

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.



Request for Bid

For catering in Anacla

Please submit your menu and bid for:

Friday, March 15, 2024

12 P.M.

For Lunch

Approx. 50 people

Deadline to submit bid:

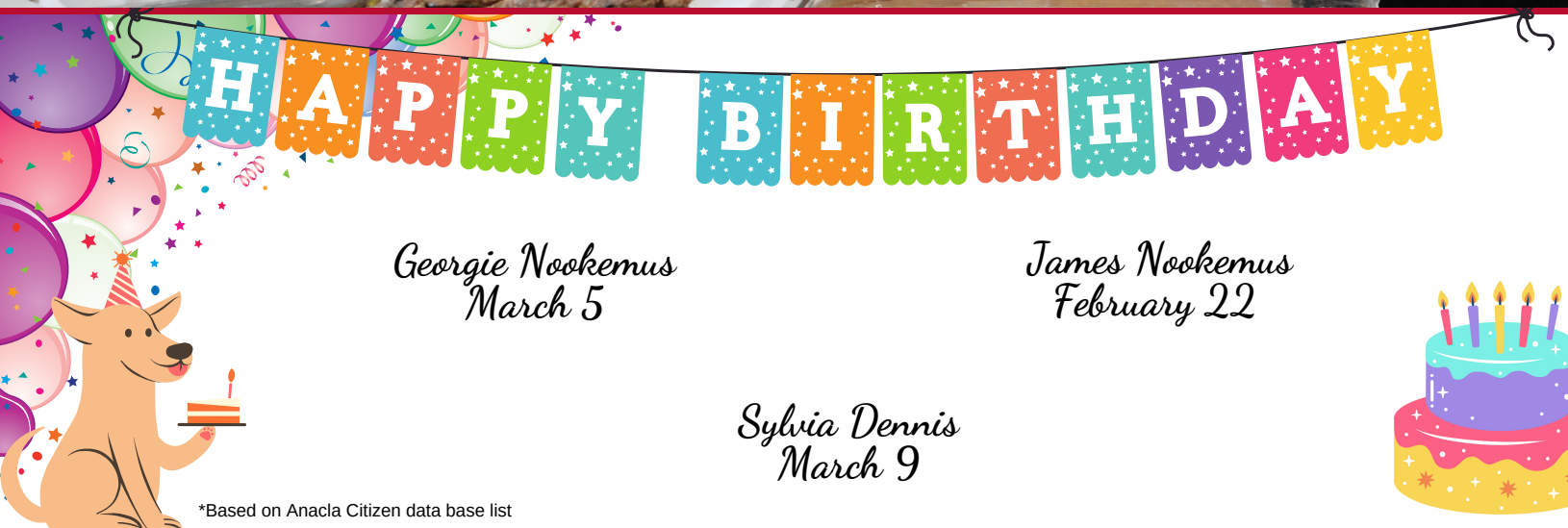
Friday, February 23, 2024

Submit menu, bid, and food safe

certificate

to kristen.y@huuayaht.org or

kimberly.n@huuayaht.org



*Georgie Nookemus
March 5*

*James Nookemus
February 22*

*Sylvia Dennis
March 9*

*Based on Anacla Citizen data base list

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.**



HUU-AY-AHT HOOBIYEE PRACTICES

PORT ALBERNI

Sunday, February 25, 1:30 - 4 P.M.

Monday, February 26, 7 - 9 P.M.

ANACLA

Monday, February 26, 6 - 8 P.M.

Tuesday, February 27, 6 - 8 P.M.



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 or Alexis Young at 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

The Huu-ay-aht First Nations Government is taking bids for Halibut and Salmon harvest for our annual domestic Food Fish Program.



Proposals for one or more contracts are welcome.

Deadline to submit your bid is **Wednesday February 28, 2024 at 4:00 pm.**

For information and to submit bids, please contact Amelia Vos at amelia.v@huuayaht.org

Tel: 250 728-3414 Fax: 250 728-1222

Please see form on our website, www.huuayaht.org/services/fisheries/

SCAN ME



To go straight to the Huu-ay-aht website scan the QR Code!





First Nations Health Authority
Health through wellness

REGIONAL HEALTH SURVEY (RHS4)

Huu-ay-aht

**Receive a \$25
gift card for
participating**

Ways to take the RHS4



ONLINE



**OVER THE
PHONE**

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living in their home community. It asks about community/personal wellness, access to health care, health conditions, behaviours, housing, food security, water quality, etc.

Why take the RHS4?

The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important and we want to hear it

More information :



fnha.ca/health-surveys



RHS4@fnha.ca



(833) 633- 3642

You will be contacted if you are selected to participate



CALLING HUU-AY-AHT YOUTH AGES 13 - 30

**WE WANT TO
HEAR FROM YOU**

Huu-ay-aht is in the first stages of planning a Huu-ay-aht Youth Gathering and we want to hear from the youth on what works for them while also making it enjoyable for them to participate.

Deadline to submit your
feedback, Wednesday,
February 28, 2024

**Complete
survey for a
chance to win
a \$100!**



SCAN ME



Huu-ay-aht thanks youth for participating in this survey. The first 40 youth to complete the survey will be entered to win a \$100.

Please take a few minutes of your time to fill out the survey here or scan QR Code:
<https://www.surveymonkey.com/r/hfn-youth-gathering-survey>



Huu-ay-aht Housing Authority Survey Questions

Huu-ay-aht Housing Authority has recently been made aware of an opportunity that could offer tenants upgrades on three vital aspects of their unit and quality of life: heat pumps, windows, and attic insulation. These three keep homes warm in winter and cooler in the summer. Before we can see if we are eligible, we, the Housing Authority, are curious for your input.

In order from most to least, which is most important to you to have replaced?

- ☐ Windows ☐ Attic Insulation
- ☐ Heat Pump
(This would replace the need for baseboard heating)

To make repairs or upgrades, would you be okay with leaving your unit for 1-4 hours to have the work done?

- ☐ Yes ☐ No

Considering Cost and environmental impact: How important is energy consumption for you as a tenant?

- ☐ Very High Importance ☐ High Importance ☐ Neither High nor low Importance ☐ Low Importance ☐ Very Low Importance

Do any of the occupants in your household have respiratory issues such as Asthma?

- ☐ Yes ☐ No

If you are currently a tenant, what unit are you located in? (e.g. 143 Nookemus Road, Anacla, BC V0R 1B0)

Please return this to the Housing Office at
143 Nookemus Road, Anacla BC
Digital survey can be found by scanning QR Code.



FEBRUARY 2024 COMMUNITY CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
18 Community Potluck HOH ~ 5 pm	19 Family Day - No School Books & Brunch BCS ~ 10:30 am - 12 pm Adult Dodgeball BCS ~ 6 - 8 pm	20 After School Club BCS ~ 3 - 4:30 pm Beginner Crochet with Abi BCS ~ 5:30 - 7:30 pm Bamfield Community Affairs Meeting Zoom ~ 6:30 pm Adult Basketball HOH ~ 7:30 - 9:30 pm	21 After School Club BCS ~ 3 - 4:30 pm Yoga BCS ~ 5:15 - 6:15 pm	22 Youth Drop-In BCS ~ 3 - 4:30 pm Baking Class: Puff Pastries with Aneri BVFD ~ 5:30 - 8:30 pm Hockey HOH ~ 7:30 - 9:30 pm	23	24
25 Huu-ay-aht Culture HOH ~ 6 - 8 pm	26 Kids' Basketball BCS ~ 3 - 4:30 pm Adult Drop-In Badminton BCS ~ 6 - 8 pm	27 Little Buddies BCS ~ 10:30 - 11:45 am After School Club BCS ~ 3 - 4:30 pm Beginner Crochet BCS ~ 5:30 - 7:30 pm Adult Basketball HOH ~ 7:30 - 9:30 pm	28 After School Club BCS ~ 3 - 4:30 pm Yoga BCS ~ 5:15 - 6:15 pm	29 Youth Drop-In BCS ~ 3 - 4:30 pm Beginner Improv Class with Noah BCS ~ 6 - 8 pm Hockey HOH ~ 7:30 - 9:30 pm	1 Friday Night Chill BCS ~ 7 - 9:30 pm	2



Our Lands and Natural Resources team is applying for a Transport Canada grant in hopes of getting Huu-ay-aht citizens marine safety equipment & training. If you own a vessel or frequently use the water and could benefit from additional safety equipment or training, please contact carter.b@huuayaht.org, so that an inventory of the equipment and training needs can be added to the grant

We Are Hiring!

- Oomiiqsu Childcare Centre Manager
- Oomiiqsu Office Administrative Assistant
- Guardian Crew
- Finance Clerk, Accounts Receivable
- Two Part-Time Youth Program Administrators

To see full job postings, please visit our website at www.huuayaht.org

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)

Do you need assistance with your income taxes? On Thursday, March 28, there will be people in community to help at no cost!

**NTC Wellness workers,
Harm Reduction Team will
be in community: February
28 and 29.**



More information to
come on time and
location.

**Clinical Counsellors will be in
community: February 29.**



Community Potluck Dinners 2024 Schedule

All dinners start at 5 P.M. at the House of Huu-ay-aht

~~Sunday, January 14, 2024~~
~~Sunday, February 18, 2024~~
Sunday, March 10, 2024
Sunday, March 31, 2024
Sunday, May 12, 2024

Sunday, June 16, 2024
July, August, and September - No Potluck
Sunday, October 13, 2024
Sunday, November 10, 2024
Sunday, December 15, 2024

The Port Alberni RCMP-Indigenous Police Services team will be starting to host a drop-in or scheduled appointments to come and meet with Cst. James Wingfield and Cst. Kyle Dornan at the Anacla Government Office or at your home if preferred.

**The follow dates will take place between 10 A.M. - 1 P.M. at the Anacla Government Office
or home visits.**

March 5 & 19

April 2, 16, & 30

To schedule an appointment or for any non-emergency question please contact:

Cst. James Wingfield

Cst. Kyle Dornan

250-918-4327 or james.wingfield@rcmp-grc.gc.ca

250-902-8647 or kyle.dornan@rcmp-grc.gc.ca



OSTROM'S GAS BAR & MARINE FUEL DOCK

Hours of Operation

MONDAY	9 - 12 PM & 3 - 5 PM
TUESDAY	9 - 12 PM & 3 - 5 PM
WEDNESDAY	9 - 12 PM & 3 - 5 PM
THURSDAY	9 - 12 PM & 3 - 5 PM
FRIDAY	9 - 12 PM & 3 - 5 PM
SATURDAY	9 - 12 PM & 3 - 5 PM
SUNDAY	CLOSED

CLOSED ALL STATUTORY HOLIDAYS

The Market Hours

Monday	8a.m. – 7p.m.
Tuesday	8a.m. – 7p.m.
Wednesday	8a.m. – 7p.m.
Thursday	8a.m. – 7p.m.
Friday	8a.m. – 7p.m.
Saturday	8a.m. – 7p.m.
Sunday	10:30a.m – 6:30p.m.

Café is
closed for
the season

WHAT IT IS

Bullying is unwanted repetitive deliberate acts which involve an imbalance of power to cause verbal, emotional, social or physical harm.

Child who is bullied may demonstrate significant levels of anxiety, low self-esteem, depression, and may experience physical ailments. May refuse to go to school.



WHAT IT LOOKS LIKE



- **Verbal**– Saying/ writing mean things – Teasing, name-calling, taunting, Inappropriate sexual comments
- **Social**– Hurting someone's reputation/relationships – eg. Spreading rumors about someone, leaving someone out on purpose
- **Physical**– hurting a person's body/ possession– hitting,spitting,pushing, making rude/mean hand gestures
- **Cyber**– Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else.



STEPS TO TAKE AGAINST BULLYING

RECOGNIZE– To recognize bullying, ask yourself Is what I am observing is fair? Is it happening over and over again? Are they using power to hurt someone

REFUSE– If you feel safe when the bullying is happening, use assertive words to stop the person from hurting you. If you feel trapped/ unsure, You can also walk away calmly and join another group. Also refuse to just watch and be a bystander to an incident of bullying.

REPORT– If you feel you or someone is being bullied, and refusing does not help, talk to an adult you trust and report such incident. If you feel someone is unsafe, report it immediately.



**Anti-Bullying Day
(Pink Shirt Day)
Wednesday, February 28**

ALWAYS REMEMBER

- Bullying is never ok
- Standup for what is right
- Everyone is special
- Think before you speak
- Be a buddy not a bully



Think of two things you can do today to stop bullying in your school, community or home. Start doing them today.

1)

2)

