

Let us know if you want to attend!

Please let us know if you will be attending one of the Framework Plan Open Houses. Information is below. Please scan the QR Code to register, visit our website, or call us at 250-723-0100, and we can help you register.



HUU-AY-AHT FIRST NATIONS FRAMEWORK PLAN

Introducing the Huu-ay-aht First Nations Framework Plan

We are excited to announce the initiation of a Framework Plan for the Huu-ay-aht First Nations ḥahuuḥi (ha-houlthee, traditional territory). A Framework Plan is a long-term vision to guide change and development over a 20-30 year horizon. Once complete, the plan will identify land uses, open spaces, and mobility networks.

Huu-ay-aht First Nations has selected a partner and Framework Plan consultant to complete this project, and we would like you to join us on this journey.

Please join our first round of engagement

These events will give you the opportunity to shape the long-term vision for the traditional territory and share your priorities with us. Please join us to learn more, and for the chance to win door prizes!

There are 3 ways to participate:



Anacla Open House

Thursday, March 21st
5:00 – 7:00pm (dinner & light refreshments will be served)
House of Huu-ay-aht, Anacla 12, Bamfield, BC



Port Alberni Open House

Saturday, March 23rd
12:00 – 2:00pm (light refreshments will be served)
The Italian Hall, 4065 6th Avenue, Port Alberni



Virtual Open House

Monday, March 25th
5:00 – 6:30pm
Meeting Link: <https://bit.ly/3T95Ek4>



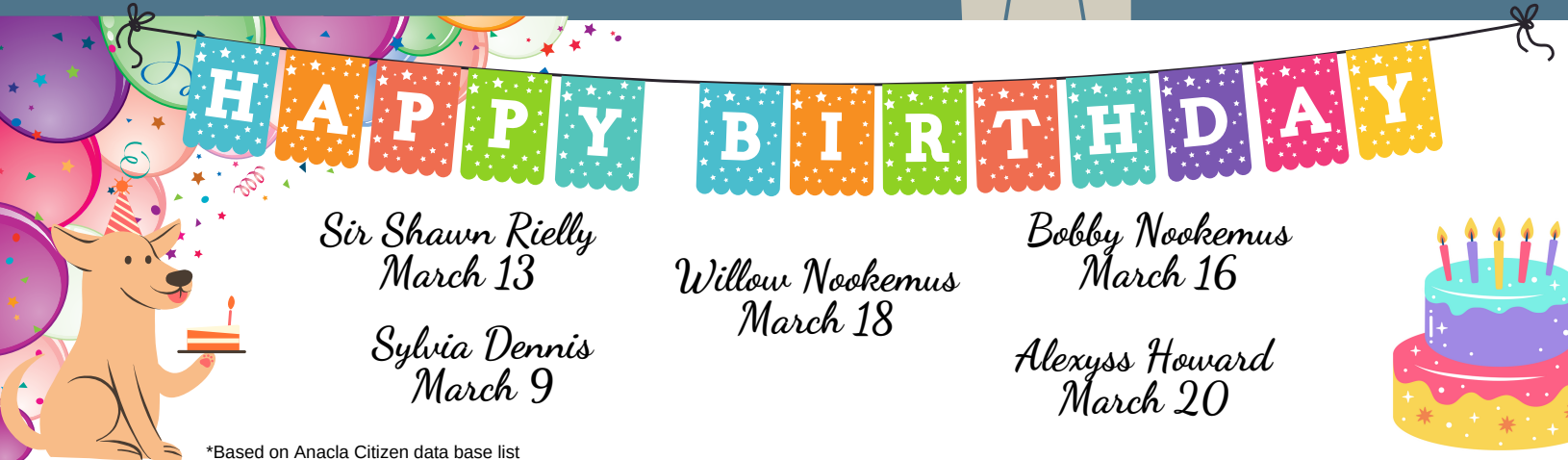
To learn more about the project,
please visit the website: huyuayaht.org



URBAN
STRATEGIES
INC.

Forum

ANACLA EVENTS



Sir Shawn Rielly
March 13

Sylvia Dennis
March 9

Willow Nookemus
March 18

Bobby Nookemus
March 16

Alexyss Howard
March 20



*Based on Anacila Citizen data base list

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

Please call Kristen or
Kimberly at 250-728-3414
to express interest.

More information to come
on time and location.

Huu-ay-aht First Nations

Request for Bid

For catering in Anacila

Please submit your menu and bid for:
Monday, April 29 and Tuesday, April 30
For Dinners
Approx. 18 people

Deadline to submit bid: No later than noon on
Friday, March 22, 2024

Submit menu, bid, and food safe certificate to
shannon.z@huuayaht.org

Celebration Lunch

Friday, March 15, 2024
12 P.M.

At House of Huu-ay-aht
Everyone is welcome

Please join us and the Project team to
see and hear about Huu-ay-aht First
Nations report from COVID-19 research
& Data Collection

Huu-ay-aht First Nations

Request for Bid

For catering in Anacila

Please submit your menu and bid for:
Thursday, March 21, 2024
For Soup and Sandwich-style Dinner
Approx. 50 people

Deadline to submit bid: No later than noon on
Wednesday, March 13, 2024

Submit menu, bid, and food safe certificate to
cheryl.e@huuayaht.org



Warriors

Our Community Coordinator, Leonard Nookemis, will be doing an Outward Bound Canoe Program March 6-12, 2024. Once completed, Leonard will have his Canoe Instructor Certification and will use his skills to support canoe programming for the Nation. From March 15 - 21/2024, Leonard has the honour of representing the Warriors Regional Coordinator at a Warrior's gathering in Taku River.

While Leonard is away, Carter Burtlake, the Warriors Adult Mentor in Anacela, will be hosting Warrior events. Please keep an eye on the Group Chat for additional information.

March 4th – Check the group chat

March 11th – Candle making

March 18th - Sports Night at House of Huu-ay-aht

March 25th – Movie Night

MARCH 2024 COMMUNITY CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
10 Gazan Genocide Vigil West Park – 12 - 3:30 pm	11 Kids' Basketball BCS – 3 - 4:30 pm Adult Drop-In Indoor Soccer BCS – 6 - 8 pm	12 Little Buddies BCS – 10:30 - 11:45 am After School Club BCS – 3 - 4:30 pm Adult Basketball HOH – 7:30 - 9:30 pm	13 After School Club BCS – 3 - 4:30 pm Ready, Set, Learn! BCS – 4 - 6 pm	14 Youth Drop-In BCS – 3 - 4:30 pm Beginner Improv Class with Noah BCS – 6 - 8 pm Hockey HOH – 7:30 - 9:30 pm	15 Friday Night Chill BCS – 7 - 9:30 pm	16 Pacific Ecology and Evolution Conference BMSC
17 Pacific Ecology and Evolution Conference BMSC Community Potluck HOH – 4 pm	18 Spring Break - No School Spring Break Adventure Camp 10 am - 3:30 pm Adult Dodgeball BCS – 6 - 8 pm Bamfield Community Affairs Meeting Zoom – 6:30 pm	19 Spring Break - No School Spring Break Adventure Camp 10 am - 3:30 pm Adult Basketball HOH – 7:30 - 9:30 pm	20 Spring Break - No School Spring Break Adventure Camp 10 am - 3:30 pm Yoga BCS – 5:15 - 6:15 pm Youth Drop-In BCS – 7 - 9:30 pm	21 Spring Break - No School Spring Break Adventure Camp 10 am - 3:30 pm Hockey HOH – 7:30 - 9:30 pm	22 Spring Break - No School Spring Break Adventure Camp 10 am - 3:30 pm Community Potluck Pachena Gazebo – 12 pm	23
24	25 Spring Break - No School Books & Brunch BCS – 10:30 am - 12 pm Adult Drop-In Badminton BCS – 6 - 8 pm	26 Spring Break - No School Spring Break Field Trip: West Bamfield Pirate Adventure 10 am - 3:30 pm	27 Spring Break - No School Spring Break Field Trip: Trampolines and Waterslides 8:30 am - 8:30 pm Yoga BCS – 5:15 - 6:15 pm	28 Spring Break - No School Spring Break Youth Leaders Gathering BCS – 10:30 am - 4 pm Hockey HOH – 7:30 - 9:30 pm	29 Spring Break - No School Good Friday	30



Child and Family Wellness

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





ANCIENT SPIRIT, MODERN MIND

Spring Break Adventures!



Week 1 March 18 - 22 (Mon-Fri)

Culture Camp! (10am-3:30pm)

Kids of all ages are invited to join this fun day camp to explore different cultural, artistic, sports, scientific, & outdoor activities!

Children ages 0 - 6 are welcome to join between 10am - 12:30pm.

Please **register by March 8th** to guarantee a spot at Culture Camp!

Week 2 March 26 - 28 (Tues-Thurs)

Tuesday (10am-3:30pm)

Pirates ages 8+ are invited on a hunt for treasure around Bamfield!

Wednesday (8:30am-8:30pm)

A fun field trip to the Nanaimo Trampoline Park & Wave Pool for youth 12+!

Made possible by the Alberni-Clayoquot Building Youth Futures Project!

Thursday (11am-4pm)

A gathering for youth leaders ages 12+ who want to practice culture and play warrior sports!



Spring Break programs are **FREE**, and include bus transportation, lunch and snacks! However, **REGISTRATION IS REQUIRED!**

Contact
BCSACOORDINATOR@gmail.com to register.





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**

Farrah Kassam from Alberni Pharmacy will be holding an information session in Anacla on Sunday, March 10, from 12-2 P.M. at the House of Huu-ay-aht. The session will cover what emergency care kit items we can obtain for our homes through our status and Plan W.

Farrah will also be hosting a Women's Clinic at the House of Huu-ay-aht on Sunday, March 10. She will help address, Bladder infection, Acne, Menstrual pain, Migraine and headaches, Menstrual migraines, Contraception. To ensure she has the proper supports for you for the visit please email her with you full legal name and date of birth and the complaint. Farrah email is albernipharmacy@gmail.com



HUU-AY-AHT GATHERINGS

SUNDAY
MARCH 17, 2024

4:30 - 5 P.M.

HOUSE OF HUU-AY-AHT
ANACLA, BC

FOLLOWED
BY A
COMMUNITY
POTLUCK
DINNER!

SEE THE
SCHEDULE
BELOW.

Community Potluck Dinners 2024 Schedule

Culture 4:30 P.M., then dinner at 5 P.M. at the House of Huu-ay-aht

~~Sunday, January 14, 2024~~
~~Sunday, February 18, 2024~~
Sunday, March 17, 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





2024 SPRING

LEGISLATURE

FIRST SITTING - MARCH 12
SECOND AND THIRD SITTING - MARCH 21

WHERE: MA?AS SUQIN
(ANACLA GOVERNMENT OFFICE)
TIME: 10 A.M.

Budget Act

Live stream will be available at
www.video.huuayaht.org

Wilderness First Aid Course in Anacla

March 12 – 15, 8:30 A.M. – 5:30 P.M.
Evening Scenario March 13, 7–9 P.M.

Course Fee: \$99

**Huu-ay-aht Citizens contact Brent at
brent.r@huuayaht.org for possible
funding**

**To enroll contact Daniel at
daniel.z@huuayaht.org**

Spots are limited!

Two-day Grief and Loss Workshop

House of Huu-ay-aht

Facilitated by Cory Howard Sr, Mel Edwards, Rena

Johnson and Jennifer Hastings

Monday, April 29 and Tuesday, April 30

11 A.M. – 5 P.M.

More information to come

Please register with rena.j@huuayaht by Tuesday, April 2



SAVE THE DATE

You Are Invited To The
Huu-ay-aht First Nations

Graduation Celebration

In Honour Of

**Huu-ay-aht high school and
post-secondary graduates of 2023-2024**

Thursday, July 11, 2024

Best Western Barclay Hotel, Arrowsmith
Room
4277 Stamp Avenue, Port Alberni, B.C.

Further details to follow
closer to the date.



huu ay aht

ANCIENT SPIRIT, MODERN MIND

In Community:

Thursday, March 14: Irene, Quu'asa wellness worker

Wednesday, March 20: Brianna and Darrell, Harm
reduction outreach workers

Thursday, March 21: Cherie, resolution health
support worker and Lisa, MMIWG

Thursday March 28: Irene, Quu'asa wellness worker

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)



Patient Travel Reminder

Do you have a medical appointment coming up?

Please contact medical travel 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

Please contact Kimberly Nookemus at
250-728-3414 or kimberly.n@huuayaht.org



We Are Hiring!

- Emergency Management Program Coordinator
- Two Part-Time Youth Program Administrators

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

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 21

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

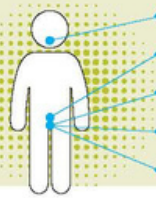
250-902-8647 or kyle.dornan@rcmp-grc.gc.ca

Protect your child from cancer with the HPV vaccine.

Four things you need to know about the HPV vaccine:

1. The HPV vaccine is cancer prevention.

The vaccine protects against HPV infections that can cause:



- Mouth and throat cancer
- Cervical cancer
- Anal cancer
- Vaginal and vulvar cancer
- Penile cancer



It also protects against infections that cause genital warts.

2. Age matters. Don't wait to vaccinate.

It is recommended that children get the HPV vaccine in grade 6. Here's why:

- ✓ The vaccine works best when given at a young age because preteens produce more antibodies after HPV vaccination than older teens.
- ✓ For the vaccine to work best, people need to be vaccinated before they are sexually active and exposed to HPV.

When you vaccinate your child on time, you give them the best protection from HPV cancers later in life.

3. The HPV vaccine is safe.

200,000,000
HPV Vaccine Doses Safely Given

Over 15 years of vaccine safety monitoring has shown that the HPV vaccine is safe. More than 200 million doses of the vaccine have been safely given worldwide.

4. HPV vaccination works!



Studies in Canada and other countries with HPV vaccine programs have shown a big decrease in HPV infections, cervical pre-cancers, and genital warts since the HPV vaccine has been used.

What is HPV?

- HPV stands for human papillomavirus.
- It is the most common sexually transmitted infection.
- About 3 out of 4 unvaccinated sexually active people will get HPV at some point in their lives.
- There are many different types of HPV. Most HPV infections are harmless and go away on their own. But some infections can lead to cancer or genital warts.



Available in 体中文 (Simplified Chinese),
繁體中文 (Traditional Chinese), ىسرائىل (Farsi),
한국어 (Korean), ਪੰਜਾਬੀ (Punjabi), and other languages



ImmunizeBC

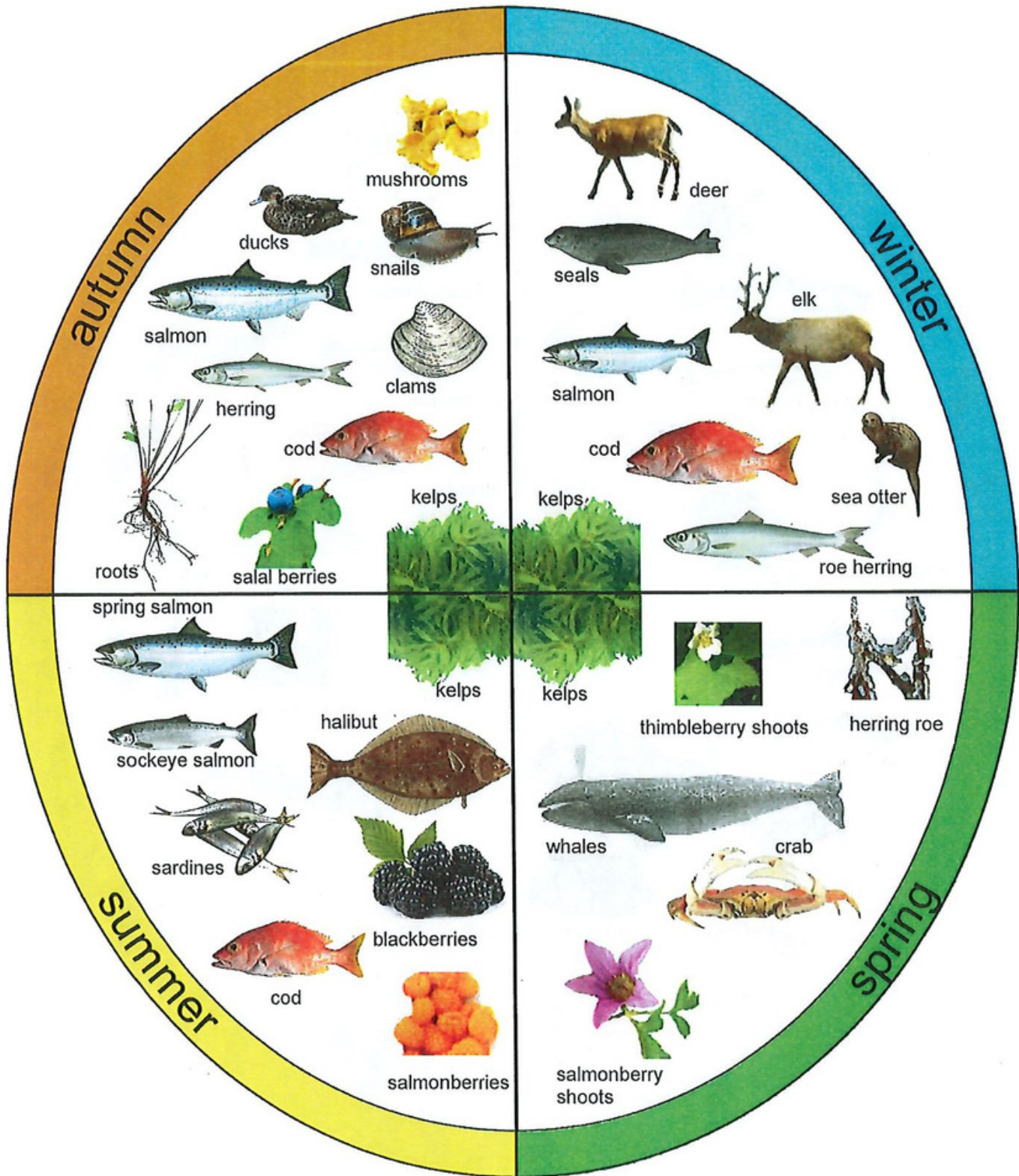


Provincial Health Services Authority

08/23

On Monday, March 4, it was International HPV Awareness Day. NTC Community Nurse has provided us information to share with Huu-ay-aht Citizens about HPV vaccine and cervical cancer screening. Firstly, individuals, especially women, are encouraged to take proactive steps in their health journey by considering options such as cervix self-screening, which provides a convenient alternative to booking a Pap test with a doctor. If any questions or concerns arise, individuals are welcomed to reach out for support and guidance. They can schedule appointments at the Huu-ay-aht clinic, contact the provided phone number (250) 731 5625, or seek assistance from their family doctor, Nurse Practitioner, or the Bamfield Outpost Nurse. Taking proactive steps towards health is crucial, and these resources aim to empower individuals to make informed decisions about their well-being.

Nuu-chah-nulth Seasonal Round – Food



"It is important to note that the territories of fifteen out of the sixteen Nuu-chah-nulth First Nations are spread out along the west coast of Vancouver Island, where ecosystems may vary, causing each nation to interact with the lands and resources in different ways. This illustration attempts to showcase a seasonal round in a general way that may be relevant to Nuu-chah-nulth nations, but may not fully represent the various harvesting practices, principles and time frames of each individual nation." (Michelle Colyn, Uu-a-thluk).



Presented by the School District 70 (Pacific Rim) Indigenous Education Team in consultation with Michelle Colyn, Uu-a-thluk.



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,
March 8, 2024

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



Scan Qr code or visit:
[www.surveymonkey.com
/r/hfn-youth-gathering-
survey](https://www.surveymonkey.com/r/hfn-youth-gathering-survey)

BAMFIELD PALESTINE SOLIDARITY GROUP



*Are you
interested in supporting
Palestinians but don't know where
to start?*

*Do you want to learn some of the current
and historical context of Canada's involvement in
occupied Palestine? Join a group of dedicated
individuals meeting every 2 weeks to write letters to
our elected officials & come together to learn, be in
community, and participate in broader actions with
other allied groups in the region.*

*To get involved or if you have
questions, please reach out to either
(709) 769-8381
or (438) 888-9111*





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

DAYLIGHT SAVINGS

