Uyaqḥmis

April 2024 Issue 76

Huu-ay-aht First Nations attends Hoobiyee for the first time

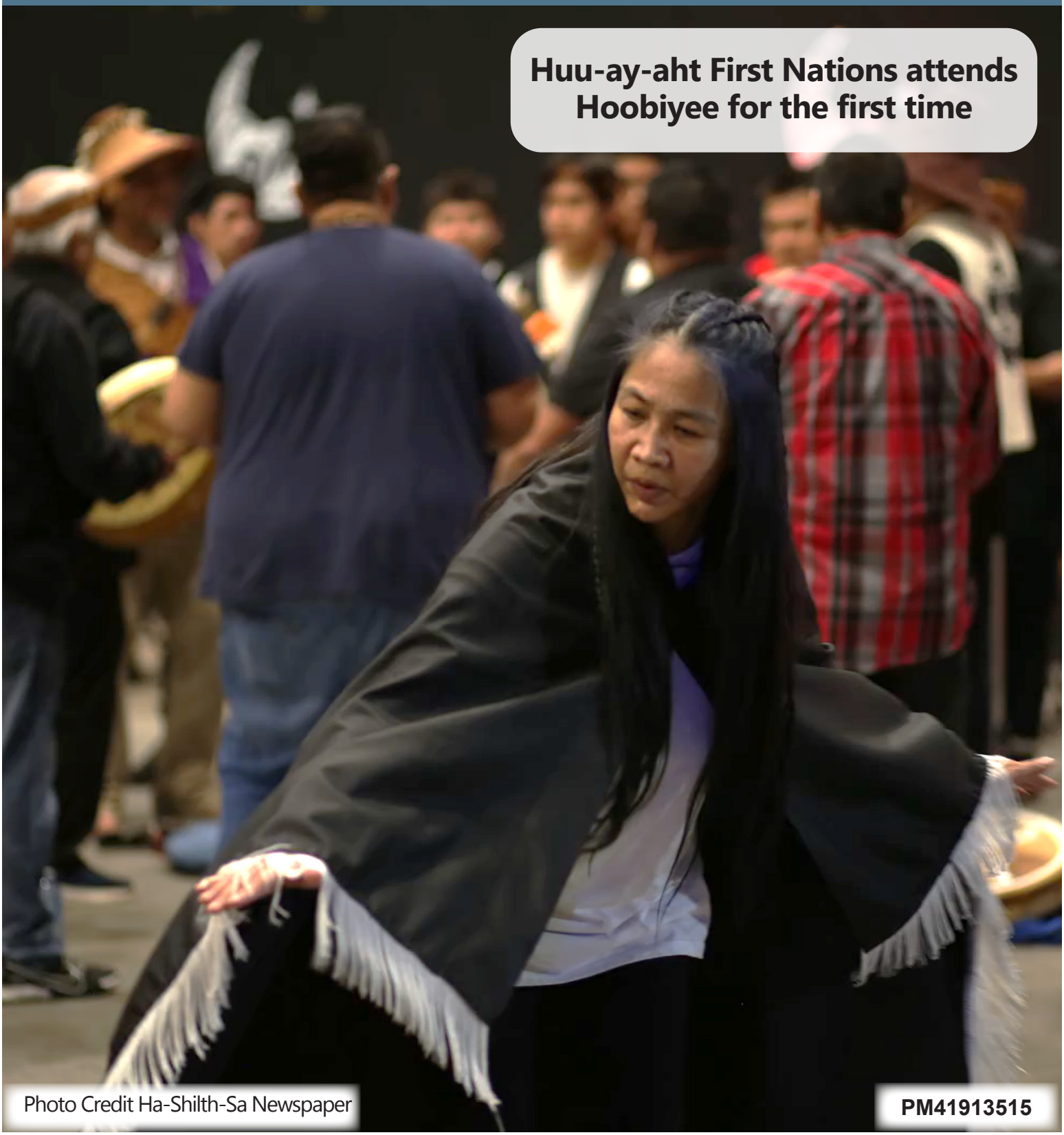


Photo Credit Ha-Shilth-Sa Newspaper

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Huu-ay-aht 2024 Spring Legislature

Huu-ay-aht First Nations held its 2024 Spring Legislature at the Anacla Government Office on March 12 (first sitting) and March 21 (second and third sitting). At this year's sessions, Huu-ay-aht introduced the 2024 Budget Act in the first, accepted it in the second, and enacted it in the third. At the second session, the Economic Development Plan (EDP) was reviewed and approved.

The Budget Act passes through the Legislature each year. The act authorizes spending authority for the year aligning with the priorities set out in the Huu-ay-aht Strategic Plan.

A few important things to note about the 2024 Budget Act are that further amendments were made after its introduction at the first sitting.

Amendments to highlights are:

• Reduced $40,000 from the Finance Department operating budget

• Cut $250,000 contingency and new program funding.

• Increased Bamfield Road Project cost to $150,000

Amendments were accepted and enacted. Please find the 2024 Budget Act at https://huuayaht.org/government/legislation/.

Following the Legislature, the Executive Council reviews and approves the Financial Plan, which breaks down revenue and expenditures. The budget will be monitored monthly to ensure that it is being spent in accordance with the Financial Plan.

As another item on the agenda, the Economic Development Officer presented a summary of the Economic Development Plan with changes to it, so that it aligns with the Huu-ay-aht Strategic Plan and retains what is only feasible. Prior to being approved at the Legislature, the EDP went for review at the Executive Council Meeting on March 14, 2024 where amendments were approved.

Key changes to highlight in the Economic Development Plan are:

• Page 11: The updated goals and objectives are now in harmony with HFN's fresh Strategic Plan

• Page 12: All action plans have undergone revision

• Page 16: Updates have been made to FORUM Properties under new emerging businesses

• Page 21: Amendments made under the Notice section of the Kiixin Tourism Destination Plan

• Page 27: Modifications have been made to the adjusted work plan, with unaccomplished tasks shifted to the year 2024

Members of the Legislature accepted and approved the Economic Development Plan.

The Economic Development Plan can be viewed at: https://huuayaht.org/services/economic-development/

The 2024 Spring Legislature was live-streamed and can be viewed online here: https://video.huuayaht.org/en



Huu-ay-aht First Nations Spring Legislature Meeting in Anacla (Photo by Amanda-Lee Cunningham).

huu ay aht

ANCIENT SPIRIT, MODERN MIND

Huu-ay-aht envisons a strong, self-determining, self-reliant and sustainable Nation. ʔiisaak, Hišuk ma c̓awak, and ʔuuʔałuk guide us as we work together to foster a safe, healthy, and sustainable Nation, where our culture, language, spirituality, and economy flourish.

Huu-ay-aht First Nations Wellness Statement

Our citizens are grounded in our culture, teachings, and sacred principles. Through healing, wellness, celebration, and the understanding of our Treaty, we are connected, empowered, responsible, accountable, and motivated.

Please send all comments and questions to the Huu-ay-aht Communications Department.

communications@huuayaht.org
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www.huuayaht.org
for the latest news and events, job postings, and a digital archive of Uyaqḥmis

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ANCIENT SPIRIT, MODERN MIND

Huu-ay-aht First Nations

Executive Council Regular Meetings

Starts at 10 a.m.
Every second and last Thursday of the Month

Summary - January to March 2024

Executive Director Report (Highlights)

- Oomiiqsu received logs for external construction
- Cemetery maintenance and firewood demand is high and jobs need to be created to meet the demand
- Lands and Natural Resources (LNR) received a grant for herring, LNR are monitoring salmon, in the process of a guardian program, and are nearing completion of the Integrated Resource Management Plan (IRMP)
- Ḥaẇiiḥ Council now all have laptops and emails
- HFN is exploring options for a witwak (land protection), guardian (protection of people) program
- Water Treatment Plant Upgrades in process
- Paawats Daycare Upgrades in process
- Dance Practice has increased because of Hoobiyee
- RCMP in community on Tuesdays
- LNR is working on Species 10-year Plan
- All departments are applying for appropriate grants

Finances

Finance Department is working diligently to have past financial obligations completed, well meeting requirements for quarterly and monthly financials. Financial Management training will be occurring in the Spring for all staff who hold a budget.

Economic Development

Economic Development is working with a company called Forum and Urban Strategies to initiate the ***Huu-ay-aht Framework Plan*** and are currently in phase 1 that involves engagement with citizens. For more information, please visit www.huuayaht.org or the facebook page “Huu-ay-aht Framework Plan”.

The Economic Development Plan is amended to align with the HFN Strategic Plan and retain only what is feasible. Amendments to be approved at legislature before implemented.

Anacla Community Planning

The Executive Council created a new committee with the focus on implementing the Community Comprehensive Plan and Capital plan

Panel of Inquiry Report and Recommendations

On July 24, 2023, the Huu-ay-aht Executive Council approved the Inquiry Report Implementation Plan (IRIP) “Building a Place of Safety & Wellness for All”. The IRIP consisted of three critical plans; the healing and intergenerational trauma related to residential school (2021), the Panel of Inquiry Report (2022), and the Community Wellness report (2023). Currently the IRIP is implemented by many standing committees.

tašii?akqin (Our Journey) Research Project

Survey “How Nation-level benefits translate into individual-level benefits” currently available. Contact Onyx at 250-508-3410 or onyx.sloanmorgan@ubc.ca

Indigenous Policing Service (IPS)

IPS has experienced position changes and is waiting to fill two positions. IPS is committed to regular scheduled visits to Anacla. .

Community Consultation Group (CCG)

The Council approves a letter for RCMP that outlines the expectations of CCG members and RCMP, a group committed to improving the safety of the community.

Community Comprehensive Plan (CCP)

Huu-ay-aht and UVic will be collaborating to develop an updated CCP that will support citizen engagement and implementation.

Housing Regulation

New Housing Society is in place and the House Regulation Amendments was introduced and enacted. This can be found at https://huuayaht.org/government/legislation/

Book Project

Councillor Stella Peters to create a working group to work with Cameron Jefferies on a book about Bamfield and the legal system

In-Camera Items

To discuss Specific Claims, Community Safety, HGB presentation, Corporate Struction Options, HR reports, New Citizenship, the 2019-2021 Financial Administration Act Disclosures

Huu-ay-aht First Nations Citizens Participate in Hoobiyee 2024

The first weekend in March, Huu-ay-aht First Nations took part for the first time ever in Hoobiyee. This revered event, Hoobiyee (Nisga's New Year), is hosted by the Nisga'a Tsamiks Vancouver Society every February and early March.

It symbolizes the return of oolichan and salmon to Nass Valley. Drawing participants from numerous Nations across British Columbia.

This year, the festivities saw a vibrant gathering of 15 dance groups, 500 First Nations Dancers and drummers, and 60 Indigenous vendors, not to mention the multitude of spectators and supporters.

For Huu-ay-aht's debut at Hoobiyee, the Huu-ay-aht Singers and Dancers took to the stage on the first day, around 4 P.M. Their journey began much earlier, with a 3 A.M. departure to BC Ferries to ensure they reached Vancouver in time for their full-dress rehearsal at noon.

The Huu-ay-aht Dancers and Singers were not alone in their endeavour, as nearly 100 citizens from various regions came to support the nation and its citizens.

At Hoobiyee, Huu-ay-aht First Nations performed seven songs, starting with Prayer and Chant from the Peters Family, the Paddle song (Huu-ay-aht Nation), weʔla from the Williams Family, the Victory song gifted from Toquaht First Nation, the Eagle song from the Dennis Family, the Partner song from the Dennis Family, and lastly, the Tammy Feather song held by Qiic Qiica, Debbie Cook, and Tammy Howard.

In preparation for this day, Huu-ay-aht Dancers and Singers went from having culture nights alternating bi-weekly in Port Alberni and Anacla to having three extra practices a week in those locations.

As time was approaching, dancers and singers wanted to practice together, so individuals began travelling to both Anacla and Port Alberni practices. Even participating dancers from Victoria and Vancouver came to practice before the big day.

As the preparations for Hoobiyee intensified, a sense of unity and camaraderie filled the Huu-ay-aht group. "Hoobiyee inspired a lot of singers and dancers. It was amazing to see our people lead our songs and dances," said Cory Howard Sr., Cultural Wellness Administrator.

The practices became more than just rehearsals, with women sewing regalia and families attending to cultural business, such as younger individuals dancing for their first shawls and vests.

Cory Sr. and Mel Edwards, Cultural Wellness Worker, both shared that the participants in Hoobiyee are still feeling the effects of the event, with a bond that continues to strengthen even after the event, as they communicate about future practices and events.

Like other participants, Stephanie Williams shares that “Hoobiyee was one of the best days of my life.” For Williams and some other families, this event was a unique experience as three generations of the family took part. For the Williams, it was Stephanie’s mother, Yvonne Williams, Stephanie Williams, and her daughter Taylor Carpenter.

For the Williams Family, this was the first time they danced at a ceremony and the first time Stephanie and her daughter, Taylor danced together. This journey was filled with nerves, as Stephanie claims, as they all are learning how to dance.

“It was made more accessible by the teachers and leaders who guided us, encouraged us and motivated us to dance proud,” said Williams. Stephanie also states her pride in her mother, Yvonne, “It means the world to me that she is taking on this journey as an elder and modelling that is never too late to learn.”

The culture team hopes to continue this high energy around culture. They encourage everyone to participate in culture nights hosted on alternating Sundays in Anacla and Port Alberni.

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Huu-ay-aht Elders, Citizens, and Culture Support partipate at the 2024 Hoobiyee Event in Vancouver, B.C. (Photos courtesy of Ha-Shilth-Sa Newspaper).

Ḥawiiḥ Announcement at Nananiiqsu

Nananiiqsu met in the Port Alberni Government office and was presented with a few items.

In 2023, Huu-ay-at Capital Projects and Infrastructure asked citizens to complete a road naming survey to assist in finding names for the new development of roads in Upper Anacla; four names were needed. With the support and decision from Ḥawiiḥ Council and Nananiiqsu, it was decided to select the berry names and salmon to be placed to name the roads.

This decision comes with hopes of naming future road development by other fish names.

Also, during this meeting, Hoobiyee was discussed. 11 Nananiiqsu wanted to attend again this year and recommended bringing Huu-ay-at singers and dancers to this event; funding will be provided from the Culture Department to support the 30 Dancers and Singers. Some Ḥawiiḥ Council and Executive Council attended the event in support.

Lastly, in this meeting, Ha'wehtuu-u, Benson Nookemis Sr. stepped down from his seat and placed Thlut'as aksup, Theresa Nookemus, to hold until her son, Benson Nookemus Jr. is 19 years of age to be placed in this seat.



Thlut'as aksup, Theresa Nookemus and Ha'wehtuu-u, Benson Nookemis Sr. at Nananiqsu Meeting (Photo by Amanda-Lee Cunningham).

Outside this meeting, in February, Huu-ay-aht First Nations engaged in partnerships with FORUM Asset Management and Urban Strategies Inc (USI). FORUM, based in Toronto, will assist in developing a Master Plan to evaluate the value of Huu-ay-aht's lands for potential infrastructure projects, with expertise in land identification and investor attraction (For more information see page 12).

USI specializes in urban design and will contribute to the execution of the Master Plan. USI will collaborate with Nananiiqsu and knowledge holders to explore the history of the Huu-ay-aht people and their land connections, informing decisions on development and land preservation.

Nananiiqsu gathers once a month at the Port Alberni Government Office with an option to participate via Zoom. If you are an elder, 60 and older, and wish to attend, please contact Kristen Young at 250-728-3414 or Kristen.y@huuayaht.org.

Hoobiyee Sparks Excitement for Next Year

Continued from page 4

Overall, between learning and teaching songs and dances, making regalia, and citizens supporting one another on and off the floor, Mel Edwards shared that throughout the whole process of preparing and participating in Hoobiyee, "everyone was actively showing ʔuuʔałuk (taking care of)."

Huu-ay-aht performance can be watched on the CFNR Network at www.cfnrfm.ca/hoobiyee. Huu-ay-aht is the first group in the first 'afternoon' video.



Huu-ay-aht Singers and Drummers at the 2024 Hoobiyee Event (Photo courtesy of Ha-Shilth-Sa Newspaper).

Huu-ay-aht Youth Attend Conferences in Ottawa

On February 22 to 29, 2024, Huu-ay-aht Special Projects Liaison, Kae-Lynn Johnson and Huu-ay-aht Youth Natalie Clappis attended the 2024 Treaty Simulation hosted by The Gordon Foundation and the LCAC Leadership Conference hosted by The Land Claims Coalition (LCAC) that took place in Ottawa, Ontario.



Huu-ay-aht Youth, Natalie Clappis and Projects Liaison Kae-Lynn Johnson with others who participated in the Treaty Simulation (Photo from The Gordon Foundation / Facebook).

"It was such a unique experience, getting to travel to Ottawa for the first time alongside Huu-ay-aht First Nation youth, Natalie Clappis" said Kae-Lynn Johnson "It was my first time in Ottawa, and the furthest I've ever been away from our homelands, Vancouver Island. This gave us great travel opportunities and professional and personal development."

The Treaty Simulation began in 2020 as a joint in-person and online event led by educators. It has been held annually ever since, with Ottawa, Ontario, serving as the host city. The simulation offers an exciting, hands-on learning experience on negotiating and implementing modern treaties.

Kae-Lynn explains that they had the chance to sit with other youth and experience what it was like to come to a consensus on a Treaty, participating as a fictional First Nation Government, Provincial Government, and the Canadian Government.

"It was an interesting experience all around" said Kae-Lynn "I feel like I learned more about treaties during those two days than I ever have in my life. It's brought a new understanding and pointed me in the right direction for researching and learning more about treaty signing and implementation."

Kae-Lynn explains that her knowledge of treaties has been limited, and it's hard to say where that stems from, it could be a plethora of things, schooling, upbringing, etc. Regardless, she feels a deeper understanding of what a Treaty means to First Nations people and the future. One is, the hard work that goes into negotiating, signing, and the constant work of implementing treaties in First Nation communities. She recognizes that many roles play a part in this, one of them being the whole reason behind her role and why she has this opportunity to work for Huu-ay-aht First Nation - to help with implementation amongst the youth of Huu-ay-aht First Nations.

Kae-Lynn sees this as an excellent opportunity for the years to come, continuously getting Huu-ay-aht youth involved in this treaty simulation, getting a hands-on experience with negotiating, and learning about treaty implementation, as this is and will be a constant thing going on within Huu-ay-aht First Nation. She also sees it as a great networking experience, connecting with First Nations people throughout the country and hearing their experiences, culture, and teachings while also getting the chance to share yours.

Following the Treaty Simulation, the youth experienced an excellent opportunity to witness the LCAC Leadership meetings and take in the process and discussion. Many nation leaders, including Huu-ay-aht Executive Chief Councillor, John Jack, came together to discuss community matters, and current/future action needed.

"It's a great place to be, to learn about indigenous politics, to see what leaders do to make change within communities and government," said Kae-Lynn "It teaches valuable protocols, what kind of questions to ask at the table, acknowledging where/who you come from. It was daunting and nerve-wracking to be at the table with so many leaders and knowledge holders, but a great experience in the end. I believe it's important to take any opportunity to get a chance to learn from leadership".

Huu-ay-aht Youth Attend Gathering our Voices

Huu-ay-aht First Nations (HFN) Youth adventured to Victoria, BC on March 22 to 29, 2024 to attend the Gathering our Voices (GOV) – A youth conference that provides Indigenous youth with the tools to empower and inspire so that they can contribute their gifts to their communities and the world.

In total, nine youth participated in this year's GOV, who were accompanied by the Special Projects Liaison, Kae-Lynn Johnson, and HFN staff member Jay Watley, who chaperoned and shuttled the group around.

This year, GOV had an outstanding turnout with over 1300 youth, chaperones, volunteers, workshop facilitators, speakers, performers, exhibitors, and the GOV team.

Kae-Lynn Johnson explains that GOV was an excellent experience that had a positive impact on herself and the HFN youth.

“As an ‘’older” youth, it healed a bit of my inner ‘’younger” youth in me, said Kae-lynn Johnson “It was wonderful to listen to and watch indigenous speakers and influencers be open about their lives and journey on how they got to where they are now, regarding their success and healthy living”

The agenda was jam-packed with workshops, but GOV made time for fun activities like talent shows, a movie night, and a dance night. On the talent show night, a Huu-ay-aht youth got up on the stage and performed by playing the piano and singing.

Kae-Lynn explains that the Gathering Our Voices emcee and leadership did a great job of encouraging all the youth to see and recognize that we all matter. We all have a role, and we all make an impact, in one way or another. Our voices matter and we all need to take up the space in these colonized settings.



Huu-ay-aht Youth and Projects Liaison, Kae-Lynn Johnson at Gathering our Voices in Victoria (Photo provided by Kae-Lynn Johnson).

“It was great getting to see it firsthand with the Huu-ay-aht youth, hearing their thoughts and how they enjoyed their workshops” said Kae-Lynn Johnson “I’m grateful to have the opportunity alongside our other chaperone, Jay Watley, to help provide this travel opportunity for our HFN youth. I’ll hold this experience in my heart for a long time, remembering the way these youth lit up with joy during that week of workshops, networking, listening, learning, and having fun. I hope every youth gets a chance at some point to attend GOV or any event like this one”.

Following GOV, Huu-ay-aht had the youth fill out a feedback form, and here are a few remarks they had to say:

“I learned how to build a healthy relationship and tips on communication and much more”

“One of my workshops was with Don Burnstick, and he spoke a lot about how he beat diabetes, and how he went from 200+ pounds and lost weight. Speaking about how important health is”

“I feel we Huu-ay-aht youth should have the opportunity to attend GOV because youth can learn more and experience more, and put themselves out there”

“My favourtite part was the dance, there were no sections of people, there were just kids all together enjoying their final night together with the new friend they made. We were able to let our silliness out”

“Don’t let fear take over on denying opportunities like this, or letting family or friends try convincing you it might be weird or for kids, no matter how old, if you are given the opportunity to go and do something that will benefit your community, take the opportunity”

“It’s almost a once-in-a-lifetime thing to do, it’s an opportunity to travel too. Learn more about our culture, to find out what they’re interested in. To get out of their comfort zone once in a while”

Huu-ay-aht Wins Award for Work Done on Child and Family Legislation



Executive Councillor's Edward R. Johnson, ƛicitaṯ and Stephen Rayner, ḥaasquʔisʔaṯ recieving a Premier's Award on behalf of Huu-ay-aht First Nations along side other partnering Nations (Photo provided by Wendy Norris).

On November 21, 2023, Huu-ay-aht First Nations was awarded, alongside other Nations, a Premier's Award for the work done on Bill 38.

The Premier's Innovation and Excellence Awards are given annually to honour exceptional accomplishments and contributions in various areas.

Huu-ay-aht was awarded in the leadership category by Jennie Ireland, Executive Director of the Ministry of Child and Family Development. The Premier's Awards celebrate British Columbia's creativity, innovation, and dedication and the public service employees who make it possible.

In 2022, British Columbia, in collaboration with Indigenous partners, drafted Bill 38 (Indigenous Self-Government in Child and Family Services Amendment Act), resulting in historic changes to its provincial child and family service legislation.

Bill 38 amended the Adoption Act and the Child, Family and Community Service Act to align both acts with the United Nations Declaration on the Rights of Indigenous Peoples, aiming to recognize, uphold, and reduce barriers to Indigenous jurisdiction over Indigenous child and family services in B.C.

Notably, the 1996 passage of the Child Family and Community Service Act (CFCSA) in B.C. replaced the colonial-era Family and Child Service Act, which had been in force since 1980, marking significant amendments since then.

The goal of this bill was to rework jurisdiction and allowing Indigenous Nations to have say over child welfare in communities. It aimed to grant Huu-ay-aht and other Indigenous nations the authority to determine how families facing challenges would be supported and how Indigenous children would be cared for, with the goal of avoiding the removal of children from Indigenous families.

"This is a historical event for Huu-ay-aht First Nations and all First Nations involved" says Councillor Edward R. Johnson "This collaboration with the Province, brings us one step closer to creating change for future generations".

Councillor Edward R. Johnson explained that with the collaborative work on Bill 38, it is working towards our main priority of keeping Huu-ay-aht and all Indigenous Children healthy, safe, and connected to their family, home, traditions, and culture.

Councillor Edward R. Johnson explained he was honoured to participate in the process of Bill 38, but also looks forward to contributing on future amendments that recognize and uphold inherent Indigenous jurisdiction over Child and Family Services in British Columbia.



The Premier's Innovation and Excellence Award presented to Huu-ay-aht First Nations (Photo by Amanda-Lee Cunningham).

Huu-ay-aht First Nations Holds Flag-Raising Ceremony

On Thursday, March 21, Huu-ay-aht First Nations hosted a flag-raising ceremony followed by lunch in Anacla.

Huu-ay-aht citizens, staff, and children gathered in front of the Anacla Government Office to see three flags raised: the survivors' flag, the Huu-ay-aht flag, and the Maa-nulth flag.

The flags were selected to pay tribute to the Huu-ay-aht Citizens and their resilience. The survivor's flag was raised to honour their strength, while the Huu-ay-aht First Nation and Maa-nulth flags were chosen to acknowledge our territory and our role in the Maa-nulth Treaty.

The event started with prayer; as the prayer ended, a few members of the Executive Council raised the flags, and Anacla residents and children from Spring Break Culture Camp began singing and dancing. Following this was lunch held at the House of Huu-ay-aht for everyone.



The newly risen flag in front of the Anacla Government Office (Photo by Amanda-Lee Cunningham).

Huu-ay-aht Citizen Donates Artwork to Support Fundraising

Written by Honey Johnson

Victoria Nookemus, a member of the Huu-ay-aht First Nation, finds joy in creating and learning various art forms. Coming from the Nookemus, Johnson, and Peters families, she dedicates her free time to artistic endeavours. During our conversation, Victoria expressed, "art is a healing force in my life; it's my medicine."

Recently, Victoria generously donated her artwork to support fundraising initiatives benefiting Huu-ay-aht First Nation citizens, particularly women, youth, and elders, aiming to break down barriers. When Victoria donated her art, she mentioned, "I challenge our fellow Huu-ay-aht artists or artists living in the territory to donate some of their art to help create more funding for our Huu-ay-aht citizens to benefit from."

Nookemus is a fantastic drawer, painter, and beader and incorporates First Nations art. Aside from physical art, Nookemus has grown her knowledge of mediums, including digital art. Since childhood, Nookemus has always been drawing. She learned how to draw in school when she was young and started copying the art shapes on her granny's wall. Nookemus began beading at a young age, thanks to her aunty Darlene, who took the time to teach her. Today, Nookemus is a freelance artist whose long-term goal is to start her own business.



Art that was donated by Victoria Nookemus (Photo by Amanda-Lee Cunningham).

WANT US TO REPORT ON A STORY?

Would you like to contribute to our newsletters? Help inform us to inform citizens, if you are hosting an event, have a story, or want to shine a good light on someone else. Please give communications a call, email, or fill out the form on our website.

SCAN QR CODE TO VIEW FORM

Parenting Tips from Huu-ay-aht Child and Family Wellness Department

Submitted by: Petra Barnfield, Protection and Family Support Worker

There is no such thing as a perfect parent, but there are plenty of things you can do that will make you an amazing one. All the best advisors, pediatric doctors, developmental experts, and educators can agree on the following thinking about raising happy, healthy kids:

Basically, this is what the experts say about how to be a good parent or caregiver:

- Set limits.
- Spend quality time with your kids.
- Be a good role model.
- Praise your kids.
- Trust yourself
- Teach your kids social skills.
- Teach gratitude.
- Make mealtime family time.
- Say "I love you."
- Encourage physical activity.
- Keep up with your kids' routine health care.

What does this look like in practise and how can you put these to good use?

Let's elaborate:

Setting Smart Limits:

- Take charge. Children need limits to help them understand the world and allows them to explore and discover safely.
- Don't do everything for them. The goal is to teach independence. So, when they are developmentally able to do things like dress themselves, clear the table and putting toys away, let them and acknowledge what they accomplished.
- Allow children to problem solve without fixing everything for them. This teaches them self-reliance and resilience. Acknowledge frustrations with patience and caring.
- Make sure to enforce limits and remember that discipline is not punishment. The goal is to teach children how to behave in the world.
- Don't sweat the small stuff. Focus on the things that really matter like treating others with kindness, demonstration iisak, being honest and respecting other people's things. hitting/hurting others, disrespect, lying or stealing.

Make Quality Time:

- Quality time is the most meaningful when you child comes to you; whenever possible, stop what you are doing and give them your attention. Take an interest in what they are showing you or telling you.
- Play with your children. Follow their lead and have fun.
- Read together every day. This makes for a great bonding experience and sets them up to love reading.
- Have family time. This is one of the most valuable resources for our children. Family time doesn't have to cost anything! Play a game, walk on the beach, pick berries, prepare a meal together. Kids that have good family support generally do better in school, and cope better in life.
- Make memories. Children will usually remember the times spent together more that the things that were bought for them.

Be a Good Role Model:

As parents, grandparents, aunties and uncles, children are looking to you to model the Sacred Principle of ʔiisaak, ʔuuʔałuk and Hišuk ma c̓awak.

- ʔiisaak Remember that children learn from what they see. Modeling respectful and positive behaviour works better than telling them what to do.
- ʔuuʔałuk Care for the environment. Waste less, recycle, reuse, and conserve each day.
- Set a great standard with your partner on what a healthy, loving relationship looks like. Respect parenting differences (unless they are totally out of line) as arguing will harm your child's sense of security more than accepting standards that are different from you own.
- If you make a mistake, fess up! This shows your child that no one is perfect and how and when to say you're sorry.

Praise your Kids:

- Be specific when you tell your children what they did well. This will make them more likely to repeat it.

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Insights from Child and Family Wellness: Nurturing Guidance for Parents

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- Catch them doing the behaviour you want to see and acknowledge it. Tell others and let your child overhear it. This kind of praise has a positive impact on your child and will increase the chances of them doing it again!

Trust Yourself:

- Take breaks and don't be afraid to say "no". Never accept disrespect.
- Trust your instincts. If you think something is wrong, you're probably right.
- Pass along your values to other people in your child's life and ask them to reinforce them.

Social Skills:

- Live out the Sacred Principles – your child will learn how to treat others, the land and water by watching you.
- When you see your child demonstrating a Sacred Principle, acknowledge this.
- Ask your kids questions. This is the best way to start conversations.
- Teach them to notice people and their surroundings as a safety tip.
- Acknowledge strong emotions and feelings by letting kids talk it out.
- Teach your child to listen by listening to them.

Teach Gratitude:

- Children learn how to express gratitude by watching you.
- Talk about what it means to be a good citizen. Teach children to be helpful.
- Teach culture and values and explain why they are so important.
- Go around the table at mealtimes and talk about the people who were generous and kind that day.

Don't Stress About Dinner:

- If your child doesn't like a certain food the first time, don't give up. Try again and again. It might take many times before they really decide whether they like it or not.
- Teach your child how to pay attention to his or her signs of hunger and satisfaction. Offer foods and allow your child to choose how much to eat.
- Did you know that when children eat one family meal each day, with at least one adult present, they do better in school and are less likely to use drugs and alcohol or get into legal problems? Spending time with you makes a positive difference and eating together is a chance to connect and strengthen your relationship with your child.
- Turn off the TV.

Say I Love You:

- Say I love you whenever and however many times you want. There's no such thing as too much.
- Show your child you love them – take an interest in what they are doing by spending time together, listen, hug them and protect them.
- Make your children a priority. It is a hard job, but childhood doesn't last long. House chores might get neglected, but when your child wants you, embrace and enjoy it!

Physical Activity:

- Get your kids moving. It has been shown that brain development in young children may be linked to their activity level.
- Keep TVs out of the bedroom. Children with TVs in their bedroom, are often less active, sleep less, and have lower grades.
- Find ways and activities that allow your child of any age to get lots of exercise.

Keep up with your kids' health:

- Make sure vaccinations are up to date.
- Encourage brushing teeth everyday with fluoride toothpaste and make regular visits to the dentist.
- Baby proof your home, and never leave children in the tub alone.
- Ensure that car seats are installed correctly, and helmets are worn when riding a bike or scooter.
- Know when to toilet train. When your child can sense the urge to go, then they are likely ready.
- Remember the sunscreen and use it as a part of your child's daily routine.

Lastly, enjoy and love your children. They truly are a gift and the way of our future!

HUU-AY-AHT FIRST NATIONS
FRAMEWORK PLAN



What is a Framework Plan

Huu-ay-aht First Nations is preparing a Framework Plan to guide change and development within the ḥahuuɬi (ha-houlthee, traditional territory), over a 20–30-year period. This project will be completed by the end of 2024 and the plan will identify land uses, open spaces, and mobility networks.

Where we are in the process

We just finished Phase 1 (Listening and Learning) and together with your feedback, we will be developing a vision for the project in the coming months. We are now in Phase 2 (Visioning).







Phase 1 Engagement

We finished our first round of engagement in March 2024, which included Open Houses in Anacla, Port Alberni and online. At these Open Houses we introduced the project, timeline and team, and started to learn about your ideas for the future of the ḥahuuɬi.

Phase 2 Engagement

The team will be back In June 2024, for our second round of engagement, where will be engaging citizens on the emerging vision for the ḥahuuɬi.

Scan for more information

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