

HESKW'EN'S CUTXE

March 2023

Monthly Newsletter

Vol 1 Issue 2



"Take care of yourself"



COMMUNITY EVENTS

Siska is having a youth Movie night and an elders bake. FNHA Health Benefits Events in early April and working on a Bingo Date! Check out their posters!

CONTEST

Check out page 30 for all the details: What Harm Reduction supplies does HHSS offices carry? Tell us and you could win a gift card!

HEALTHY FOOD BAG

The Healthy food bag will be a \$50 Save on Foods Gift Card for the month of March. It will be delivered with your newsletter.

CULTURAL TEACHINGS

As First Nations people it is important to share our teachings, you will find creation stories, traditional cultural practices, traditional harvesting practices and more on these pages. We welcome our members contributions, connect with Nadine or Corynn if you wish to contribute. Honoraria may be offered.

CONTINUED TO P.25





HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskwen'scutxe Society pronounced wʔéxʷ weʔ lúʔ which means "take care of yourself" is focused on the well-being of its clients, offers various health services while honoring Nlaka'pamux traditions.

In line with the funding received from First Nation Health Authority, the mission and vision of the Society are to support community-based health programs and for people to maintain their independence and self-sufficiency.

- Access to External Health Care
- Communicable Disease Control
- Home Care
- Maternal Child Health Care
- Medical Travel
- Mental Health and Wellness



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We embrace Nlaka'pamux traditions, culture and values. Our health services integrate modern medicines and methods to provide holistic wellness for our community members.

STAFF DIRECTORY

BOARD OF DIRECTORS



Lorette Edzerza
Cooks Ferry



Angela Phillips
Siska



Samantha Gush
Siska



Florine Walkem
Siska



Tina Draney
Acting Health Manager
Finance



Scarleth Zwez-Ruiz R.N.
Community Health Nurse &
Homecare Nurse



Lisa Colwell LP.N.
Casual, currently at TRU
completing her Registered
Nurse Degree

Cooks Ferry



Nadine Methot B.A.
Administrative Assistant
Medical Travel Clerk

Siska



Corynn Reveley
Receptionist
Medical Travel Clerk

Home Care Aides



Clarissa Frederick,
Nursing Assistant / HCA



Jessie Munro



Danielle Munro
Bach March 27

Medical Drivers



Hazel Billy
Custodian



Dayton Arnett



Martha Van Dyke

MONTHLY REPORT

By Nadine Methot & Corynn Reveley

Hentla,

March is already here and Spring is not to far away! If you have not noticed, we have started booking health events with our existing partners.

Hearing Aid Tests are offered in Siska in March Footcare and massage as usual in both clinics. We will also host a Mammogram bus in May in Cooks Ferry and two FNHA Health Benefits events in each community in April. We encourage you to attend the FNHA Health Benefits events as a representative will be there to answer all Pacific Blue Cross questions and inform us on all the services we can tap into as members.

We are also in the process of organizing a Bingo in both communities with the goal of informing you on what services our health clinics offer each and everyone of you. Bring your family and come and have a meal and play while we entertain you! Check out for a date in the next coming weeks.

Employees Returning:

Its never too late to welcome our returning employees:

Clarissa Frederick returned from mat leave in October and now:

Danielle Munro will be back as a Home Care Aide as of March 27, 2023.

We are happy to have a strong nursing team to support our clients needs.

Please do not hesitate to reach out to our staff for any concerns, suggestions or questions you may have. We are here for you!



RESOURCES

DO YOU SUFFER FROM GRIEF OR NEED TO REACH OUT TO A COUNSELLOR?

You can access our website mental health page and self-refer to any FNHA approved counsellor. <https://hhssbc.ca/mental-health/> or call the office for assistance.



THEME OF THE MONTH

Staying Active



LINKS TO STAY ACTIVE

By Corynn Reveley

Knowledge is power, following are reputable health links to staying active!

<https://www.health.harvard.edu/staying-healthy/an-older-adults-guide-to-exercising-in-cold-weather>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20045626>

<https://www.today.com/series/one-small-thing/how-stay-active-winter-11-winter-workout-tips-exercising-cold-t169615>



STAY ACTIVE

Things to engage in

Clean your home

Wash walls

Wash windows

Shake carpets

Vacuum the whole house

Mop the floors



Clean your backyard

Rake the leaves

Clean up the wood pile

Get rid of old items you don't use anymore.

Go for a hike in the mountains

Go with a friend

Inform someone

Walk and then walk a little faster and then walk at a normal pace again.

MENTAL WELLNESS SUPPORTS

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

- Hope For Wellness Hotline: 1-855-242-3310
- Helpline offers 24 hour immediate mental health counseling and crisis intervention to all indigenous peoples
- Kuu –us Crisis Line at 1800-588-8717
- Toll free Aboriginal provincial crisis line 24 hours
- Indian Residential School Survivors 1-604-985-4464 or toll free 1800-721-0066
- Tsow-Tun Le Lum Society: 250-268-2463 24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and/or residential school survivors
- BC First Nation FNHA Mental Health Benefits 1-855-550-5454
- Stopping the Violence Counselling Program 250-378-6170



Nlaka'pamux Mental Health Services Mental Health and Addictions Services By appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772

- Email: Wanda Dexel dexel.w.e@nlxfn.com
- Diana Lepine-Thomas and@nlxfn.com
- Stacy Hebner (Child counsellor) hebner.s@nlxfn.com
- Melissa Dexel (Child counsellor) Dexel.m@nlxfn.com
- Erin Aleck (Family Wellness) aleck.e@nlxfn.com



Heskw'en'scutxe Health Services Society has two counselors that offer in person, online or via telephone supports. Please contact them directly or call our offices for more information.

- Cooks Ferry Location: Ricardo Pickering (Counsellor) dickiepickeing@gmail.com
- Siska Location: Yolanda Hall (Counsellor) yjhall@telus.net



PROGRAMMING UPDATES



HEALTHY FOOD BAG

We will be doing a Save On Gift Card of \$50 for the month of March. Your card will be included with your newsletter. We will keep it at the office if you are not home on delivery day.

SHOPPING DAYS

We assist our members with rides to shop for groceries a couple of days per month. Below you will find our next shopping days. Please call to secure a seat for one of the upcoming shopping days.

Shopping Day Cooks Ferry: March 29, 2023

Shopping day Siska: March 1, 2023

FOOT CARE WITH SUZANNE

Siska Band: March 7, 2023

Cooks Ferry: March 9, 2023

Call to book your appointment

MONTHLY MEDICATION PICK UP

Medication Pick-up is every Thursday at Pharmasave in Lillooet. Remember to have your prescriptions refilled. Try to refill a week or two before running out.



RESTORATIVE MASSAGE

Cooks Ferry: March 21, 2023

Siska: March 23, 2023

And stay tuned for more dates!!!

Call to book your appointment



PHYSICAL WELLNESS

Join Mandy Cormier, Social Development at Cooks Ferry



FITNATION

Exercise Group

FitNation celebrated 8 weeks of walking on February 22 with prizes and a pot luck lunch. The group continues and will be hosted by Dillan Arjit until Mandy returns on March 20.

This group is geared for all ages and will incorporate indoor walking and light exercise. Once the weather permits, the group will meet at the Arbor. Join us while we get active and share some laughs!

When: Mondays and Wednesdays

Where: Cook's Ferry Band Gymnasium

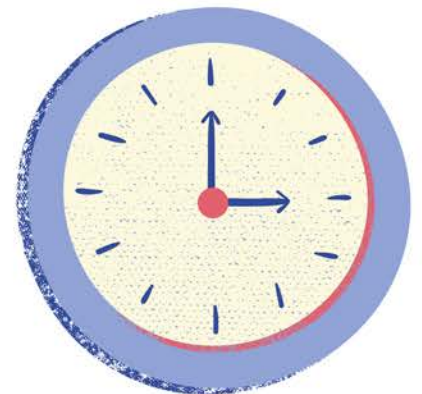
Times: 12 - 1 PM

*Please wear comfy clothes and bring your exercise shoes - water bottles provided!



Saint
Patrick's
Day

March
17th



Daylight Savings
2023

March 12, 2023

Prepare to put your
clocks ahead
1 hour

CHILDREN ORAL HEALTH INITIATIVE



SUBMIT YOUR CHILD'S TEETH BRUSHING SHEET FOR A GOODIE BAG!

Every month your child can submit a tooth brushing sheet and receive a goody bag from COHI Michelle. Call our offices if you have any questions.

COHI

Children's Oral Health Initiative. If your child is enrolled in this program they will be seen in the clinics or at school.

Corynn and Nadine will reach out to the parents to inform and book appointments.

Please call the offices if you have any questions.

Ella Wilson from Cooks Ferry submitted her Sun and Moon Brushing coloring Page. We accept them ongoing, no deadline to get a goodie bag!



FREE DENTAL CARE

Open to all children and Adults living in Community. Free cleaning and healthy teeth services offered in Siska & Cook's Ferry locations.

Services include:

- Dental x-rays
- Dental cleanings
- Stain removal
- Tartar buildup
- Tooth polishing and fluoride application.
- Sealants for children to prevent tooth decay if needed

CALL TODAY TO INQUIRE OR
BOOK AN APPOINTMENT
SISKA: 250-455-6601
COOK'S FERRY: 250-458-2212

- Oral hygiene instruction.
- Tooth brushing.
- Flossing
- Denture cleaning



First Nations Health Authority
Health through wellness

First Nations Health Benefit Program



The First Nations Health Benefit (FNHB) Program covers specific medically necessary items, services, and travel that support First Nations peoples' health and wellness needs. The program is administered through partnerships with Pacific Blue Cross and PharmaCare.

Eligibility

The FNHB Program is available to First Nations people with Indian status who live in BC and infants (up to 24 months) of an eligible parent. To access the benefits and coverage under the Health Benefits Program, First Nations people must first enroll in the program. Please call 1-855-550-5454 or visit fnha.ca/benefits/eligibility for more information on how to enroll.

Health Benefits Coverage

The FNHB Program covers six benefit areas:



DENTAL

The Dental benefit provides coverage for items and services to maintain good oral health, prevent cavities, gum disease, and restore damaged tooth function. Some items and services covered under the dental benefit are bridges, crowns, exams and x-rays, fillings, and preventive services.



MEDICAL SUPPLIES AND EQUIPMENT

The Medical Supplies and Equipment (MS&E) benefit provides coverage for items and services needed in the short or long-term to support health and wellness. Some items and services covered under the MS&E benefit are bathing and toileting aids, hearing aids and repairs, limb and body orthotics, ostomy supplies, walking aids, and wheel-chairs.



MEDICAL TRANSPORTATION

The Medical Transportation (MT) benefit assists with the cost of meals, accommodation, and transportation towards travel for a medical appointment outside your community of residence. The MT benefit may also cover travel escorts under certain conditions.



MENTAL HEALTH

The Mental Health benefit covers in-person and virtual counselling services from a qualified mental health provider registered with the FNHB. Coverage is available for Mental Health counselling from four programs. The Mental Wellness and Counselling program is for Status First Nations individuals, while the Indian Day Schools Health Support Program, Indian Residential School Resolution Health Support Program, and Missing and Murdered Indigenous Women and Girls Health Support Services are available to both status and non-status individuals. Talk to your Mental Health Provider to determine the appropriate program for you.



PHARMACY

The Pharmacy benefit, administered mainly through Plan Wellness (Plan W), provides coverage for medications and items that support First Nations people on their wellness journeys. The Pharmacy benefit covers specific prescription drugs, over-the-counter drugs, non-drug over-the-counter items, and Shingrix® vaccine. Please call 1-855-550-5454 to enroll in Plan W.

In addition to Plan W, the provincial agencies, including the BC Cancer Agency, BC Transplant, BC Renal Agency, and the BC Centre for Excellence in HIV/AIDS, provide specialty pharmacy items to all BC residents living with specific illnesses or conditions.



VISION CARE

The Vision Care benefit provides coverage for items and services to ensure proper eye health and support access to preventative care. The benefit covers eye exams, sight tests, prescription eyewear and repairs.

OTHER COVERAGE

BC Medical Services Plan (MSP)

The FNHB manages MSP for First Nations people in BC. If you have status and need to register for MSP, call 1-855-550-5454.

Ambulance Bills

The FNHB covers the cost of ambulance transport to a hospital in an emergency situation and from a lower level care facility to a higher level care facility (e.g., long-term care home to a hospital).

View Your Plan Details

To check details about your coverage for dental, vision, medical supplies, and mental health, please create an online PBC Member Profile on www.pac.bluecross.ca or download the PBC app on your smartphone or tablet. The PBC Member Profile offers convenient and secure access to detailed information about your benefits coverage 24 hours a day.

Please call Health Benefits at 1-855-550-5454, email healthbenefits@fnha.ca or visit fnha.ca/benefits to learn more about the First Nations Health Benefits program and benefit coverages.

Now Available Here

Ask us for any harm reduction supplies
Available in both offices



Naloxone Kits

If you or someone you know is taking opioids, or at risk of an opioid overdose, a naloxone kit could mean the difference between life and death.

WE have Naloxone Kits and Training available at HHSS ask Corynn about this
250-455-6601

Talk to the pharmacist about the free naloxone kits now available at this pharmacy.

March 2023



Advocating Excellence
Page 12

Naloxone and Temperature

The following information addresses frequently asked questions related to Naloxone and Temperature.

DOES NALOXONE WORK IF IT GETS REALLY HOT OR COLD?

Unlike vaccines where cold chain is vitally important to maintain effectiveness of the product, we do not routinely monitor naloxone temperatures. Naloxone is recommended to be stored at controlled room temperature between 15°C-30°C and to be kept in a dark place (away from light).

NALOXONE EXPOSURE TO HEAT

Naloxone can be kept at 25°C without concern. Temperatures at 30°C, especially during the shipping process, are also acceptable as long as the average temperature does not exceed 25°C. Temporary spikes up to 40°C are permitted as long as they do not exceed 24 hours.

Advice to individuals: during hot weather avoid leaving your naloxone in a car for an extended period of time. Naloxone ampoules should be kept out of direct sunlight.

NALOXONE EXPOSURE TO COLD

Naloxone can be kept in a cool place or refrigerated at 2°C to 8°C.¹ The concern is with THN kits in sub-zero temperatures which occur in some areas of BC during winter. Teligent, the current manufacturer of naloxone in the BCCDC THN kits, has performed stability studies and determined that the product remains stable after exposure to freezing temperatures as low as -20°C for up to 2 weeks.

Shipping naloxone kits to Northern communities: Transportation of THN kits to our Northern communities may take 8 or 9 hours in the back of an unheated truck with outside temperatures of minus 30°C. Therefore a temperature controlled courier service was introduced so the temperature of naloxone can be maintained during shipping - during the winter months only.

Advice to individuals: If you carry naloxone in the winter keep your naloxone kit near your body such as in a pocket or attached to your belt under your jacket or coat. Do not leave your kit in a backpack outside or in a car for a long time where temperature may be sub-zero for extended periods.

WHAT TO DO IF NALOXONE GETS TOO HOT OR TOO COLD?

Research has shown naloxone can be safely used after hot and cold stresses.² Drug temperatures beyond the manufacturers recommended storage ranges do not affect the chemical structure of naloxone. However, if the naloxone is repeatedly outside the recommended temperature range, we advise going to a THN site and replacing the ampoules. The replacement process for expired naloxone should be followed for more details see <http://towardtheheart.com>

If the **only naloxone available is known to have been outside recommended temperatures** (or is past its expiry date) **use it**. It may not be as effective but **Do Not Delay** and wait for additional help to arrive. If someone is having an opioid overdose they need naloxone as soon as possible.



1. General notices and requirements. Applying to standards, tests, assays, and other specifications of the United States Pharmacopeia. USP 33-NF 20 Reissue. General Notices.
2. Küpper, T., Schraut, B., Rieke, B., Hemmerling, A., Schöffl, V. and Steffgen, J. (2006). Drugs and Drug Administration in Extreme Environments. Journal of Travel Medicine, 13(1), pp.35-47.
3. Johansen RB, Schafer NC, Brown PI. Effect of extreme temperatures on drugs for prehospital ACLS. Am J Emerg Med 1993; 11: 450-452.



INTERIOR REGION

First Nations Health Authority

What to Include in a Harm Reduction Kit

Every kit can be tailored to the individuals need. The numbers are just a suggestion!



Scan the QR code for Harm Reduction Sites across the Interior Region.

Inhalation Supplies

- 1-5 straight glass pipe
- 1-5 glass bubble pipe
- Aluminum Foil
- Alcohol Wipes
- A pack of screens
- Small plastic tubing or a mouth piece, this avoids any damage or burning to the lips or mouth
- A small wooden stick, often called a push stick



Emergency Care: CALL 911

Lillooet Hospital ER, 951 Murray Street
Open 24 hours

Lytton Primary Care Non Urgent

Tl'Kemtsin Health Centre
1535 St Georges Road, Lytton
(250) 455-2221 | Fax (250) 455-6621
Monday to Friday: 9 a.m. to 3 p.m.

Ashcroft Urgent and Primary Care Centre

700 Ash-Cache Creek Hwy
(250) 453-2211 | Fax (250) 453-1921
Monday to Sunday: 8 a.m. - 8 p.m.

Provincial Resources

YOUTH [Foundry.ca](https://www.foundry.ca)
Kelty [Mental Health](https://www.keltymentalhealth.ca)

KIDS CRISIS LINE 1-800-668-6868

ADULT [BouncebackBC.ca](https://www.bouncebackbc.ca)

CRISIS LINE 1-833-456-4566 / text 45645

Hope for Wellness 1-855-242-3310
Domestic Violence 1-800-563-0808



First Nations Supports

Lytton FNHA Health Centre (778) 254-0167
Monday to Friday 8 a.m. to 4 p.m.

First Nations Health Benefits 1-855-550-5454 or
www.fnha.ca for prescription refilling, medical supplies and equipment

LFN Home & Community Care
Micha Kingston (250) 256-8182
Email: micha.kingston@lfnhealth.com

Mental Health & Substance Use

Adult MHSU (250) 455-2221 ext 4
Child & Youth CYMH (250) 256-2710
Friendship Centre (250) 256-4800
St'at'imc Outreach (250) 256-7530

811 Nurse

[FNHA Virtual Doctor of the Day: How it works](#)
1-855-344-3800

Mental Health Supports

[FNHA COVID-19 Mental Health and Cultural Supports](#)
Opioid Agonist Treatment (250) 256-1585
FNHA Mental Wellness Inquiries 1-833-751-2525

Travel/Flood Info

[BCRFC Warnings](#) [Drive BC](#)
[FNHA Flood Safety](#) [Wildfire Status](#)

Lillooet Pharmacies & Services

PHARMASAVE (250) 256-4262
IDA (250) 256-7538
FNHA (250) 256-7071 8 a.m. to 4 p.m. Monday to Friday

Lab Services

Book lab appointments
1-844-870-4756
<https://www.labonlinebooking.ca>



Home & Community Care

Central Intake 1-800-707-8550
Lillooet (250) 256-1326
Ashcroft (250) 453-1939
Merritt (250) 378-3238

Interior Health

[MyHealthPortal](#)



Public Health

Lytton FNHA (778) 254-0167
Lillooet (250) 256-1314
Ashcroft (250) 453-1940
Merritt (250) 378-3400

COVID Testing Clinics & Vaccination Information

[IH COVID Testing Clinics](#)
1-877-740-7747



[IH COVID Vaccine](#)
1-800-833-2323



[FNHA COVID-19 Testing](#)
(250) 455-2715



[BC Centre for Disease Control](#)
(604) 707-2400





How do I/my family member/my client get Interior Health services?

What is Interior Health doing to support culturally safer care?

What substance use services are available?

Acknowledging that the journey to wellness and safety includes both capacity building & knowledge gathering, the intent of this series is to create an opportunity for those who provide care to Indigenous clients and families to learn about Interior Health substance use services as well as advances in substance use care.

DATES AND TOPICS

- When:** The second Wednesday of every month from 10-11
- Who:** **Everyone is welcome and no registration is required!**
- Format:** The sessions will be interactive, including a 15-20 minute presentation followed by a group discussion.
- How:** Use this permanent link to access every session
<https://interiorhealth.zoom.us/j/67220030351?pwd=Rk1ONENyWW1QV0sxUWtEeDN2cVU2Zz09>
 *If you would like to request an invitation so you can easily add this to your calendar, please email: aboriginalmentalwellness@interiorhealth.ca

	Winter	
	February 8, 2023 What is Opioid Agonist Treatment (OAT)?	
	March 8, 2023 FNHA-funded pathways for substance use treatment	
	Spring	
	April 12, 2023 Triage - Why are there such long waits in the emergency department?	
	May 10, 2023 FNHA Harm Reduction Education	

For more information, contact:

Audrey Ward, Practice Lead 778.257.0341
 Danielle Kreutzer, Project Lead 250.319.8421
 Email us: aboriginalmentalwellness@interiorhealth.ca

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the D akelh Dene, Ktunaxa, Nlaka'pamux, Secw epemc, St' at' imc, Syilx and Tsilhqot'in Nations, where we live, learn, collaborate, and work together. This region is also home to 15 Chartered M etis Communities. It is with humility that we continue to strengthen our relationships with First Nation, M etis, and Inuit peoples across the Interior.

CARTER Hearing 1 Day Hearing Screening

Free Hearing Aids
Cleaning and
Maintenance

Date: March 9, 2023
Time: 11am - 4pm
Clinic: Siska HHSS
163 Loop Rd.
Call to book
appointment at
250-455-6601

CARTER Hearing



COMMUNITY EVENTS



THE SISKA CCP WORKING GROUP
PRESENTS

Elder's Baking Day

JOIN US TO SHARE YOUR WISHES
FOR SISKA'S FUTURE AND BAKE
DELICIOUS BANANA BREAD!



LUNCH
INCLUDED!

FRIDAY, MARCH 10, 12-4 PM
SISKA COMMUNITY HALL

YOUTH PIZZA + MOVIE NIGHT

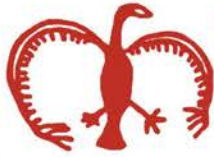
Join us to make
your own pizza,
play a Siska
CCP game, and
watch a movie!



THURSDAY, MARCH 9
3:30 PM-7:00 PM
SISKA COMMUNITY HALL

Hosted by the Siska CCP
Working Group





Cook's Ferry
Indian Band
Nlaka'pamux Nation

*Participants
must register
before attending*

WALKING WITH GRIEF

This 5-week circle is open to anyone who may be experiencing a recent loss, grieving the land after the floods and wildfires, or experiencing any other form of loss such as employment, relationships, and more.

Grief Bundle and Wellness Kit provided.

When: March 22 – April 26, 2023

Time: Wednesdays 5:00 – 6:00 PM

Where: Cook's Ferry Band Community Gym

Dinner will be provided – Free Program

Contact Mandy Cormier to register

Phone: 778-253-2020

COMMUNITY FEBRUARY CONTEST RESULTS

HEALTHY HEART PICTURE CONTEST

WINNERS OF A \$100 PRE PAID MASTERCARD

Lori Minnabarriet
Sara Walkem
Daryl Minnabarriet
Annette Albert

Tammy Pierre
Alice Munro
Toni Lynn Michell
Janet Duncan

HEALTHY HEART PUZZLE CONTEST EVERYONE WHO SUBMITTED GOT TO CHOOSE ONE OF THE ITEMS BELOW



Gwendolynn Cardinal
Annette Albert

Betsy Munro
Alice Munro
Toni Lynn Michell
Janet Duncan

Join us for a HHSS Bingo Afternoon

Bring the family and have fun playing bingo and learning about the services and programming HHSS offers.

Date to be announced soon!



COMMUNITY EVENTS



First Nations Health Authority
Health through wellness

FOOD SAFE COURSE



MARCH 23, 2023
COOKS FERRY
9 A.M. - 4 P.M.

PLEASE CALL THE
OFFICE TO REGISTER
(LIMITED SEATS)



OPEN TO ALL

250.458.2212

250.455.6601

COMMUNITY EVENTS

HHSS COMMUNITY ENGAGEMENT

MEET FNHA BRANDY HAZEN



INTERIOR COMMUNITY
RELATIONS REPRESENTATIVE
FOR HEALTH BENEFITS

Brandy helps communicate Health Benefits plans and services to community members by being well educated and informed of the plan.

THE BENEFIT COVERS SIX
BENEFIT AREAS:
DENTAL
MEDICAL SUPPLIES AND
EQUIPMENT
MEDICAL TRANSPORTATION
MENTAL HEALTH
PHARMACY
VISION

Come and meet Brandy in person to learn about your Health Benefit plan

Cooks Ferry April 4 from 4:30 to 6:30 p.m.

Siska April 5 from 4:30 to 6:30 p.m.

Supper will be served

Several Door prizes to win

A special gift for everyone who attends



nkshAytkn

(Our Relations)



March 4
2023

Nilaka'pamux Women's Headgear

All are welcome. Please bring your own plate, bowl and cutlery. If a ride is needed, please let us know.

NVIT • Merritt, BC

4 - 6 pm • Dinner and Dance to follow.



April 4
2023

Nilaka'pamux Land Stewardship

Sharing knowledge on stewardship and looking after our lands for plants, animals, and water with Dr. Nancy Turner and Dr. Jennifer Grenz. Focus on invasive plants and animals. Please bring your own plate, bowl and cutlery. If a ride is needed, please let us know.

Kumsheen ShchEma-meet School • Lytton, BC

10 am - 3 pm



May 4
2023

Bitterroot Digging

Please bring your own digging stick, chair, plate, bowl, and cutlery. If a ride is needed, please let us know.

9:30 am - 3 pm

WE have Naloxone Kits and Training available at HHSS ask Corynn about this

250-455-6601

Please call John H or Deb Mc at 250-455-2711 for more information and to RSVP.



Overnight Oats

SIMPLE RECIPE

Ingredients

Base

- 2 cups of awesome.
- 1/2 tsp of fun.
- 2 tsp color.
- 1 cup of kindness.
- sugar and salt to taste.

Banana Hazelnut

- 2 cups of awesome
- 1/2 tsp of fun
- 1 cup of kindness
- sugar and salt to taste

Directions

1. Mix awesome and fun together.
2. Add a splash of color.
3. Flavor everything with kindness.

Notes

Enjoyed best when shared



Told by Annie York Translated by Mamie Henry from "Our Tellings"

AT ONE TIME, many people lived at Nweyts (Nooaitch/Canford), where they would hunt mountain sheep, skinned it, and spread it out in wood to dry. He then built a fire, tied the skin together, and began to blow it up. He blew and blew. Suddenly, the skin exploded! It made such an explosion that the rocks were blown to pieces. That is why Nwets is covered in shale today.

In the spring, the man decided to move to Nk'awmn [Nicomen]. He packed all of his belongings and took his family to the Nk'awmn, as there were lots of salmon at that place. The man had not forgotten what he intended to do. So he tried to blow up another sheepskin. As he blew, he looked up at the sky and thought about the moon. 'Oh, there must be good land up there,' he thought to himself. The place where he was blowing up the sheep skin had a large flat rock.

Finally, he was able to blow up a sheepskin into a large basket. He made a lid for it. He wanted very much to be able to go to the moon to see what type of living people were doing up there, so he packed some food, a pair of moccasins, and his rifle. 'I'm going out for a walk,' he told his wife. He then put his belongings into the air basket. To get the air basket moving, he had to run along side of it and then jump into it once it was airborne. Through the air he flew. Eventually, the air basket landed and the man lifted the lid and peeked out. There were pithouses all around him and smoke was coming out of the top of each. He entered one, but he couldn't see anyone; all he could see were basket reeds moving, and he could hear women talking. Baskets lined the walls of the house. As he

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reached over to pick one up , he was unable to stand up, and an old woman's voice said, "Do not try to take one of those baskets or you will never be able to leave this place.' Quickly, the man left that pithouse and entered another. He couldn't see anyone in this pithouse either, although he could hear voices. Beautiful mats and blankets were around the walls of the pithouse. He saw one mat that he was very fond of, so he began to take it down from the wall . Instantly, he was covered with mats, and again the voice said to him , 'Do not steal from us, as stealing is a bad thing to do. If you take that mat, you will never see your home again.' He hung the mats back on the wall.

The man entered another pithouse, where he saw lots of arrows, knives, stone hammers, and ammunition. There was also a packsack in this house, so he began to fill it with the various implements. All at once, everything fell on top of him and he received a black eye. 'Oh, these people are so mean to me!' he thought to himself as he lay on the floor.

'Never, never steal' said the voice once again.

'Okay, I won't steal from you!' he replied.

Another person said to him, 'Now, you must do only what is right.' He began to pick up the arrows and put them back in their place --but instantly, everything was back in its place.

The man left and travelled to where there was a little pithouse with a small pile of wood outside. He looked down the smok-hole and saw a small fire and an old couple huddled around it trying to keep warm. 'Come in,' they called to him. 'I suppose you are just travelling around.'

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'Yes', answered the man, 'I have always wondered about this place. Where I live it shines down on us.'

The old woman then told the young man a story. 'This is a very large land,' she explained, 'In the the centre of the land there is a large mountain. A ship-shaped object stands on top of that peak. One day, a man just like you came to this land, and the people put a spell on him and changed him into a rock.' The old woman then told the man to bring his belongings into the house and stay with them. 'There is nothing else for you to do, as you can no longer go home.'

The days went by and the young man provided for the old couple. He hunted and chopped wood for them. The old woman warned him never to visit the other people and, most important never to steal from them.

She explained that the people were invisible. The young man did exactly as he was told. For two years, he hunted and cared for the old people while they busied themselves making twine. They made bakks and balls of twine - - he wondered what they needed it for.

One night, the old woman said to the young man, 'You are very lonesome for your family. Every night I hear you weeping.'

'Yes,' replied the man, 'I miss my children.'

'We are almost finished our task and then you can go home,' the old woman told him. After she said this, the man felt better and went about his chores.

'Early in the morning you will have to leave us!' sobbed the old woman. 'When you are gone we will be facing hard times again!'

The old woman prepared a large meal and gave the man a sack of roots, berries, and meat to take back to his home. She also gave him a large pile of skins. In a sack, she gave him instructions for making baskets, tanning hides, and steaming roots. 'Give those to the women,' she told him Then she gave him some instructions for how to make arrowheads,

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'how to dry salmon, and how to make snowshoes. 'We want you to teach people everything that we taught you.'

Suddenly the man felt sad about leaving the old people behind. They gave him a new fancy air basket and packed up all of his gifts. Once he climbed inside, the old woman gave the young man a stone hammer and told him to keep tapping the bottom of the basket. 'When you hear a solid noise, you will know you have reached your world. First, you will hit the sky and then some other things, but, eventually, you will reach the ground.' Just as she closed its lid, one of the old woman's tears rolled from her cheek and dropped into the basket.

The old people ran with the basket until it started to go. One end of the rope was tied to the man's waist and the other end was tied to the basket. 'Lower, lower, lower, lower,' he sang. The basket glided through the air.

The young man tapped the bottom of the basket when he reached the sky, but because it wasn't solid, he realized that he was not home on earth yet. He threw off the lid of the basket and looked around to discover that he was in Nk'awmn.

He unloaded all the gifts that the old woman had given him. As he had to return the basket to the moon, he followed the instructions that the old people had given him. He closed the lid and, as he did so, a tear dropped from his cheek into the basket. Then he ran with it and let it fly into the air. A voice spoke to him and said, 'You are crying too, just as we did when you left our land. From this day on, people will cry. And the world will cry, and the people will call it "rain."' "

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' It was springtime on earth. As he climbed up the path towards the houses, the people called to each other and asked who the stranger was. At first they thought that it was an enemy, but his face wasn't painted. Then they recognized who it was, and the woman told her children to greet their father. It had been a long time since they had seen him, and the children didn't know the man until their mother told them who he was.

The woman prepared a large meal and everyone ate. Then the man took out his gifts and showed them to his wife. 'We eat our raw, but in the land where I was visiting, they cook their food. Here is some dried meat, and these roots are steamed.' Because the people had never used a fire, he had to gather some jack-pine wood some cottonwood and show them how to make a fire by rub two sticks together. A spark fell on some dry grass and he made a fire. When the fire was hot, he took out the birch-bark basket that he had been given, filled it with water, and dropped a rock into it. Suddenly the water began to boil and the man cooked some meat. His wife stood over him and watched in amazement. He then rolled out a mat and put the cooked meat on top of it. After he had spread out the rest of the food, he told his wife to call together all of the people. They were surprised with the gifts that old people had given the man and listened eagerly as he explained to them how they were to be used. All the people learned what the man had been taught while he was on the moon.

One day, the young man gazed up at the moon and someone spoke to him. 'There is no one up there now,' said the voice, 'but one day, people will again go up there. They won't find it the same, for everything is gone.'

MARCH CONTEST

Answer the following question:

What kind of Harm-Reduction supplies are available at the HHSS offices?

Each person who answers will be entered into a draw to win a gift card.

One winner from each community.

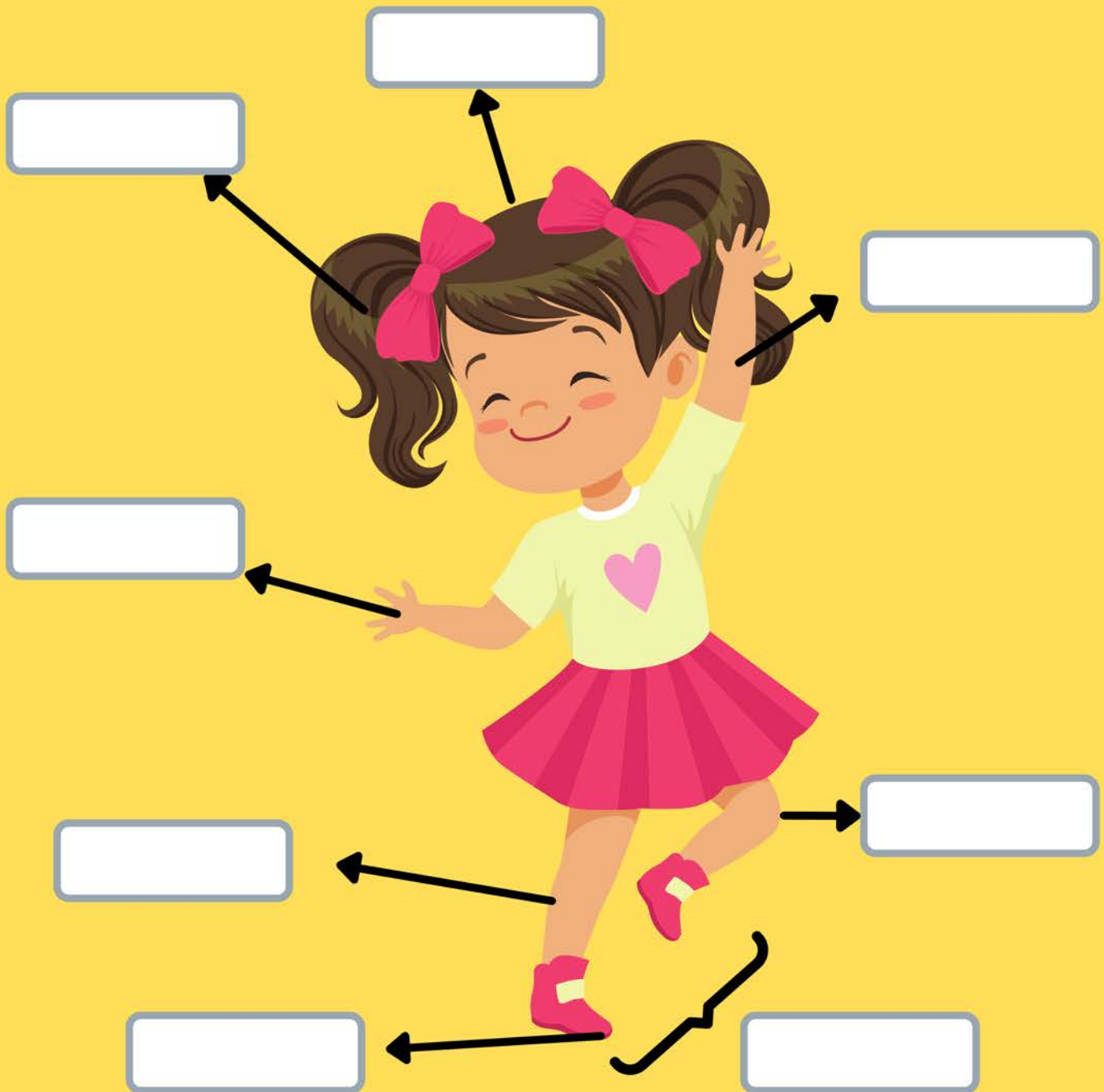
Draw will close on March 31, 2023



Time to move your body



Write the name of each body part
in the Nlaka'pamux language



NAME _____

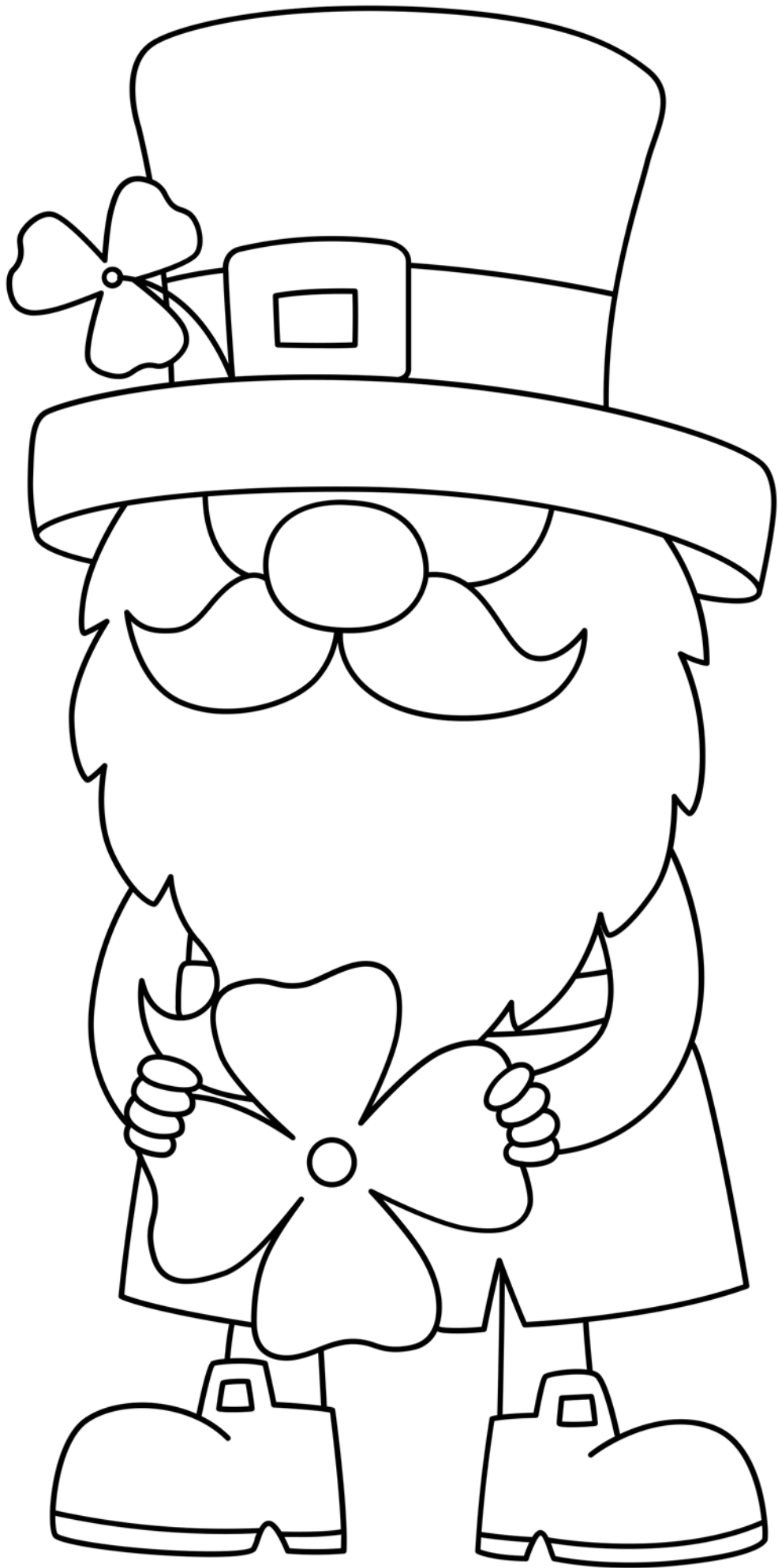
SUDOKU # 01

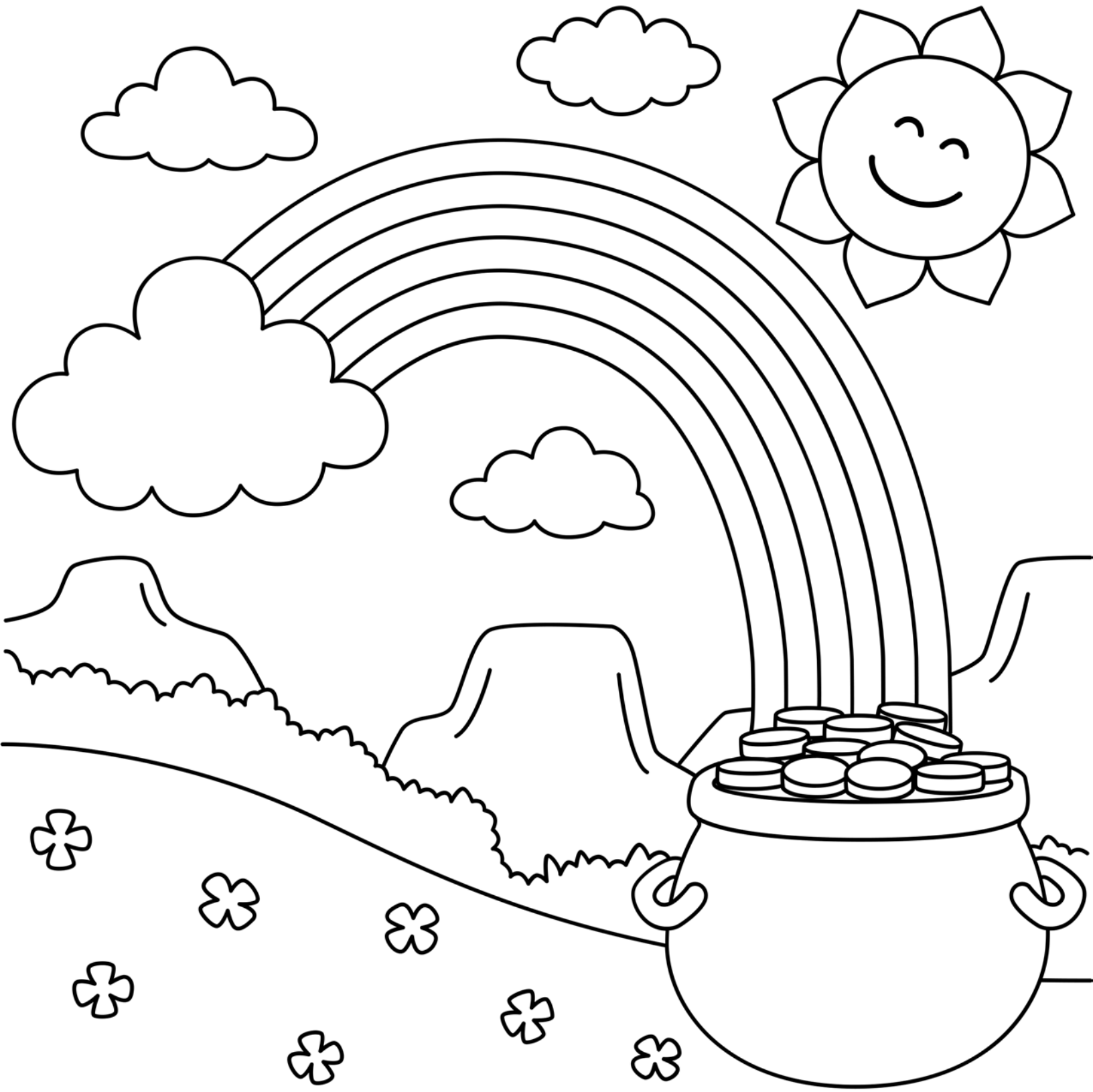
INSTRUCTIONS

Use the numbers 1 to 9 to complete the Sudoku.
Only use each number once in each row, column and grid.

6				8			5	
5	8		6	7		4		
		2			1	8		3
1		9			4			2
				6	7		3	4
	4	6		9		5		
8			9					6
4		5		3	6	1		
		1		2			9	5







HOW TO GET OUTSIDE MORE EACH DAY!

5 SIMPLE TIPS




Schedule at least one easy walk outside daily.



Set up a space outside to work and enjoy the sun, fresh air and trees.



Drink your morning coffee in the sun!



Make it a priority. Aim to be outside at least three times every day!



GET MORE TIPS AT:
[HTTPS://WWW.CHOOSETOMOVE.CA/GET-ACTIVE](https://www.choosetomove.ca/get-active)



Take phone calls outside!