

## 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.



HUU-AY-AHT FIRST NATIONS

# OFFICES CLOSED

The Anacla and Port Alberni offices will be closed Monday, December 25, 2023 to Friday, January 5, 2024.

Offices will reopen Monday, January 8, 2024, at 8:30 A.M.

### After-hours Emergency Phone Numbers:

- Child protection matters and intimate partner violence only - Child and Family Wellness - 250-731-6999
- Medical Emergencies - Coral Johnson - 250-735-3755



*Leira Young  
December 17*

*Azalea Pirie  
December 20*

*Greyson McCarthy  
December 20*

*Cory Howard Jr.  
December 27*

*Josephine Janson  
January 1*

*Vince Howard  
January 7*

*Richard Nookemus  
January 7*

*Louella Dennis  
January 8*

*Zelta Clappis  
January 12*

\*Based on Anacla Citizen data base list

*Warmest wishes this holiday season from the Executive Council, Hwi'ih Council, and Nananiqsu*

May the spirit of togetherness and goodwill fill your hearts with happiness in this season of joy. As we reflect on the past year, let us embrace the spirit of gratitude and share love with our families, friends, and community. We hope the coming year brings prosperity, good health, and unity. Also, may the holiday season be a time of laughter, cherished memories, and the creation of lasting memories.

*We wish all Hwu-ay-aht a safe, warm, and happy holiday season.*



# Elders

PLEASE JOIN US FOR

# LUNCH



Tuesday, December 19, 2023 Anacla at  
Čitx<sup>w</sup>aama Cix<sup>w</sup>atin (Soaring Eagle)  
11 a.m.

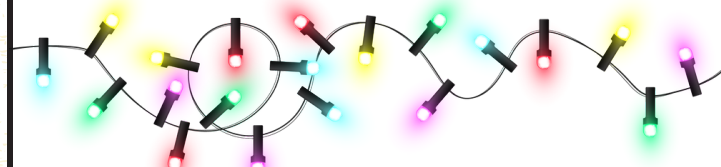
This lunch will be hosted by Constable Wingfield  
to discuss Elder Fraud



## December 15, 2023

Both Anacla and Port Alberni  
Government Offices will be closing  
early. During this time, Staff will be  
coming together for a staff  
celebration.

Anacla - Closed at 1 P.M.  
Port Alberni - Closed at 2 P.M.



# 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**

## Anacla

**Child and Family Wellness**

will be in community every Tuesday  
from 10 a.m. to 2 p.m.

\*Not during office closure



## HUU-AY-AHT GATHERINGS

MONDAY  
DECEMBER 18, 2023  
&  
JANUARY 15, 2024

6 - 8 P.M.

HOUSE OF HUU-AY-AHT  
ANACLA, BC



## Warriors Program

Warriors will be held Monday nights from  
4:30 – 7:30 P.M. in Anacla.

Please give Leonard Nookemis,  
Community Coordinator, a call at  
250-918-4256 if you have any questions!

## Need to update your Status Card?

Email Coraleah Bauer at  
[lawclerk@huuayaht.org](mailto:lawclerk@huuayaht.org) or Alexis  
Young at [alexis.y@huuayaht.org](mailto:alexis.y@huuayaht.org), or  
phone the Port Alberni Office at  
250-723-0100 and ask for one of  
them to book an appointment.

**Must have a valid piece of ID for the  
appointment**

# CRAFT NIGHT

WEDNESDAY, DECEMBER 20, 2023

4:30 - 6:30 P.M.

## HOUSE OF HUU-AY-AHT

Bring your crafts or just check out whats on hand. We will set up sewing machines and put out beads, ornaments, and cedar branches for anyone wishing to make a wreath.

Any questions contact:

Kristen, [kristen.y@huuayaht.org](mailto:kristen.y@huuayaht.org), 250-728-3414

Kimberly, [kimberly.n@huuayaht.org](mailto:kimberly.n@huuayaht.org), 250-728-3414

## Become a Licensed B.C. Coastal Log Scaler

Mosaic is hosting a scaling course that will be fully funded by Mosaic and BCEG.

It'll be hosted at the Northwest Bat Dry Land Sort/ Nanoose and last approximately 3 months (starting in February 2024 until May).

While fully funded, students will be expected to provide their own safety gear and travel.

Prerequisite: Grade 10 schooling

Additionally, strong interest and/or prior knowledge and experience in this setting.

For more information and enrollment

Contact:

Dana Collins

[dana.collins@mosaicforests.com](mailto:dana.collins@mosaicforests.com)

250-204-2039

For additional support and sponsorship

Contact:

Brent Ronning

[brent.r@huuayaht.org](mailto:brent.r@huuayaht.org)

250-723-0100



# Patient Travel

Patient Travel Requests and Checklist is due Friday, December 15, for the period of Monday, December 18, 2023 to Tuesday, January 9, 2024.

Kimberly Nookemus  
kimberly.n@huuayaht.org  
250.728.3414 Ext.208

## Medical appointment Checklist



**Please contact medical travel 5 days pirorr 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

FEBRUARY

4



FEBRUARY

14

## THE JOURNEY TO WELLNESS: ADDRESSING OUR SEXUAL ABUSE, ABANDONMENT & SHAME

Contact Jennifer Hastings or Rena Johnson  
(250-723-0100) &  
Cory Howard Sr. (250-728-3414)

# 10-DAY HEALING WORKSHOP

Space available for a maximum of 8 participants.

Unresolved trauma and shame, due to sexual abuse, continues to have a devastating impact on Huu-ay-aht citizens.

In a culturally sensitive and trauma-informed environment, facilitators will support women to look at the personal impacts of sexual abuse and trauma, abandonment, shame and unresolved grief. Through a series of exercises and participation in cultural ceremonies and traditions, participants will move towards healing.

Facilitators will put an emphasis on creating personal safety, trust, grief work and self-care as necessary components of the healing process. Participants will leave the workshop with a greater understanding of skills, tools, and resources to assist with ongoing healing steps that can be taken on the journey to wellness.

**Who:** Women 19 and older

**When:** February 4 - 14, 2024 (arriving Sunday, February 4, 2024 and group begins on Monday, February 5, 2024)

**Where:** Campbell River

**Cost:** No cost to citizens

**Transportation:** Will be provided or gas cards will be given

**Additional Info:** Intake appointments will be scheduled with interested participants, also women must make a commitment to attend all 10-days



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ANCIENT SPIRIT, MODERN MIND

Few Spots  
Left!

# Need your questions answered? Here is the proper way to go about it

## **Fitness Centre**

For the Fitness Centre questions or concerns please email:  
[anaclafitness@huuayaht.org](mailto:anaclafitness@huuayaht.org)

Reminder: Before using the gym users are required to fill out the liability forms, which can be found on our website: [www.huuayaht.org](http://www.huuayaht.org)

## **Internet**

For any internet questions or concerns, please email:  
[anaclainternet@huuayaht.org](mailto:anaclainternet@huuayaht.org)

Reminder: There is a form which can be filled out or printed on our website.

## **What to include when sending an email**

Emails to either of the email address above must including full name, contact information, and the question or concern.

## **Do not have an email? No worries!**

If you do not have an email, ask a family member, friend or ask the Anacla Receptionist to email on your behalf

## **Please note:**

Emailing the appropriate address is the only avenue to seek a response. Individuals will not get a response if they reach out to staff members directly either by emailing, using Facebook messenger, or texting or calling. Please use the emails provided. This is to help the department assist your needs efficiently.



huuayaht

ANCIENT SPIRIT, MODERN MIND

Position: Part-Time Youth Program Administrators – 2 Part-Time Positions

Location: Anacla Government Offices

Salary Range: based on education and experience

Authority Relationship: Social Services Manager

Position Summary: These positions will be part time and divided into 2 age groups. Both positions will include tutoring and supporting students with their homework, along with recreation activities. Work time will vary as the students are in school during normal working hours.

Key Accountabilities:

- Supporting the Social Services Manager in designing, implementing, and sustaining the HFN Youth Programs (ages 5-10) or (ages 11-17)
- Research, develop, implement, and evaluate programs for youth and to provide appropriate mentorship and guidance to HFN Youth.
- Supervise everyday activities.
- Always maintain confidentiality and neutrality.

Job Duties:

- Consult with HFN youth to determine their needs and interests
- Support youth with schoolwork and tutoring daily, through the After-School Program
- Design and implement and supervise youth / children's activities such as sports activities, field trips recreational activities.
- Follow the HFN organizational vision, mission, and values.
- Work with HFN cultural department to connect youth/ children to culture and HFN values
- Work closely with our Education Worker at BCS for updates on students' needs and school field work/ trips

Operational Requirements:

- Valid class 5 driver's licence.
- Some travel, including overnight and or weekends.
- Willingness and ability to work overtime, including evenings and weekends.
- Successful background check, including employment verification, reference checks, and education/credential verification.

Qualifications for position:

- Demonstrated ability and experience in upholding the HFN Organizational Values: *Professionalism, Respect, Health, Effective Communication, Trust, Support*  
Graduated Grade 12 or equivalent.

- 
- Experience working with Microsoft programs such as, Outlook, Teams, Excel and Word.
  - Experience working with children and youth in a First Nations setting particularly youth engagement, and excellent organizational and facilitation skills.
  - Required awareness of First Nation's culture and protocol

We thank all applicants for their interest in this position; however, only those candidates selected for an interview will be contacted. Please email your covering letter & resume to [HR@huuayaht.org](mailto:HR@huuayaht.org) by fax 250-728-1222 or mail attention: Human Resources Manager, 4644 Adelaide St, Port Alberni, BC, V9Y 6N4. Please quote Youth Program Administrator Job Posting. Please include which age group preference to work with. Closing date for this position is November 10, 2023, at 4:00 pm.

**BE PREPARED**



# ***It's Storm Season!***

**Are you ready for when the lights go out?**



- ⚡ Fully charge devices
- ⚡ Flashlight & batteries
- ⚡ Hand-cranked radio
- ⚡ Adequate supply of food & water
- ⚡ Extra blankets

## **EARTHQUAKE**

<p><b>DROP!</b></p>	<p><b>COVER!</b></p>	<p><b>HOLD ON!</b></p>		
<p>Stay there, hold on, and protect your head with a pillow</p> <p><b>IN BED</b></p>	<p>Stay away from buildings, walls and power poles</p> <p><b>OUTSIDE</b></p>	<p>Stop where safe, turn on hazard lights and stay in your vehicle</p> <p><b>DRIVING</b></p>	<p>Put the brakes on in a safe place and protect your head</p> <p><b>WHEELCHAIR</b></p>	<p>Drop, protect your head and stay there until the shaking stops</p> <p><b>ANYWHERE</b></p>

## **TSUNAMI WARNING**

**GO TO HIGHER GROUND, STAY THERE**

If Tsunami Warning Alarm sounds, make your way to the House of HUU-ay-aht in upper Anacla

# Antibiotic Resistance

## What is antibiotic resistance?

- **Any use of antibiotics**, whether for the right or wrong reasons, can lead to antibiotic resistance. To limit development of antibiotic resistance, **antibiotics should only be used when really needed**.
- Antibiotic resistance is a defense mechanism of bacteria that allows them to survive and multiply, even when an antibiotic is present. Bacteria that have antibiotic resistance are sometimes called “**superbugs**”.
- When bacteria have antibiotic resistance, antibiotics that worked in the past do not work anymore.
- Infections caused by antibiotic resistant bacteria are difficult and sometimes impossible to treat. This can result in longer illness and possibly death.
- Remember, the bacteria are resistant – NOT YOU! Even very healthy people who have never taken antibiotics can become infected with antibiotic resistant bacteria from other sources.

*Antibiotics **will not help** for viral infections, such as colds, influenza, and bronchitis (chest colds).  
Using antibiotics for these infections can lead to antibiotic resistance.*

## What should you do?

- **Do not expect** to get antibiotics when you or your child has a cold or cough. Most of these infections are caused by viruses and antibiotics will not help.
- Discuss with your doctor whether your infection is viral or bacterial and whether an antibiotic is needed.
- Be patient when you (or your child) have cold symptoms, cough, or a sore throat. Most viral illnesses will take 4–5 days before getting better and up to 3 weeks for a full recovery.
- During cold or flu season, wash your hands frequently to avoid getting sick.

***Avoid a battle with a SUPER RESISTANT BUG. Use antibiotics wisely!***

# Bacteria & Viruses

***Both viruses and bacteria cause infections, but antibiotics only work against bacteria.***

## Viral infections

- Include colds, influenza, croup, laryngitis, chest colds (bronchitis), and most sore throats.
- Are usually more contagious than bacterial infections. If more than one person in the family has the same illness, it is likely a viral infection.
- Can make you just as sick as bacterial infections.
- Usually get better in 4–5 days but it might take as long as three weeks to fully recover.

**✗ Antibiotics do not work for viral infections**

## Bacterial infections

- Are less common than viral infections.
- Do not spread as easily from one person to another as viral infections.
- Common examples include strep throat and some types of pneumonia.

**✓ Antibiotics do work for bacterial infections, but are not always necessary**

***For more information, visit  
dobugsneeddrugs.org***

***“Guide to Wise Use of Antibiotics”***

**SCAN ME**



