ANACLA NEWS

Volume 88 | January 31, 2025



Huu-ay-aht Citizens, please be advised that Huu-ay-aht Offices and Paawats Daycares closure for Monday, February 3 and Tuesday, February 4, have been cancelled.

All Offices and Paawats Daycares will be open as usual next week.



*Based on Anacla Citizen data base list

Anne Robinson
January 27

Lyle Dennis
January 30

Joan Dennis
February 3

Darlene Nookemus
February 2

Helena Howard
February 4

Clifford Nookemus
February 4

Duane Nookemis
February 6

Trevor Dick
February 10

Nora Peters
February 13



Huu-ay-aht Schedule

February 2025

Thursdays	Anacla Free Shuttle Rides	10:30 A.M. - 1 P.M.	Anacla
Sun., Feb. 2	Anacla Culture Night	2:30 - 5:00 P.M.	House of Huu-ay-aht
Mon., Feb. 3	Port Alberni Walk and Talk	10 A.M.	Kitsuksis Dyke Loop Trail - Meet at Soldas
Mon., Feb 3	Culture Night	7 - 9 P.M.	3747 Church St.
Wed., Feb 5 - Fri., Feb. 7	Dentist & Audiologist in Anacla	Appointment Required	Anacla
Sun., Feb. 9	Port Alberni Culture	2:30 - 5 P.M.	3747 Church St.
Mon., Feb 10	Port Alberni Culture	7 - 9 P.M.	3747 Church St.
Mon., Feb. 10	Port Alberni Walk and Talk	10 A.M.	Kitsuksis Dyke Loop Trail - Meet at Soldas
Tues., Feb. 11	Morning Beading	11 A.M. - 1:00 P.M.	Anacla Government Office
Wed., Feb. 12	Elders Tea & Chumas	11 A.M. - 1 P.M.	Soaring Eagle
Thurs., Feb. 13	Online Seminars Hosted by Kerri Isham	12 - 3 P.M.	Zoom, Registration needed
Mon., Feb, 17	All Offices Closed: Statutory Holiday	8:30 - 4 P.M.	All Government Offices
Mon., Feb, 17	Port Alberni Walk and Talk	10 A.M.	Kitsuksis Dyke Loop Trail - Meet at Soldas
Wed., Feb. 26	Anacla Walk and Talk	11 A.M.	Meet at Private Site Gazebo

NTC Health Department in Anacla

FEBRUARY

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ANCIENT SPIRIT, MODERN MIND

Monday

February 3, 10, & 24

- Early Years Outreach Worker, Pam & Tamiko

Wednesday

February 5

- Quu?asa
- Nurse Navigator, Linda
- Clinical Nurse Leader, Marion
- Homecare, Claudette

Thursday

February 6

- Quu?asa
- Child & Youth Mental Health Counsellor, Leah

Wednesday

February 12

- Clinical Nurse Leader, Marion
- Quu?asa

Thursday

February 13 & 27

- Quu?asa
- Early Years Outreach Worker, Tanya & Desiree
- Child & Youth Mental Health Counsellor, Leah

Thursday

February 19

- Homecare, Claudette
- Harm Reduction, Kaytlen

Thursday

February 20

- Dietician, Jen
- Quu?asa

Wednesday

February 26

- Clinical Nurse Leader, Marion
- Quu?asa
- Nurse Navigator, Linda

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

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ANCIENT SPIRIT, MODERN MIND

Nisga's Hoobiyee

February 28 & March 1 2025

Calling all Huu-ay-aht Dancers and Singers Ages 14 and older

Huu-ay-aht is funding 30 Huu-ay-aht Citizens to participate in singing and dancing at Hoobiyee 2025.

A sign-up sheet will be available at cultural night practices for individuals 14 years and older to register. If you are under 14, you must have a guardian participate with you for dancing or drumming. This is the only way to register. Attending practices is mandatory in order to secure a spot.



To prepare for this event, Huu-ay-aht will hold cultural practices Sunday & Mondays in Port Alberni:

Port Alberni
Alberni Valley United Church

Sunday, February 2 & 9
3 - 5 P.M.

Monday, February 3 & 10
7 - 9 P.M.

CONTACT CORY HOWARD SR. FOR QUESTIONS

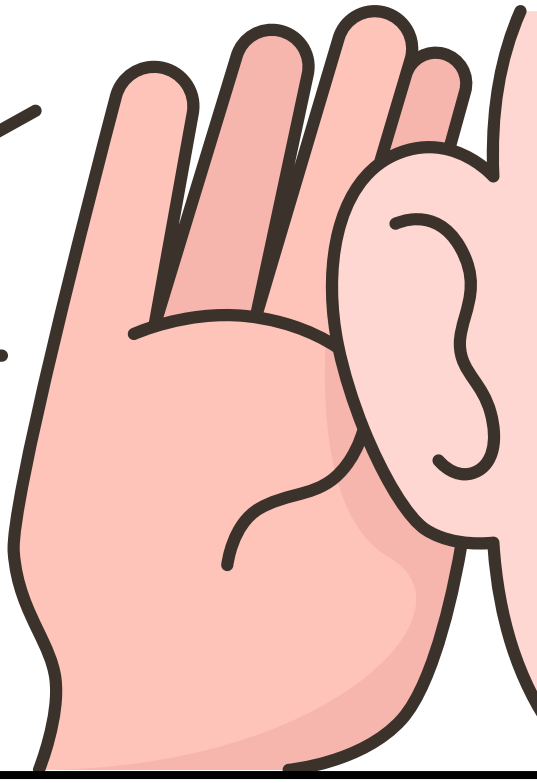
250-728-3414

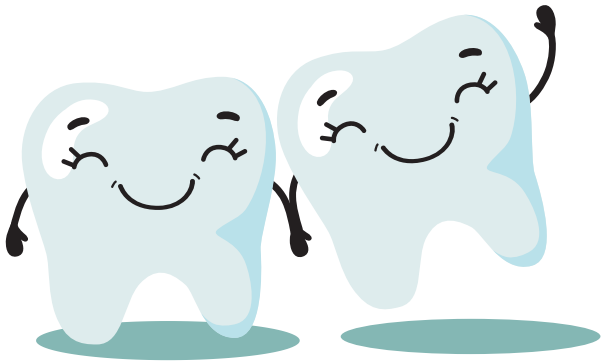
cory.j.h@huuayaht.org

Registered Hearing Instrument Practitioner, Dr. Monkia North from Excuse Me Hearing will be in Anacla from Wednesday, February 5, to Friday, February 7.

To book an appointment, please call the Anacla Government Office 250-728-3414.

Please note that the helicopter will be landing in the Upper Anacla gravel field and will be there for three days. If you have any questions, please contact Owen, the pilot, during this time at the Anacla Office.





Dentist Dr. Jacqueline Yip will be in Anacla from Wednesday, February 5, to Friday, February 7.

To book an appointment, please call the Anacla Government Office 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

Healing and Resiliency

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

WE ARE

HIRING

JOIN THE TEAM!



TENANT SUPPORT WORKER

- **Location:** ʔumʔiiqsu (Oomiiqsu) Centre (Port Alberni).
- **Salary:** $60,000 - $80,000 per year
- **Hours:** 25.5 – 42.5 hours per week

WHAT YOU WILL DO:

The key accountabilities for this job include ensuring a safe living environment for mothers and children while offering a range of prevention-focused support services through culturally sensitive and trauma-informed practices. The role involves providing direct support to help mothers achieve personal goals and assisting them in resolving concerns identified by relevant child and family agencies. Additionally, responsibilities include group facilitation, intensive parenting support, conflict resolution, and crisis management.

COUNSELLOR

- Full-time
- Location: Port Alberni and Anacla (Bamfield) Government Offices
- Salary: $68,000 - $82,000
- **Application Deadline:** January 31, at 4 P.M.

WHAT YOU WILL DO:

This Counselling position offers therapeutic support, crisis intervention, and mental health counselling to Huu-ay-aht citizens of all ages. Responsibilities include assisting with substance use treatment, family communication, and after-care plans, as well as providing one-on-one and group therapy, and maintaining case files.

ʔUMʔIIQSU CENTRE

SEND YOUR COVER LETTER AND RESUME TO:

hr@huuayaht.org

CONTACT

250-728-3414

Monday Night Drop-in Sports

7:00 - 8:30 pm at the Community School

Drop-in fees (**$5 per player**) help to fund our children's programming.
10-session punch cards are available for $50, and can also be used for yoga.
Thank you for your contribution!

Ages 15+, teens play free.

In January

~~Jan [illegible] - Dodgeball~~

~~Jan 20 - [illegible]eyball~~

~~Jan 27 - Dodge[illegible]~~

In February

Feb 3 - Badminton

Feb 10 - Dodgeball

Feb 17 - Holiday! No Sports.

Feb 24 - Indoor Soccer

In March

Mar 3 - Dodgeball

Mar 10 - Volleyball

Mar 17 - Dodgeball

Mar 24 - Badminton

Mar 31 - Dodgeball

BCSA ANNOUNCEMENTS

HAND-BUILT CERAMIC MUGS WORKSHOP

WITH JULIE OF SEA STAR CERAMICS!



COST: $100

Spend 3 sessions with Julie building, decorating, and glazing a pair of beautiful ceramic mugs!

FEBRUARY 18
BUILDING

FEBRUARY 20
DETAILING

FEBRUARY 27
GLAZING

6:00 - 8:00 PM

Contact bcsacoordinator@gmail.com to register!

Ages 15+

Huu-ay-aht First Nations would like to remind citizens and visitors that our government offices are a bully and harassment free environment.

This kind of behaviour will not be tolerated and we kindly ask that our staff are treated with ʔiisaak (Greater respect).

FILING A QUESTION, CONCERN, OR COMPLAINT

Per the Huu-ay-aht First Nations Public Complaint Policy, all complaints must be filed with the Executive Director, Karen Haugen, executivedirector@huuayaht.org

If the complaint concerns the Executive Director, please contact Executive Chief Councillor John Jack, john.j@huuayaht.org

Complaints must be in writing. Email or mail is appropriate. If you would like to review the process of this Policy, please view our website.

WEBSITE:
WWW.HUUAYAHT.ORG

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ANCIENT SPIRIT, MODERN MIND



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 & 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

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).

2025 payment schedule

~~January 15, 2025 (for February 2025)~~
February 19, 2025 (for March 2025)
March 19, 2025 (for April 2025)
April 16, 2025 (for May 2025)
May 21, 2025 (for June 2025)
June 25, 2025 (for July 2025)
July 23, 2025 (for August 2025)
August 27, 2025 (for September 2025)
September 24, 2025 (for October 2025)
October 22, 2025 (for November 2025)
November 19, 2025 (for December 2025)
December 17, 2025 (for January 2026)

HUU-AY-AHT CULTURE NIGHTS

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

Sunday, February 9

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

Sunday, February 2

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.

SPECIAL WEATHER STATEMENT FROM ENVIROMENT CANADA

Special weather statement issued for:

- **East Vancouver Island, B.C. (081300)**
- **Greater Victoria, B.C. (081600)**
- **Sunshine Coast - Saltery Bay to Powell River, B.C. (082320)**
- **Southern Gulf Islands, B.C. (082800)**

Current details:

Strong southeast winds.

Where: East Vancouver Island, Sunshine Coast, Greater Victoria, Southern Gulf Islands

When: Overnight Friday into Saturday morning.

Hazards: High winds may cause tree branches to break. Power outages can be expected.

Remarks: A Pacific low pressure system will begin to push into Vancouver Island and onto the South Coast Friday evening. Strong southeast winds of near 60 gusting to 80 km/h will develop late Friday evening. Slightly stronger gusts close to the water are possible and warnings will be issued as necessary.

Please continue to monitor alerts and forecasts issued by Environment Canada. To report severe weather, send an email to BCstorm@ec.gc.ca or tweet reports using #BCStorm.

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ANCIENT SPIRIT, MODERN MIND



HUU-AY-AHT CRISIS RESPONSE PLAN

HUU-AY-AHT

The Huu-ay-aht envision a strong self-governing and self-reliant Nation. ʔiisaak (Greater Respect) will guide us as we work together to foster a safe, healthy, and sustainable community; where our Culture, language, spirituality, and economy flourish for all.

In medical emergencies, please call 9-1-1.

ANACLA

- Call 9-1-1 if Medical Emergency
- Call Health and Social Services Manager: Kristen Young: 250-720-5632

Additional Support:

- KUU-US Crisis Line:
  Adult: 250-723-4050
  Youth: 250-735-2040

PORT ALBERNI

- Call 9-1-1 if Medical Emergency
- Call Director of Community Services, Coral Johnson: 250-735-3755

Additional Support:

- KUU-US Crisis Line:
  Adult: 250-723-4050
  Youth: 250-735-2040

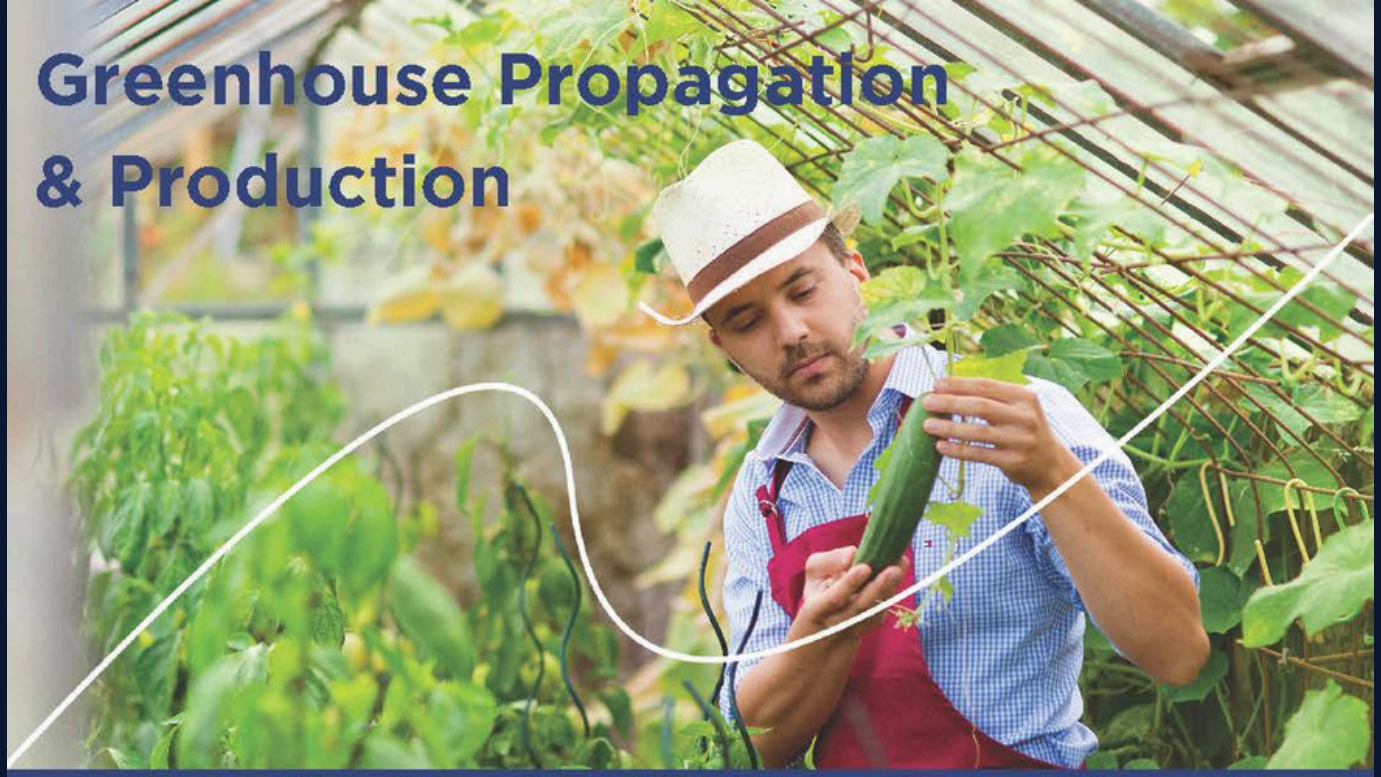
EXTERNAL SUPPORTS

Aboriginal Nurse Liaison at West Coast General Hospital, LPN:
250-731-1370, Ext. 48109
Port Alberni Mental Health & Addiction:
250-731-1311
KUU-US 24-hour Crisis Line:
Adult: 250-723-4050
Youth: 250-723-2040
24 hour Support
1-800-SUICIDE

BAMFIELD

Bamfield Health Centre
250-728-3312
Please note: When the Health Centre is closed, an on-call nurse phone number will be available in the voicemail when you call.

Greenhouse Propagation & Production



Feb 18 - Mar 27, 2025 in Port Alberni

Join our 6-week Greenhouse Propagation and Production program that offers comprehensive training in greenhouse systems. Gain theoretical knowledge and practical skills in plant physiology, hydroponics, and sustainable agriculture.

Apply your knowledge and skills to excel in greenhouse management and find employment in sustainable food production.

This training is fully funded for qualified applicants. Funding eligibility is reviewed as part of the application process.

For more information and eligibility requirements, contact:
Leanne Moore at leanne.moore@nic.bc.ca or 250 724-8705

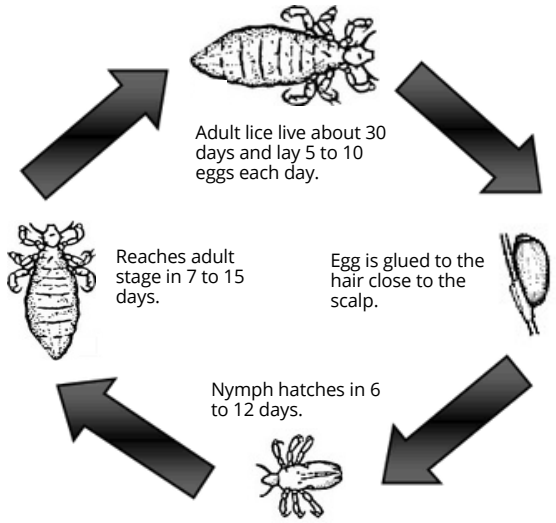
BRITISH COLUMBIA
Supported by the Province of British Columbia

ALBERNI-CLAYOQUOT REGIONAL DISTRICT

NIC
CONTINUING EDUCATION & TRAINING

HOW TO GET RID OF HEAD LICE
WET COMBING

LIFECYCLE OF THE HEAD LOUSE



HEAD LICE FACTS

- Lice are tiny insects about the size of a sesame seed.
- Anyone with hair can get head lice.
- Lice do not have wings and cannot fly or jump.
- Lice move quickly in dry hair and this makes them hard to see.
- Lice do not live long once they are off the head. They only lay eggs close to the scalp.
- Having head lice does not always make the scalp itchy.
- Lice commonly move to other heads when heads touch and rarely by sharing hairbrushes and combs.
- Lice are common where children play or work closely together.
- Once a lice egg has hatched, the empty eggshell stays stuck to the hair.
- If you find an eggshell more than half an inch away from the scalp, it is most likely empty.
- The eggshells are white and look like dandruff but cannot be brushed or blown away.

WHEN TO CHECK

- **Regularly ONCE A WEEK after shampooing**
- If your child's playmates have head lice
- When a family member has head lice
- When a person is scratching his or her head more than usual

WHAT YOU NEED

- Shampoo and white-coloured conditioner (low-priced is fine)
- Wide-tooth comb to untangle hair Towels
- and paper towels Lice comb – we
- recommend a narrow comb with fine teeth and slanted tips, such as a "Bug Busting" comb, that makes it easier to remove lice.
- Lice combs are available at many Public Health Units and pharmacies.

Lice shampoo is available at the local Health Clinic!

HOW TO CHECK FOR LICE



1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, **keep the teeth of the comb touching the scalp at all times.**
5. Checking can be done with the head forward over the sink, combing from the back of the head to the front, or from a sitting position going from the front of the head to the back.
6. Pull the comb through the hair in one stroke. If the comb tugs, add more conditioner.
7. After each stroke, wipe the comb on a paper towel and look for lice.
8. Make sure to comb the entire head, checking for lice after each stroke.

If you find any lice, move onto the treatment process.

IF YOU FIND LICE

- Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- Clean the supplies that you used for checking for lice in hot soapy water.
- You **DO NOT** need to spend time cleaning the house.

Use this chart to keep track of the days (shaded areas) that you need to comb and condition.

1	2	3	4	5	6	7	8	9	10	11	12	13	14

TREATMENT (IF YOU FIND LICE)

1. With the conditioner still on, pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke.
2. After each stroke, rinse the comb in warm water. Check the comb for lice before you pull it through the hair again to make sure you do not put lice back onto the head.
3. Keep combing over the entire head until you find no more lice.
4. Rinse the hair to remove conditioner. Leave the hair wet.
5. Untangle the hair with a wide-tooth comb to take out the knots.
6. Comb the whole head again with a lice comb, rinsing the comb after each stroke to make sure there are no more lice.
7. Keep repeating the steps **every 4 days for a full two weeks** to make sure that new lice are removed as the eggs hatch.

1	2	3	4	5	6	7	8	9	10	11	12	13	14

8. If lice are found on the fourth combing, add one more combing in 4 days.

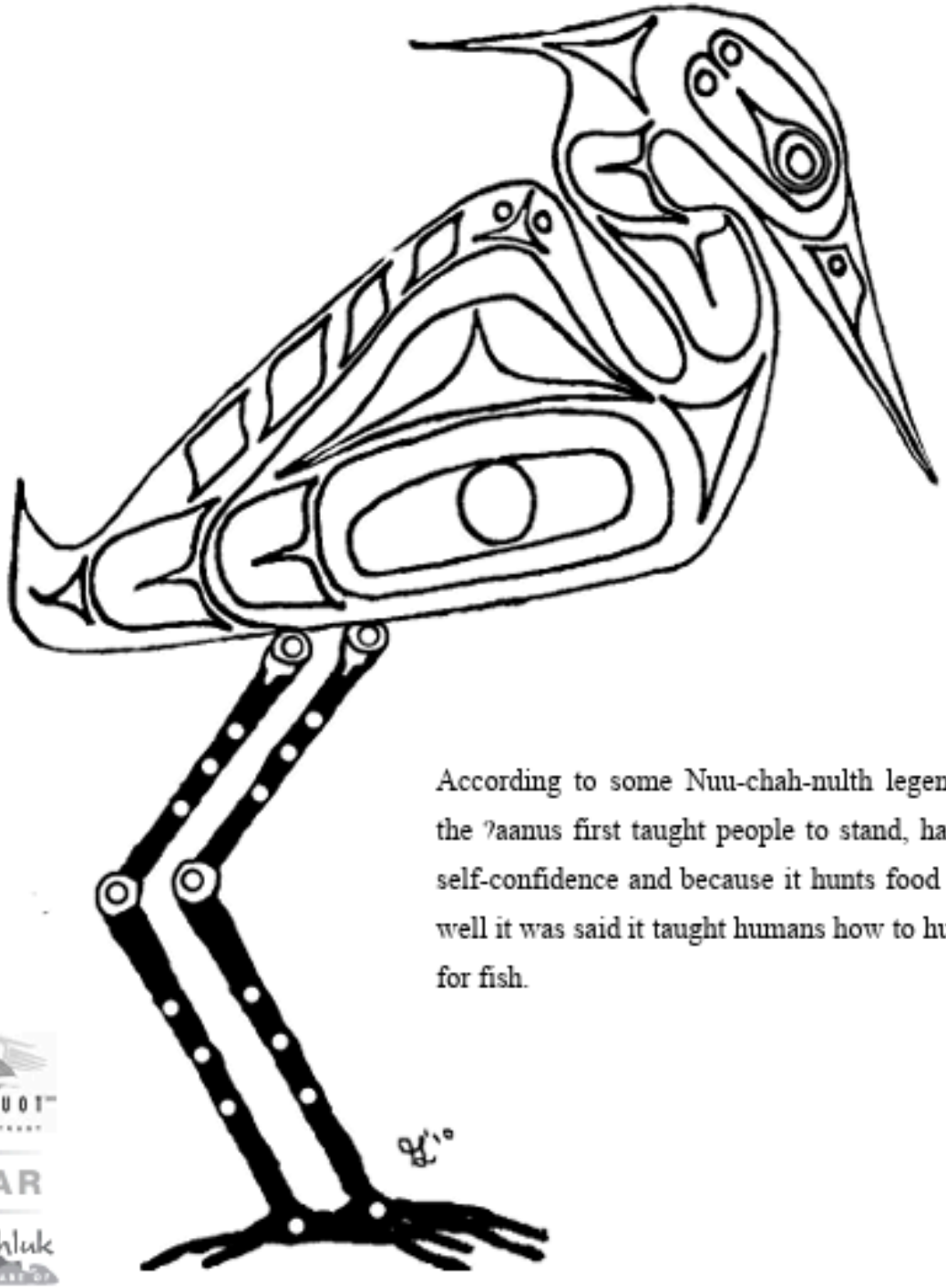
For more information, contact your local Health Unit:

www.viha.ca/locations/health_units/

Child, Youth and Family Community Health
P-1001-01-16 – Revised 2016-09-16

GREAT BLUE HERON

ʔaanus



According to some Nuu-chah-nulth legends the ʔaanus first taught people to stand, have self-confidence and because it hunts food so well it was said it taught humans how to hunt for fish.

CLAYOQUOT

AFSAR

Uu-a-thluk