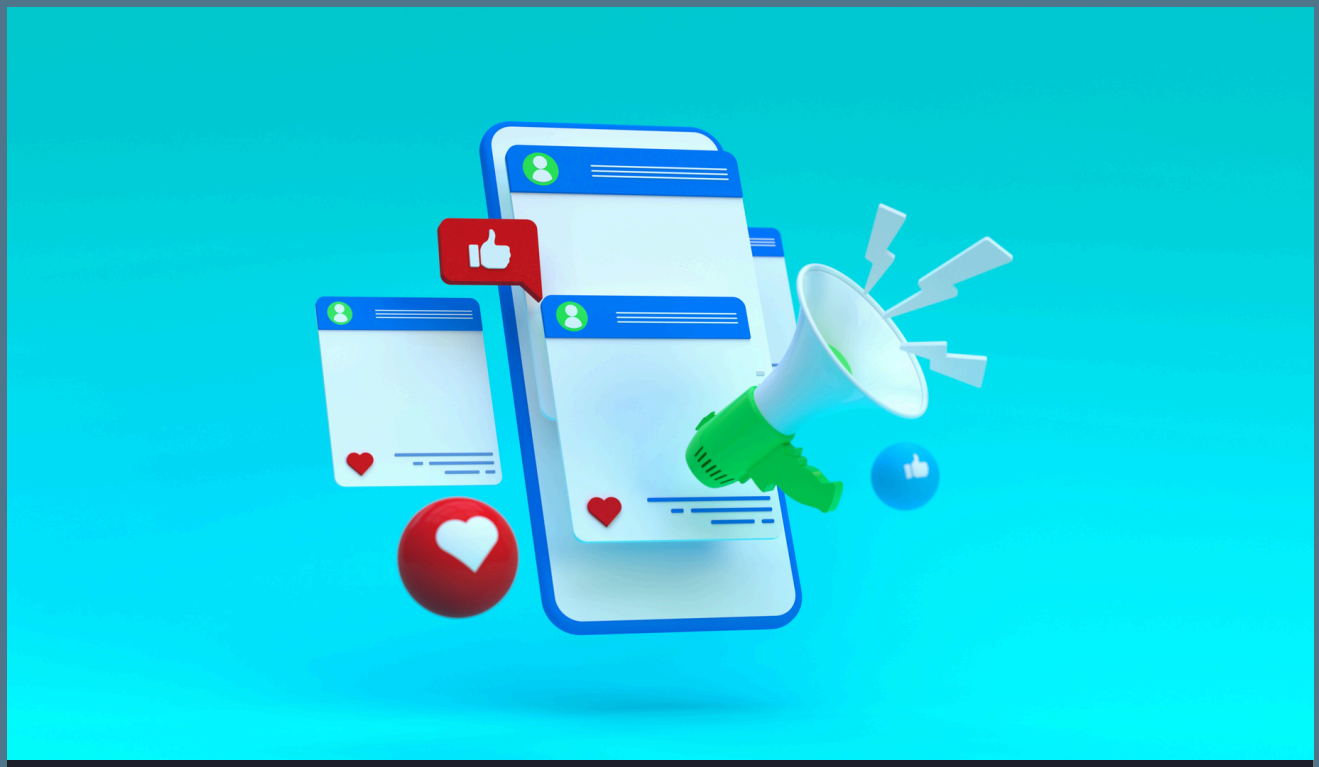
IMPORTANT NOTICE
Tree falling and slash burning to occur

We are expecting to begin site clearing for the Cultural Center before the end of the month. This first phase is the preparation for the building and will have tree falling, and slash burning along with road building. The site will be located between Anacla and Bamfield on HFN Treaty Settlement Lands beside the community forest. The entrance for the site will have advanced warning for vehicle and pedestrian traffic as outlined by Ministry of Transportation and Infrastructure.

This phase could last until mid to late January 2025 depending on the site. HFN expects to do as minimal burning as possible and will follow the Burn Index guidelines provided by the Province .

The project itself will have an expected completion date of March 2026.

If you have questions or concerns please contact projectmanager@huuayaht.org or call 1-250-735-7837.



Huu-ay-aht First Nations has a Citizen and Employee Social Media Policy. View the document below or on our website.

www.huuayaht.org

Visit our Legislation page, under "Policies and Directives."

CITIZEN SOCIAL MEDIA POLICY

Contents

1 Purpose
2 Citizen social media responsibilities
3 Breaches of this policy
4 Public complaints
5 Policy review
References

Purpose

1 (1) The purpose of this policy is to establish guidelines for citizens engaging in online activities within Huu-ay-aht First Nations.

(2) This policy aims to promote positive communication, protect individual rights, and maintain a respectful and inclusive online environment, that aligns with Huu-ay-aht First Nations' three sacred principles.

Citizen social media responsibilities

2 (1) Citizens using social media to interact with Huu-ay-aht First Nations pages and groups are expected to uphold the three sacred principles *ʔiisaak* (Greater Respect), *ʔuuʔałuk* (Taking care of...), and *Hišuk ma c̓a̓wak* (Everything is one) and to act in accordance with the Huu-ay-aht citizen declaration, under which they have committed to:

(a) uphold and respect the Constitution and Huu-ay-aht laws,

(b) fulfill my personal obligations with respect to the care and guidance of Huu-ay-aht children and families,

(c) adhere to the teachings related to ii-saak (respect),

(d) promote a healthy and vibrant community for all Huu-ay-aht citizens, and

(e) fulfill all my duties and responsibilities as a Huu-ay-aht citizen.

(2) Citizens are expected to follow best practices and demonstrate appropriate etiquette when using social media to communicate with Huu-ay-aht First Nations employees or members of government or on the Huu-ay-aht First Nations Government social media channels, such as the private Huu-ay-aht Facebook group, commenting on Huu-ay-aht First Nations' posts, and tagging Huu-ay-aht First Nations. This includes:

(a) Being respectful to all.

(b) Never resorting to name-calling, slander, discrimination, or hate speech.

(c) Not disclosing confidential information about themselves or others.

(d) No harassment or using a harassing tone

(e) No Racism (towards other Huu-ay-aht Citizens, Huu-ay-aht employees or members of the Huu-ay-aht Government)

Breaches of this policy

3 (1) Citizens must follow this policy in their posting on all Huu-ay-aht social media pages or groups without exception.

(2) All breaches of this policy will be reviewed by Huu-ay-aht First Nations and will result in appropriate steps being taken, which may include: a warning, suspension, or expulsion from Huu-ay-aht social pages and groups.

Public complaints

4 A citizen who has a complaint about the actions of the Huu-ay-aht government, the Huu-ay-aht administration or a Huu-ay-aht public officer should bring that complaint forward in writing to the Executive Direction or, if the complaint is about the Executive Director, to the Chief Councillor so that the complaint may be addressed in accordance with the Public Complaints Policy.

Policy review

5 This policy will be reviewed by May 31, 2026 and at least every five years thereafter.

References

The following legislation is relevant to this policy:

- Citizenship and Treaty Enrolment Act, 2/2011
- *Code of Conduct and Conflict of Interest Act*, HFNA 4/2011
- Public Complaints Policy

Opening Soon!

The ʔumʔiiqsu Centre will be opening on January 1/25 and we are now accepting applications. Please visit https://huuayaht.org/oomiiqsucentre/ to fill out an online application or to print and submit. Alternatively, please contact Chelsie Jacob, Manager of ʔumʔiiqsu Centre at oomiiqsumanager@huuayaht.org or Shannon Zimmerman, Director of umʔiiqsu Centre, Shannon Zimmerman at shannon.z@huuayaht.org.

Please Note: Monday, December 2 – Friday, December 13, we will be doing staff training and onboarding to ensure the provision of high-quality services that are delivered in a culturally sensitive, trauma-informed manner. Please email Chelsie or Shannon and we will respond within 24 hours.

On Monday, December 16, we will be returning to the office; our receptionist Tiana will be happy to direct your calls.

About the ʔumʔiiqsu Centre:

In the 2017 Huu-ay-aht First Nations Social Services Project Report, "Safe, Healthy, and Connected: Bringing Huu-ay-aht Children Home," Recommendation 26 highlights the establishment of a Mother Centre, modelled after the Vancouver Aboriginal Mother Centre.

Centered around the Sacred Principles the ʔumʔiiqsu Centre is a unique and culturally centered program designed to keep families together, protect mothers and children from gender-based and intimate partner violence, and to prevent Huu-ay-aht and other Nuu-chah-nulth children and youth, from going into foster care, and to ultimately strengthen families.

About the ʔumʔiiqsu Child Care Centre:

The Child Care Centre will be an integral part of services offered at ʔumʔiiqsu Centre, providing quality early childhood education, as well as opportunities to strengthen parent-child relationships and parenting skills. We will have room for 8 children ages newborn – 3 and 16 children ages 3 -5 years. Our childcare philosophy is rooted in respect, care, and inter-connectedness. We strive to create a nurturing environment where families can thrive together, guided by the Indigenous principles of wisdom and reconciliation to ensure our children will grow up safe, healthy and connected.

ʔumʔiiqsu Child Care Centre acknowledges it is an Aboriginal Head Start Program supported by funding from the Aboriginal Head Start Association of British Columbie (ahsabc.com)

Some Affordable and Thoughtful Gift Ideas for Christmas

By: Petra Barnfield (CFW)

Christmas is a beautiful time of year, filled with festivities, joy and making memories. For many, however, it is also a very stressful time with the pressures of managing finances and giving gifts. Budgeting is tricky for many all year round, but Christmas can make it even harder to experience the joy because of this. With some creativity and imagination, there are many great ideas that we can make or buy for very little to create some amazing gifts for our family, friends and loved ones. The best gifts don't cost a lot of money. The best gifts are the ones from the heart that give us love and time.

The old saying, "It's the thought that counts," still holds true today. Don't go into debt for Christmas; be kind to yourself and consider some of the following ideas! Personalized cards. Tell them what makes them special and what you love about them.

- Home made jams/jellies
- Home made cookies/fudge/bars
- Special photo(s) in a frame
- Pre-measured jars/canisters with ingredients and recipe
- Homemade candles/bath bombs
- Homemade soaps/lotions/salves
- Vouchers" (homemade gift cards) for different things you can do for them, e.g. one night of babysitting, car wash, manicure, pedicure, massage, house cleaning, dog walking etc.
- Hand made items (knit, crochet, sew etc.)
- Hand made art (painting, drawing, sculpting)
- Favourite book with special bookmarker
- Plants (propagate one that you already have)
- Coffee/lunch/dinner date
- Hamper of special interest items (ie. Art supplies for kids, movie night basket etc.)
- Play an instrument or dance/sing for your loved ones. Entertain them with a "concert"!
- Dollar stores are great for toys and games for kids on a budget.

The possibilities are endless... Use your imagination and above all have fun!

MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Holiday

DINNER GATHERING

HOSTED BY ḤAẆIIḤ

UGLY SWEATER THEME



Sunday, December 15, 2024
The Italian Hall
(4065 6th Ave, Port Alberni)
Doors open at 4 p.m.
4:45 p.m. Opening Ceremony
5 p.m. Dinner
6 p.m. Special Guest
End the evening with Culture Night

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HUU-AY-AHT FIRST NATIONS

Patient Travel

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Due to some changes in the eligibility for accessing Medical Patient Travel
We will require the following documentation upon a Patient Travel request.

For regular appointments to the nearest provider (3-5 days to process)

Check list:

- Confirmation of appointment
- Confirmation of travel arrangements
- Confirmation of attendance, once visit is complete

Transportation

- Standard mode of transportation is by private vehicle and mileage rates
- Francis Barclay is not an approved mode of transportation, if it is the only way to and from Medical appointments, will then need to do as a Benefit Exception to FNHA for approval (5-7 days to process)
- Taxi Service will need to be submitted as a Benefit Exception to FNHA for approval (5-7 days to process)

For Specialists or Service Providers outside of the nearest provider (5-7 days to process)

Check list

- Confirmation of appointment
- Referral to the Specialist from your General Practitioner, Dentist or Optometrist
- If not nearest provider please note that we will be submitting to FNHA for approval though the Benefit Exception process (5-7 day process)
- Confirmation of travel arrangements
- Confirmation of attendance , once visit is complete.

Dental

- Dentist appointments are considered a day trip, please book appointments to allow time to get to and from in one day.
- If referred to a Oral Specialist you will need to send appointment confirmation and referral so we can do a Benefit Exception to FNHA for approval

Please contact Kimberly Nookemus, kimberly.n@huuayaht.org, or anyone from the Health team, 250-728-3414, to ensure all information is given correctly and plans are in place.

Patient Travel Requests

The office will be closed: Monday, December 23 - Friday, January 3.

To ensure a timely process, all patient travel requests must be submitted to Kimberly Nookemus no later than Monday, December 16.

Patient Travel & Direct Deposit

Did you know Patient Travel funds can be sent through EFT (Electronic Funds Transfer)?

If you're interested in using this service, please provide your Direct Deposit form from your bank to Finance. If your Direct Deposit form is already on file for another purpose, please inform the Finance Department, 250-723-0100, that you would like it to be used for this service as well.

For all other Patient Travel inquires, please contact Kimberly at kimberly.n@huuayaht.org or 250-728-3414

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Abigail Andiel

Hello everyone! My name is Abi, and I'm excited to join Huu-ay-aht First Nations as a Natural Resource Technician. I hold a degree in Marine Biology from the University of Victoria and have experience in marine science education, outreach, fieldwork, and as a sea kayak guide. I've been living on Huu-ay-aht territory for the past year, and it's been nothing short of incredible.

I look forward to working with the Natural Resource Team on various salmon projects and during the herring spawn while exploring the beautiful Huu-ay-aht territory. In my spare time, you can find me hiking, surfing, kayaking, or knitting a pair of socks. Can't wait to dive in and contribute to the work being done!

Income Assistance Notice

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.
•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.People who are terminated from their job because they did not comply with reasonable job requirements (for example, by not showing up for work).
c.People 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.A person who receives an unforeseen fortune or substantial monetary gain.
e.People 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).

2024 payment schedule

~~January 17, 2024 (for February 2024)~~
~~February 14, 2024 (for March 2024)~~
~~March 20, 2024 (for April 2024)~~
~~April 17, 2024 (for May 2024)~~
~~May 15, 2024 (for June 2024)~~
~~June 19, 2024 (for July 2024)~~
~~July 17, 2024 (for August 2024)~~
~~August 21, 2024 (for September 2024)~~
~~September 18, 2024 (for October 2024)~~
~~October 23, 2024 (for November 2024)~~
~~November 20, 2024 (for December 2024)~~
December 18, 2024 (for January 2025)

HUU-AY-AHT CULTURE NIGHTS

PORT ALBERNI
3747 CHURCH ST.
2:30 - 5 P.M.

Sunday, January 12

Sunday, January 26

ANACLA
HOUSE OF HUU-AY-AHT
2:30 - 5 P.M.

Sunday, January 19

There is transportation available for Anacla and Port Alberni residents, to and from Anacla and Port Alberni. Seats are limited. Priority will go to elders, singers, and dancers. Please contact Mel no later then Thursdays at 250-723-0100 or mel.e@huuayaht.org to secure your seat.

We want to share important information we've received from Indigenous Services Canada regarding potential compensation for food losses during the recent power outage.



If your household experienced a power outage lasting:

- **More than 4 hours**, you may be eligible for a "fridge food" replacement fund
- **More than 24 hours**, you may also qualify for a "freezer food" replacement fund in addition to the fridge fund.

If you lost food due to the power outage and need assistance with replenishing the losses, please connect with Kristen at kristen.y@huuayaht.org or 250-728-3414

ANACLA COMMUNITY KITCHEN

Please join us to gain experience in meal planning, cooking, and sharing.

THURSDAYS, JANUARY 9, 16, 23, & 30

&

MONDAY, FEBRUARY 3

4 - 6 P.M. AT THE HOUSE OF HUU-AY-AHT

To sign-up, please contact:

Kristen Young
kristen.y@huuayaht.org
250-728-3414

Online Seminars Hosted by Kerri Isham

These online seminars are being offered to support parents in discussing sensitive topics of sexuality with their children. Child and Family Wellness are organizing these dates. To register or for more information, please contact Christine Pearson at christine.p@huuayaht.org or 250-723-0100

6 must have conversations with your (pre) teen

Tuesday, January 21, 2025
12 - 3 p.m.
Online
RSVP by Friday, January 17, at 4 p.m.

Healing and Resiliency

Thursday, February 13, 2025
12 - 3 p.m.
Online
RSVP by Monday, February 10, at 4 p.m.

BABY PHOTO

CELEBRATION EVENT

CELEBRATING NUU-CHAH-NULTH BABIES

(6-9 MONTHS OLD IN MARCH 2025)

It has been 25 years since banners celebrating Nuu-Chah-Nulth babies were mounted on the walls of Vancouver Island maternity wards and care facilities. Now, it is time for a new generation of treasures to be featured on our walls. 15 babies representing Nuu-Chah-Nulth territories will be chosen for this photo.



THEN



NEW

INTERESTED?

The babies' families will receive a paid honorarium for participation in the photograph event. Each baby will be gifted traditional cedar headpieces and shawls for the photograph, and to take home.

The event will be honored with celebration, prayer, music and food.

CONTACT:

Molly Lucas :
molly.lucas@fnha.ca
250-268-7541

Please respond by February 1st, 2025

QAANUM (NUU-CHAH-NULTH LANGUAGE)

All newborns are treasures and the sum of all their ancestors.

Rural Coordination Centre OF BRITISH COLUMBIA

NUU-CHAH-NULTH TRIBAL COUNCIL

island health


To:
From:
@MSTONEYART