



HAISLA NATION COUNCIL

February 2024

x̱ík^welita

“time people are out of food and clean out everything”, also “to put clean sand in the house, to rake powdery snow off the floor”

dútit

ya'uć /hello.

FEBRUARY 2024

Looking Ahead to 2024: Annual Work Plans for HNC Program Managers

It's that time of year again for Program Managers to create annual work plans and strategize programs and services for our organization. Collaboration within departments is key to ensure that benchmarks are reached and that the goals align with the HNC Multi-Year Strategic Plan (2022-2025).

Here are some exciting initiatives to look forward to in 2024:

Kitamaat Curbside Recycling Program:

The Haisla Nation Council Environment department partnered with the District of Kitimat to create a Curbside Recycling Program for Kitamaat Village. Following finalization of the agreement in November 2023, the program is set to roll out to the Haisla Community on March 1, 2024. Door-to-door literature and electronic communication has already been distributed, and an information session was held on January 30th. Keep an eye out for more information as we move through February.



Simply Sort-it.



Haisla Nation Council

2024 Committee/Duly Convened Council Meeting Schedule

Haisla Membership Committee:



The Haisla Membership Committee has been revived with new members joining the team in 2023. We want to maintain our momentum going into 2024 and are currently working on a survey for Haisla Members. The survey will offer insight into the thoughts and ideals of Haisla Members today. Keep an eye out for the survey on our website and via mail to Haisla Membership 18 years and over. The last Membership Code was passed in 1987, and a lot has changed since then.

Status Cards:

In 2023 Hazel Annibal, Indian Registry Administrator, was trained on new equipment that will assist with submitting status card applications electronically, eliminating the need to submit by mail. 2024 finds our IRA working in real time, no longer working off outstanding lists, where individuals can book an appointment to obtain a new status card with no wait list. Whether it's a laminated card you need or you are interested in applying for the ten-year card, Hazel can assist you. To book an appointment, call Hazel at at 250-639-9361, Extension 101.





Haisla Nation Council

2024 Committee/Duly Convened Council Meeting Schedule

Haisla Nation Council is the elected decision-making body that sets the overall direction of the Haisla Nation in economic, organizational and community planning. Two committees are branches of Council:

The Executive Committee (EC)

- The EC acts as an intermediary body to ensure the operational side of the organization is performing in a satisfactory way through monitoring. The role of the EC is to set the expectations and monitor the performance of the Administration. The EC is accountable to elected Chief and Council, and primary responsibilities include developing and proposing recommendations to Council and tracking the performance of the Administration, ensuring expectations are being met.

The Stakeholders Relations Committee (SRC)

- The SRC's role is to develop recommendations and action plans to put forward to the Council for consideration. As the name suggests, they work with external groups and stakeholders with a mission to foster the creation of positive, sustainable economic opportunities to benefit Haisla members.

The Committees meet regularly. To streamline time and process the Committees hold their meetings together to reach their common goal of being efficient and timely. In this streamlined process, to continue with the goal of being efficient and timely, all Duly Convened Council meetings immediately follow the Committees meeting.

Monthly Committee/Duly Convened Council meetings are scheduled for the third (3rd) Wednesday of every month unless noted otherwise.

Haisla Nation Council is committed to keeping our membership informed of upcoming Committee/Duly Convened Council meetings with the following schedule of dates for 2024. These dates are also posted on haisla.ca and can be found in our calendar of events. Please note dates are subject to change and an update will be made on the haisla.ca calendar if such changes are required.

Haisla Nation Council Monthly Committee / Duly Convened Council Meetings for 2024			
January 1 X 31	April 17	July 17	October 16
February 21	May 15	August 21	November 20
March 20	June 19	September 18	December 18

A Committee/Duly Convened meeting summary will be released electronically for Haisla membership in the week that follows the meeting.

Letter/email submissions received from community members follow the process noted below:

- Letter/email submissions are received by the Clerk to Council.
- The Clerk to Council will acknowledge receipt of the submission and provide dates of upcoming Committee/Duly Convened Council meetings.
- Senior management will review the submission and following the applicable policy will make recommendations to the Committees and/or elected Council, if required.
- Once the item has been addressed a follow up will occur with the community member.

Questions regarding the schedule of meeting dates or the process followed regarding submissions made by community members can be directed to Haisla Nation Council's Clerk to Council, Duane Grant:

Email: dugrant@haisla.ca

Phone: 250-639-9361, Ext. 205 (Toll Free: 1-888-842-4752)



Writing to Council - The process

Steps Haisla Nation Council takes when letter/email submissions are received from community members:

- 1** Letter/email submissions are received by the Clerk to Council in-person, by email (dugrant@haisla.ca) or by fax (250-632-2840)
- 2** The Clerk to Council will acknowledge receipt of the submission and provide dates of upcoming Committee/Duly Convened Council meetings.
- 3** Senior management will review the submission and following the applicable policy will make recommendations to the Committees and/or elected Council, if required.
- 4** Once the item has been addressed a follow up will occur with the community member.



Haisla Community Development



NOTICE TO EagleView and Kuldo Apartment tenants



Please note the following options for submitting rent payments:

EagleView Apartments (Kitamaat)

Contact: Heidi Alexee
Phone: 250-639-3829

Kuldo Apartments (Kitimat)

Contact: James Fraser
Email: jfraser@makola.bc.ca

Electronic money transfers (EMTs) can be submitted to:

hnguvx@makola.bc.ca

Or by
Cheque/Money Order
Made out to **Haisla Guvx Society**

hnrent@makola.bc.ca

Or by
Cheque/Money Order
Made out to **Haisla Trust Society**

If submitting rent via an EMT is not possible, rent payments must be sent to the main branch at:

**M'akola Housing Society
Victoria Regional Office
102-550 Goldstream Avenue
Victoria, BC V9B 2W7**

For all EMT/Cheque/Money Order submissions please ensure you include the following information **in the NOTE section**:

- Your name.
- Your address.
- The month you are paying rent for.

Rent payments are due on the 1st of every month.
Please plan accordingly if mailing a rent payment to ensure it
is received on time.



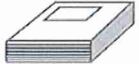



Haisla Environment Department

As we prepare for our transition for the upcoming Curbside Recycling Program we wanted to share some information from Recycle BC. It break downs materials with what and what not to include. This list is not comprehensive - to view the full comprehensive list visit <https://recyclebc.ca/>






Materials List
PAPER



MATERIAL & DESCRIPTION	DO NOT INCLUDE
 <p>Newspaper and flyers Daily and community newspapers and advertising flyers</p>	Plastic bags used to cover newspaper/flyers (take to Recycle BC recycling depot), rubber bands
 <p>Magazines and catalogues All types</p>	
 <p>Telephone books Phone books, directories</p>	Hardcover or paperback books (donate or sell)
 <p>Writing home/office paper and correspondence Notepads; loose leaf paper, white or coloured computer copier and printer paper; printed paper, plain and window envelopes; shredded paper</p> <p>If you live in a community or multi-family building that has separate bins or bags for paper and containers recycling, you may place shredded paper securely inside a paper bag or box (to prevent litter) and include with your paper recycling.</p> <p>If you live in a community or multi-family building that utilizes one bin or bag for all of your recycling, please place shredded paper inside a securely-tied, see-through, plastic bag (no opaque, coloured or black bags).</p>	





Materials List
PAPER



MATERIAL & DESCRIPTION	DO NOT INCLUDE
 <p>Corrugated cardboard boxes Shipping boxes, grocery and liquor store boxes, pizza boxes, Banker's Boxes, and moving boxes Empty boxes and flatten large corrugated boxes and cut down to no larger than 30" wide (78 cm) X 30" tall (78 cm), staples and tape OK.</p>	Items that are not packaging like products, long term storage containers such as heavy duty plastic boxes or totes.
 <p>Cardboard/boxboard Boxes for cereal, shoes, tissues, pizza, frozen entrees, desserts, detergent, etc. Carrier trays for buk bottled water, soft drinks, cans, food, etc., cores for paper towel and toilet tissue Flatten and place boxboard directly into the collection container, not inside another box. Remove liner bags and food residue.</p>	Paper towels or napkins (include with green waste, if applicable), tissues
 <p>Moulded boxboard packaging Egg cartons, take-out beverage trays, empty paper-based garden pots, etc.</p>	Dirt in garden pots
 <p>Paper bags (Kraft paper) Any colour, including brown grocery sacks, white prescription bags, brown envelopes</p>	Wax paper and parchment paper
 <p>Multi-layer paper bags Multi-layered paper bags for flour, sugar, etc.</p>	Bags with a foil layer, bags with a plastic layer






Materials List
PAPER



MATERIAL & DESCRIPTION	DO NOT INCLUDE
 <p>Purchased gift bags, boxes Paper bags and boxes that are purchased for gift giving</p>	Items that are not packaging-like products, bags and boxes that use plastic and/or paper material, bags and boxes with glitter and rope handles
 <p>Paper party decorations Paper party decorations can include pennant flags, streamers, decorative hanging pieces, etc. These items must not contain any plastic material including glitter.</p>	Items made with layers of plastic and paper, including glitter, party items that are not paper (e.g., costumes wear, party eyeglasses), party décor that contaminates the paper stream (e.g., balloons, glitter, tinsel, noisemakers, etc.)
 <p>Non-durable paper food containers Kraft (brown) or white paper take-out containers Must be clean for recycling</p>	Wax paper and parchment paper, plastic or metal food storage containers
 <p>Disposable hangers Paper - lightweight compressed paper (included with clothing)</p>	Durable hangers (e.g., wire, sturdy plastic, metal, or wood)

Materials List
CONTAINERS



MATERIAL & DESCRIPTION	DO NOT INCLUDE
 <p>Paper cups For hot and cold beverages Empty and rinse cups. Remove lids and place loose with container recycling. Recycle paper sleeves separately.</p>	Items that are not single use, or compostable, biodegradable, or ovo-degradable plastics
 <p>Gable-top cartons For cream, substitute eggs, sugar, molasses, etc. Empty and rinse cartons.</p>	Paper towels or napkins (include with green waste, if applicable), tissues
 <p>Aseptic boxes or cartons For cream, soup, broth, sauces, etc.</p>	Stand-up pouches
 <p>Frozen dessert boxes For ice cream, frozen yogurt, etc. Empty and rinse cartons.</p>	
 <p>Paper plates Coated paper plates All plates must be rinsed clean for recycling</p>	Uncoated paper plates, or plates that are sealed with food leftovers, plates labeled compostable, biodegradable, or ovo-compostable








Haisla Environment Department

Materials List

CONTAINERS








MATERIAL & DESCRIPTION	DO NOT INCLUDE
 <p>Empty spray containers For air fresheners, shaving cream, deodorant, hairspray, etc. Empty containers before putting your blue box.</p>	Spray paint cans, aerosol cans with any contents remaining, propane cylinders
 <p>Spiral wound cans and metal lids For frozen juice concentrate, potato chips, cookie dough, coffee, nuts, baby formula, etc.</p>	Paper towels or napkins (include with green waste, if applicable), tissues, etc.
 <p>Steel cans and lids For food including pet food, tins for cookies, tea, chocolates, etc., include metal lid Empty and rinse cans. Labels are OK.</p>	Steel paint cans, coat hangers, pots, pans and baking trays, propane cylinders, metal toys, appliances, metal hardware or other scrap metal, wiring or metal cords, extension cords
 <p>Aluminum cans and lids For food including seafood, pet food, etc. Empty and rinse cans. Labels are OK.</p>	Propane tanks or propane canisters
 <p>Metal storage containers Thin-gauge metal tins</p>	Durable storage containers (e.g., metal food storage containers)

Materials List

CONTAINERS







MATERIAL & DESCRIPTION	DO NOT INCLUDE
 <p>Plastic tubs and lids For margarine, spreads, yogurt, cottage cheese, sour cream, ice cream, etc. Empty and rinse tubs. For single-use coffee and tea pods: Empty and rinse pods. Remove lids and not include lids with recycling. Grounds can be composted.</p>	Packaging labelled compostable, biodegradable, oxo-degradable plastics or foil lids from coffee and tea pods, coffee grounds (include with green waste, if applicable)
 <p>Plastic cold drink cups with lids Beverage cups Empty and rinse cups for recycling. Separate straws.</p>	Foam cups (take to Recycle BC depot), plastic packaging labelled compostable, biodegradable, oxo-degradable, napkins (include with green waste, if applicable)
 <p>Plant pots and saucers Plastic only</p>	Ceramics or items that are not packaging-like products, items labelled compostable, biodegradable, or oxo-compostable
 <p>Plastic pails For laundry detergent, ice cream, pot food, etc. Recycle BC accepts pails that are less than 25 litres. Larger pails should be disposed of through a commercial hauler.</p>	Plastic paint cans, plastic pails larger than 25L, pails for lubricants and oils
 <p>Microwavable bowls and cups For soups and entrees Remove lids and place loose in recycling container.</p>	Bowls with metal rims, napkins (include with green waste, if applicable)

Materials List

CONTAINERS

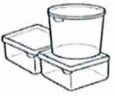






MATERIAL & DESCRIPTION	DO NOT INCLUDE
 <p>Aluminum foil disposables Aluminum pie plates, baking dishes and trays, etc. Materials must be clean for recycling.</p>	Durable storage containers such as glass or metal food storage containers
 <p>Aluminum foil Foil wrap used for food storage Foil wrap must be rinsed clean for recycling.</p>	Wax paper or parchment paper
 <p>Plastic jugs with screw tops For cooking oil, laundry detergent, fabric softener, cleaning solutions, cleaning products, body care products, windshield washer fluid, etc. Empty and rinse jugs. Labels OK.</p>	
 <p>Plastic clamshells For baked goods, fruit, produce, eggs, etc. Containers are clear with hinged or click-closed tops. Empty and rinse containers for recycling. Labels OK.</p>	Compostable, biodegradable, oxo-degradable plastics

Materials List

CONTAINERS



MATERIAL & DESCRIPTION	DO NOT INCLUDE
 <p>Non-durable plastic food containers Plastic lunch containers</p>	Durable storage containers such as glass or metal food storage containers, items labelled compostable, biodegradable, or oxo-compostable
 <p>Disposable hangers Plastic - lightweight (included with clothing)</p>	Durable hangers (e.g., wire, sturdy plastic, metal, or wood), plastic labelled compostable, biodegradable, or oxo-degradable
 <p>Plastic straws Plastic drinking straws</p>	Paper or metal straws
 <p>Plastic stir sticks Plastic stir sticks used for coffee</p>	Wooden stir sticks
 <p>Plastic cutlery Plastic spoons, forks, and knives commonly provided with take-out meals Plastic cutlery must be rinsed clean for recycling.</p>	Wooden cutlery, items labelled compostable, biodegradable, or oxo-compostable



Haisla Health Department

≡ Welcome ≡

Haisla Health Centre

is happy to share that

Kyla Baer Aben, RN, BScN

has joined us offering support as a Diabetic Nurse.

Kyla will be available every Thursday at the Haisla Health Centre offering support with diabetes management and offering lessons on Diabetes Glucose Monitoring.

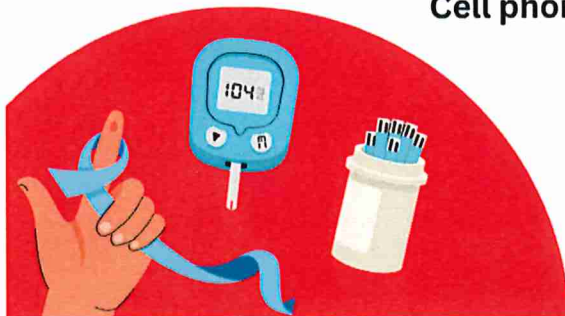
Diabetes Glucose Monitoring is an important aspect of diabetes care and management. Glucometers and test strips are FREE (limited) when you receive a brief lesson on meter use and safety.

To book a lesson and/or meet with Kyla regarding diabetes management please call:

Haisla Health Centre: 250-639-9361, Ext. 305

Kitimat Office: 250-632-8646 (M-T-W-F)

Cell phone: 250-639-6534



H AISLA NATION COUNCIL



Haisla Health Department

Sharing Critical Resources:

In case you or someone you know requires assistance, please refer to the following phone numbers shared below. Remember to take care and stay safe, everyone.

FIRST NATION ACTION SUPPORT TEAM



EMERGENCY NUMBERS: 2023-2024

Hospital: 250-632-2121

Poison Control: 1-800-567-8911

RCMP: 250-632-7111

Ministry Child & Families: 1-800-663-9122

Ambulance: 250-632-8940 or 911

National Crisis Line: 9-8-8

Support

If you or anyone you know is struggling, reach out to someone, the Northern Crisis Centre & Kuu-us have staff available to listen. If someone is suicidal take immediately to the hospital.

Resources

- Suicide Crisis Line: 1-800-784-2433
- Kuu-us: 1-800-588-8717
- Northern BC Crisis: 1-888-562-1214
- Foundry: 250-615-8661
- FAST Coordinator: 778-202-9962: this is 24/7
- Domestic Peace: 1-877-633-9933
- Elders Help Line: 1-800-588-8717
- Health Link BC- speak to a nurse: 811 this is 24/7
- Youth Help Line: 310-1234
- Teen Crisis Line: 1-888-564-8336
- Bulling: 1-800-668-6868
- Report Bulling / Cyber Bulling online: you don't have to enter your name.
- Dunmore Place Transition House: Hotline 250-632-6070 this is 24/7 text: 250-279-9499
- Men's Crisis Line: 1-877-633-8717
- Missing Persons: 911
- Royal Bank Fraud 24 hours: 1-800-769-2512
- Scotiabank report fraud: 1-866-625-0561
- Cybertip.ca: Takes tips to report sexual exploitation of children under 18.
- Alcohol Substance Abuse: 24 Hour Crisis Line 1-888-562-1214

“Embracing life through suicide awareness and community empowerment.”



Haisla Health Department

Please join us on

Friday, February 16, 2024

4:00 pm - 8:00 pm

Haisla Recreation Centre

Family Day



Activities will include:

Fish Pond for kids, Bean Bag Toss, Face Painting, Giant 4 in a Row game, Table Ping Pong, Cake Walk and a Family Bingo.

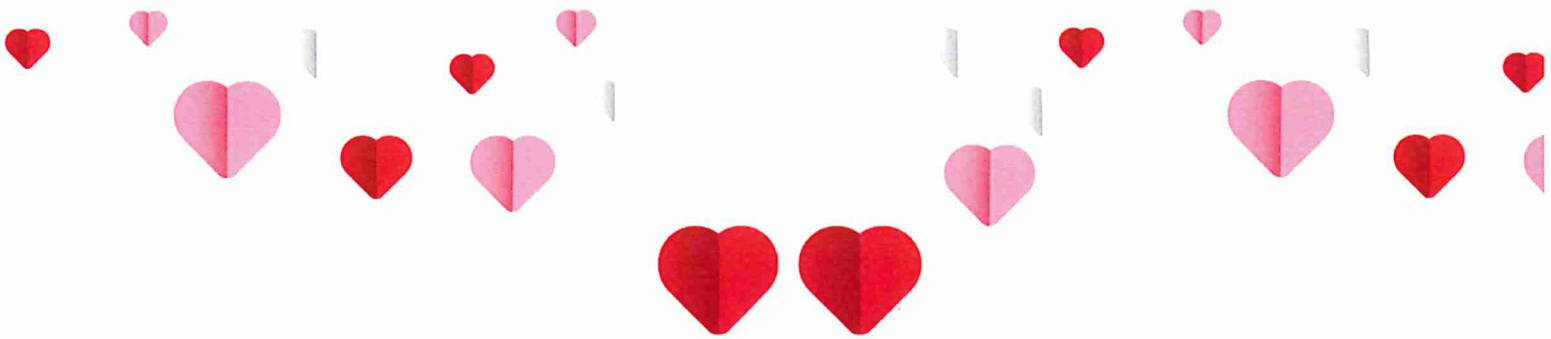
Food: Pizza and drinks

This event is open to ALL CHILDREN AND FAMILIES

Haisla and visitors 



H AISLA NATION COUNCIL





Haisla Health Department Information Sharing

FNHA First Nations Health Benefits Mental Health Provider List Current as of August 2023

Canadian Certified Counsellor Registered Clinical Social Worker

The following is a list of Mental Health providers that have met the First Nations Health Benefits (FNHB)'s eligibility criteria identified in the FNHA-FNHB Mental Health Counselling Provider Agreement Form (<https://www.fnha.ca/benefits/mental-health-providers>) and are actively registered with the FNHA. Mental Health Providers meet FNHA's eligibility when they are licensed/certified and in good standing with one of the following professional bodies: BC Association of Clinical Counsellors, BC College of Social Workers, the Canadian Counselling and Psychotherapy Association, the College of Psychologists of BC; have a Master's degree in a clinical counselling discipline from an accredited institution; provide the supplementary documents requested in the Provider Agreement Form; and agree to complete San'yas Cultural Safety Training within one year of their registration with FNHA. We do our best to ensure the accuracy and reliability of the list. It is the responsibility of FNHB-registered providers to update the FNHA of any changes in their circumstances or contact information. If you become aware of inaccurate information published on the list, please ask the provider to contact the FNHA with updates: MHPProviderReg@fnha.ca

City of Practice	Provider Name	Description	Virtual Care	Telephone	Availability	Indigenous Ancestry	Provider Gender	LGBTQ2SI Sensitive Services	Works with Children 0-5	Works with Children 6-12	Works with Children 13-17
Terrace BC	Pollitt, Devin	RSW	YES	(250)615-6512	Waitlist 1-2 months	Yes	Man	Yes	No	Yes	Yes
Terrace BC	Capar, Asta	CCC	YES	(250)638-8311	Waitlist less than 1 month	No	Women	Yes	No	Yes	Yes
Terrace BC	Conlon, Sandra	RCC, RSW	YES	(250)615-2241	Waitlist 1-2 months	Unspecified	Prefer Not to Say	Yes	No	No	No
Terrace BC	Mann, Teresa	RCC	YES	(250)641-1118	Accepting new clients Immediately	No	Women	Yes	Yes	Yes	Yes
Terrace BC	Sanderson, Rowan	CCC	YES	(250)641-8394	Accepting new clients Immediately	No	Women	Yes	Yes	Yes	Yes
Terrace BC	Smith, Katherine	CCC	YES	(250)631-6194	Waitlist less than 1 month	No	Women	Yes	No	No	No
Terrace BC	Vendittelli, Jennifer	RCC	YES	(250)922-4200	Accepting new clients Immediately	No	Women	Yes	No	Yes	Yes
Terrace BC	Viveiros, Susan	CCC, RSW	YES	(250)615-7532	Unknown	Unspecified	Prefer Not to Say	Unspecified	No	No	No
Thornhill BC	Doody, Carolyn Ann	CCC	YES	(250)641-3705	Accepting new clients Immediately	First Nations	Women	Yes	No	Yes	Yes

Current as of August 2023
Legend of Provider Designations
CCC Canadian Certified Counsellor
RCC Registered Clinical Counsellor
RSW Registered Clinical Social Worker
Psych Registered Social Worker
Psychologist



Haisla Youth Program

February

2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fun kids' workout session 6:00pm	2 Movie Night 8-12 years old movie 5pm-7pm, upstairs 13-18 years old movie 5-7pm, downstairs
5 Closed for staff training	6 Gratitude rocks 6:00pm	7 Cooking together 5:00pm Halibut fish and chips	8 Games at the gym from 3:00pm-5:00pm Meet at gym	9 Board Game Night 5:00pm
12 Sewing club starting at 5:00pm	13 Valentine card making 6:00pm	14 Cooking together 5:00pm Heart shaped pizza's	15 Kids yoga 6:00pm	16 Movie Night 8-12 years old movie 5pm-7pm, upstairs 13-18 years old movie 5-7pm, downstairs
19 Closed for Family Day!	20 Tie dyeing bags 6:00pm	21 Cooking together 5:00pm Salmon teriyaki bowls	22 Games at the gym from 3:00pm-5:00pm Meet at gym	23 Air hockey, Foosball, and basketball shooting games night upstairs at 5:00pm
26 Sewing club starting at 5:00pm	27 Pink shirt day activity 6:00pm	28 Wear pink for Pink Shirt Day! Cooking together 5:00pm Pink pancakes	29 Fun kids' workout session 6:00pm	

Haisla Youth Center drop-in hours are Monday-Friday 3:00pm-8:00pm

Homework/reading club 3:00pm-5:00pm daily.

Planned activity/ drop in 5:00pm-8:00pm

Youth Center phone numbers:
Downstairs mainline 1-778-860-6362
Coordinators office 250-639-7553

A healthy snack is provided daily at 4:00pm.

We do not provide dinner and ask that your child goes home to eat dinner and does not have dinner dropped off at the program please and thank you for your understanding.

If your child is sick, please keep them home from programming so we can prevent the spread of germs.

Liability forms are required to participate at the Youth Center, we have hard copies, or you can email tagrant@haisla.ca for an emailed copy.



Haisla Food Share Program

Food Share



FOR HAISLA FAMILIES

Focus:

Support community - no one is turned away.

Vision:

All people can feed themselves, their loved ones, and the community with dignity.

Values:

We believe everyone has the right to food.

We are equity oriented.

We believe in prioritizing lived experience in addressing food insecurity.

No appointment necessary.

One bag per household. Please bring your own bag.

We will gladly accept gently used bags if you have extra.

NEXT FOOD SHARE DATE:

FEB. 6, 2024

1:00 -3:00 PM

HAISLA RECREATION CENTRE

We appreciate the thoughtfulness of our Haisla Community members with wanting to donate to our cause, however, due to limited manpower, at this time we are not accepting food donations.



HAISLA NATION COUNCIL



Voyent Alert! Register Now!

Stay Connected and Informed with Voyent Alert! – A Multi-Purpose Communication Service

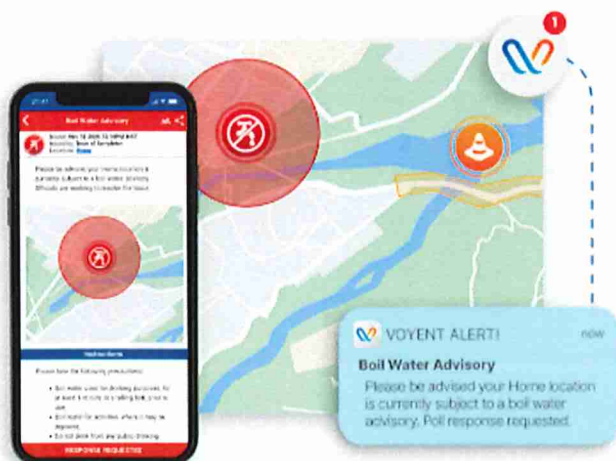
The Haisla Nation offers Voyent Alert! as a comprehensive communication service for keeping you and your family up-to-date on critical events, as well as information updates regarding water, roads or upcoming community events. Users can choose to receive notifications via text message, email, phone land line or the Voyent Alert! App for convenience.

Registration is free of charge and lets you select the type of information you want to receive and how it should be delivered. Visit register.voyent-alert.com and indicate your notification preferences. For community selection, either input "Haisla" or "Kitamaat Village" and the system will locate us.

Don't hesitate – register today and stay informed!



REGISTER NOW!



Voyent Alert! offers quick dissemination of critical information such as Tsunami Alerts/Warning.

